

Name:



PRESENTS



“The GCSE Champion”

3 WORKSHOPS

STUDY SKILLS & MOTIVATION

- 1. Learning Habits*
- 2. Goals & Resilience*
- 3. Exam Technique + Time Management*

Prepare to be motivated!



THE FIXUP TEAM

Motivating Students, Teachers and Parents to

LIVE THEIR DREAMS and **MAKE IT HAPPEN!**

Welcome to fix up seminars!

We know that by the end of this session you will feel motivated and ready to take on any challenge you have been dreading.

In addition you will gain confidence and tools for a successful journey in GCSE's.

So sit back, relax and prepare to be motivated.

Thank you!

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FIX UP

FocusIntoXtraordinary

Untouched Potential

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or **Call 08445 610 410**

Or E-mail us at: admin@fixupseminars.co.uk for a BOOKING form.

Workshop 1

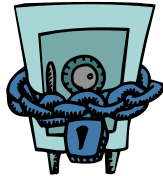
-MEMORY-

Process of Learning

Receive



Retain



Review

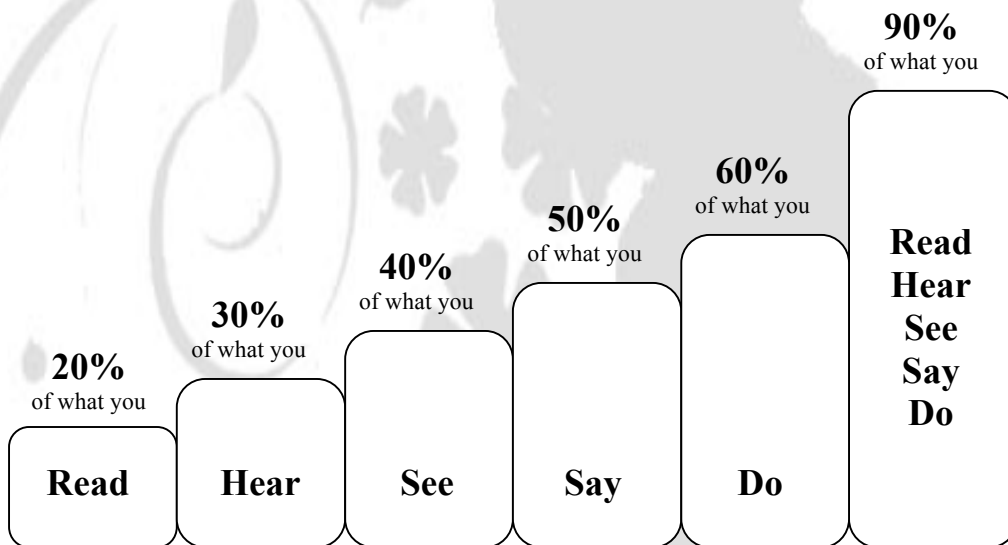


Recall



For you to maximise the 4 stages you need to be aware of the various methods available that will help you enjoy studying.

You remember:



The Key to effective studying is conversion

Raw Note
Raw Note
Raw Note
Raw Note
Raw Note

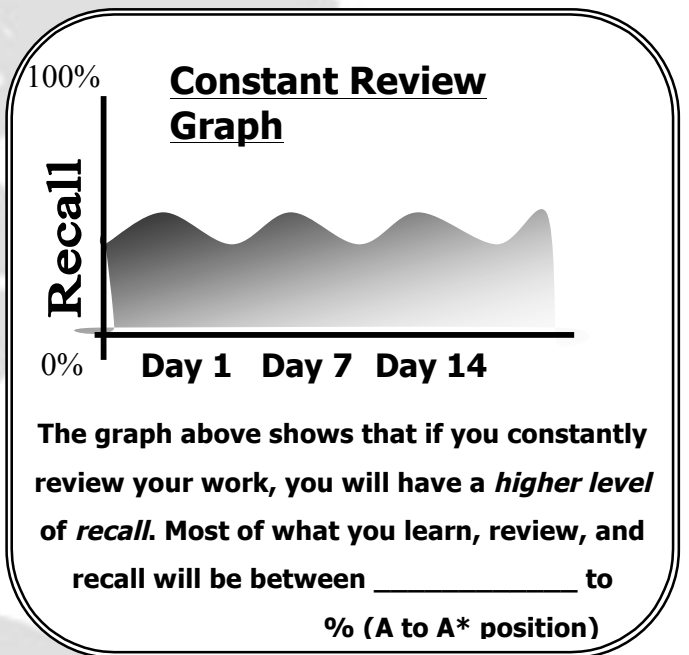
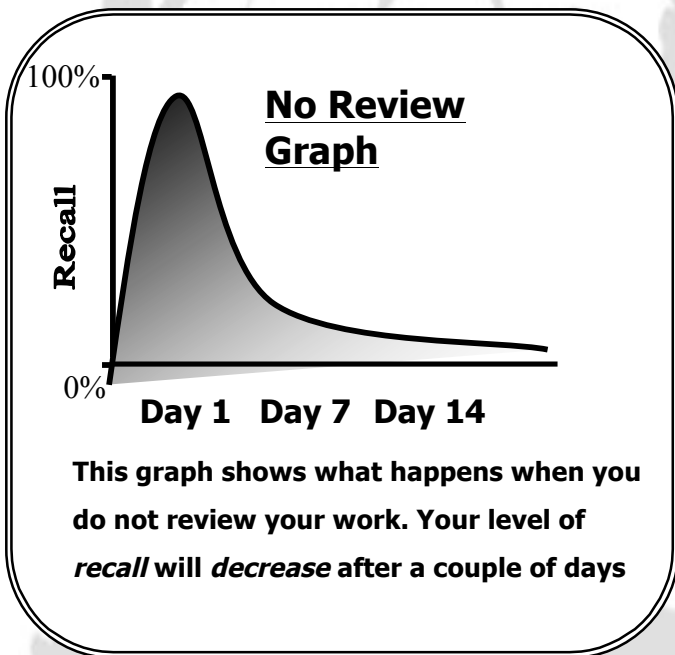


A story
A Diagram
A Speech
A Song
A Role Play
A Cartoon

-MEMORY SKILLS-

M _____
R _____
S _____
R _____
O _____
P _____
E _____

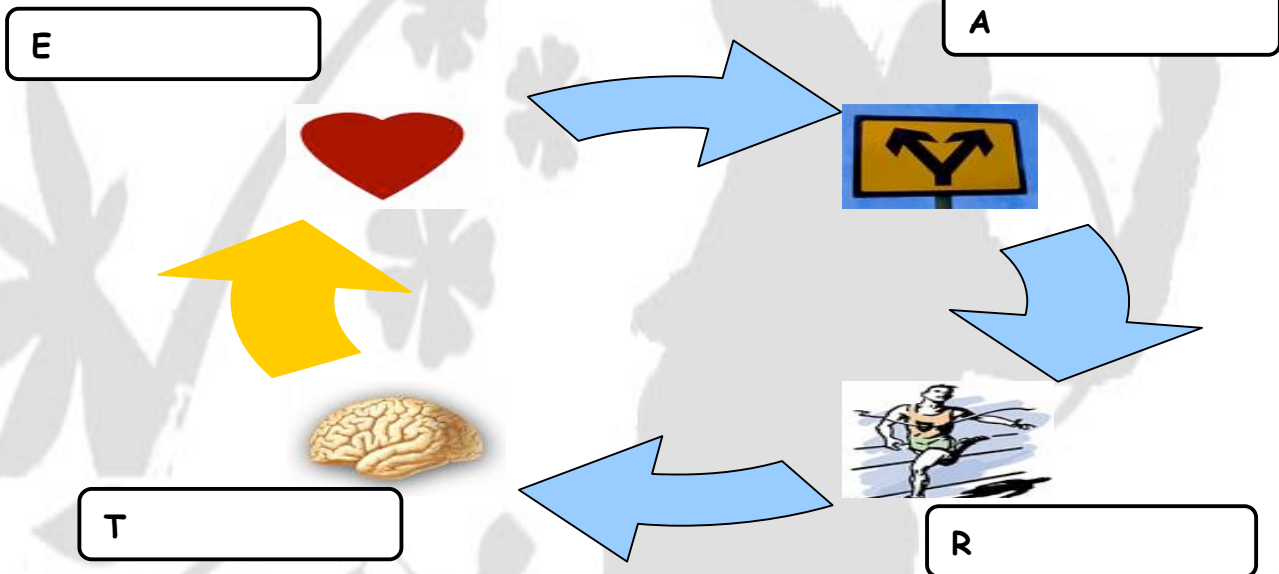
REVIEWING INFORMATION



After EVERY lesson it is VERY important to go over your work in order to let it sink in better, this will be very beneficial for revision at a later stage.

-The Emotion Cycle-

Aim of Session: To learn how your thinking affects your results.



Your **E** _____ affect your **A** _____ .

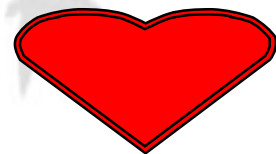
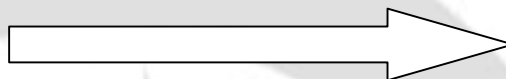
Your actions produce **R** _____ .

Your results create **P** _____ or **P** _____ .

This creates another set of **E** _____ and the cycle continues unless you interrupt it!

To change your results you need to change your emotions.

To change your emotions you have to change the way you look at things.



“The way I _____ will change the way I _____ !”

Always look on the bright side of life!

MAKE IT HAPPEN

M N I G Q S N U K D Z Y B R S
Y A K P I H S D N E I R F Z R
F F E O R E H S I T R G I C E
E A N T Y T R F H E R F O Z G
A D C V P E I E T R B N G T R
R X V E N U P M I M F S T H A
D W P I B L X V E I J X U P H
K Z A E A O Z I D N X W P N C
A R P N N Y O E F A J W W N V
D Y I F R B N K K T O C S P I
N G S U E C P O S I T I V E L
Y H I L E M S U C O F B C B L
H Q I B A K R O P N K N E V A
S E J S V O I C E K A U D Q I
F A A L A G G G B D N A K O N

BELIEF
BIG
CHARGERS
CONFIDENCE
DANCE
DETERMINATION
DRAINERS
FACEBOOK
FEAR
FIXUPTEAM
FOCUS
FRIENDSHIP
GOALS
HERO
PLAN
POSITIVE
THINK
TIME
VILLAIN
VOICE

Workshop 2

Make it Happen

You must **B**_____ in yourself. Learn to **T**_____ **B**_____ and develop the right **F**_____.

Hang with the right one.

F_____ on your **G**_____, feed the **H**_____ inside you and starve the **V**_____.

Do not **F**_____ be **C**_____.

Manage your **T**_____ and cut down **F**_____ lol!

D_____ to the future and be **P**_____, listen to the Eagle **V**_____.

The **F**_____ is here to help

TEAMWORK

T_____

E_____

A_____

M_____

W_____

O_____

R_____

K_____

PRESENT

How to **D.A.N.C.E** into the future!

D_____

A_____

N_____

C_____

E_____

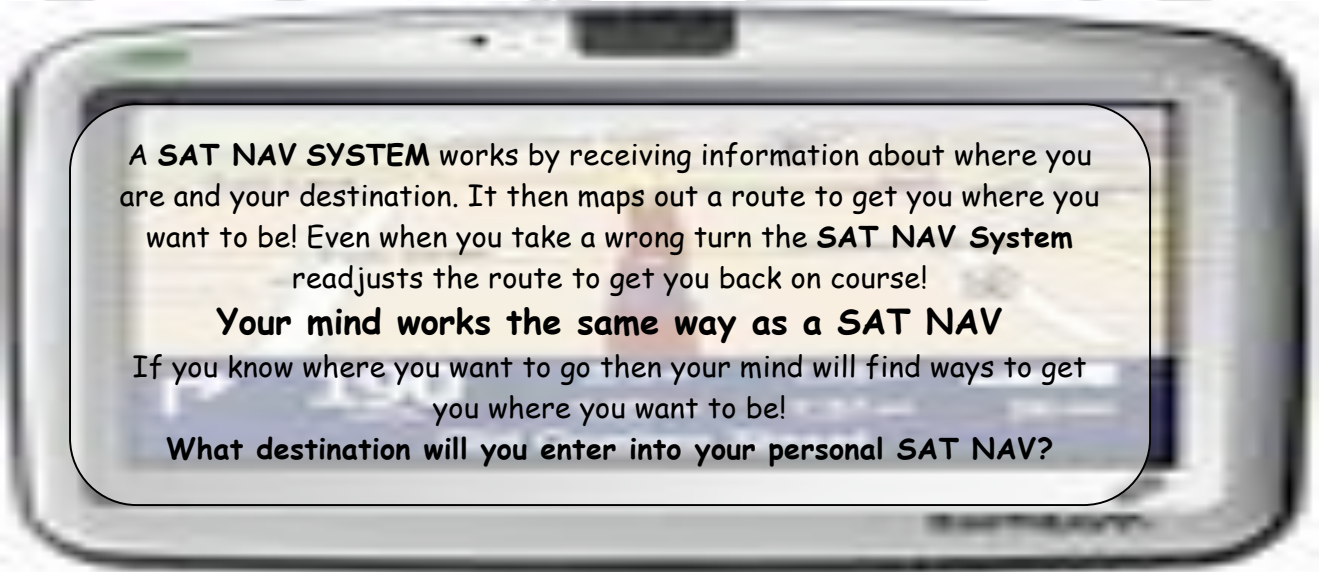
-GOALS and ASPIRATIONS-



“Before you can go anywhere you need to know where you are going”

You need to have a goal. If you do not have a goal your level of achievement will be low because you will lack **OCSUF** _____ .

Your SAT NAV System



A **SAT NAV SYSTEM** works by receiving information about where you are and your destination. It then maps out a route to get you where you want to be! Even when you take a wrong turn the **SAT NAV System** readjusts the route to get you back on course!

Your mind works the same way as a SAT NAV

If you know where you want to go then your mind will find ways to get you where you want to be!

What destination will you enter into your personal SAT NAV?

What destination do you have in mind?

At this stage your main goal should be to pass your *GCSE Exams!*

Setting goals

1. Decide on your goal
2. Write it down
3. Be realistic
4. Keep track of it
5. Be determined



When you set your goal also set your reward. The reward gives you an incentive to work towards.

Personal Reflection Box



-Looking Ahead-



-The Future-

What career do I want and why?

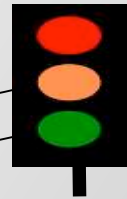


-Higher Education-

Do I need to continue with my studies?

YES or NO

Possible obstacles that may slow you down...



Five empty rectangular boxes for listing obstacles.

Possible Barriers along the way...



Five empty rectangular boxes for listing barriers.

-GCSEs-



What grades do I need to get?

e.g. Maths

C

Eleven empty rectangular boxes for listing subjects and required grades.

Personal Reflection Box

A large empty rounded rectangular box for personal reflection.

**“True CHAMPIONS are willing to do
the things they hate in order to get the
things they LOVE”**

10 YEARS FROM NOW

-STUDY SKILLS-

Time Management & Revision.



The use of time is a very important skill. If you are able to use your time effectively you will get positive results. Whatever your goals are you will need time to achieve them.

Did you know...?

- "Time" is the most often used noun in the English Language (Oxford Dictionary, June 2006)
- Spending 3 hours on the computer every night is the equivalent of spending 45 $\frac{1}{2}$ days on the computer in a year.

How do you spend your time?

List 3 things you do when you don't want to study.

How to put 1st things 1st

- ◆ Step 1 Identify the big Tasks.
- ◆ Step 2 Schedule time for the big task.
- ◆ Step 3 Schedule time for everything else.
- ◆ Step 4 Visualise the completion and the emotion of accomplishment
- ◆ Step 5 Remind yourself of your VISION for the Future

No.	Big Task	Deadline
1.		
2.		
3.		
4.		

-YOUR FREE TIME-

If you can manage your time it will assist you in achieving more in your studies.

How much free time do you have? (Use the table below to work this out)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							

Free Time
(Hours) + + + + + +

= Hrs of free time per week

-Evening Study Timetable-

Use the timetable to map out a new way of spending your free time in the evenings...

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							
10:00pm							
10:30pm							
11:00pm							

Exam Prep

BEFORE EXAMS

R _____

E _____

A _____

D _____

Y _____

AFTER EXAMS

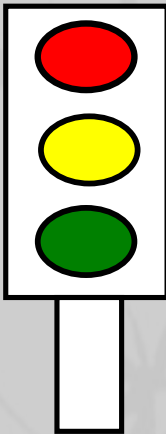
R _____

R _____

R _____



DURING EXAM



WARNING

