

## Course Title: Heads Up Day - Student day/conference

### About this event:

This is a student event aimed at GCSE and A Level students with a view to developing the skills and mindsets needed for exam success. This could be delivered as an intervention day to help identified groups of students or as a part of a PSHE or cross curricular day. The event will challenge student thinking and attitudes, help students understand how learning works, and enable them to develop organisational strategies during an interactive and thought provoking day.

Students will gain:

- A fresh insight into the importance of attitudes and beliefs about the self
- Awareness of key research into how learning works
- Key organisational strategies
- High quality resources and PowerPoint slides

### Session Outlines

A typical event would be divided into 4 sessions – either half day or full day. The programme below is given as an example.

**Session 1: A is for Attitude, B is for belief:** What do we believe about ourselves and how does this affect our work. Dweck's Mindset theory, imposter syndrome, and the danger of comparing ourselves to others.

**Session 2: E is for effort:** When the going gets tough, the importance of keeping going. Understanding the change curve, the research on effort. How routines affect our effort, what Maslow teaches us.

**Session 3: L is for Learning:** Looking at some of the key strategies that help us learn, eliminating distractions with tomatoes,(!) Ebbinghaus, interleaving and the importance of active learning, Cornell notetaking, Coggles and mindmaps.

**Session 4: S is for structure, T is for Time:** Time management using Covey quadrants, daily and weekly planners, organising folders, how tomatoes improve concentration.

### Delivery Options

All schools are different in terms of available time. Full day, half day or even twilight options are available where a half day or twilight covers some of the above by agreement. Equally a more bespoke package tailored to the needs of the school can be delivered as required. The above package can be delivered online if this is preferred or if face to face delivery not being possible.

### Your trainer

Chris Eyre has been a head of department in both secondary and sixth form college settings. He is also an experienced examiner: he is currently Principal Examiner for a leading exam board. He has co-written a number of textbooks and revision guides for A Level Religious Studies and a book on wellbeing. He has considerable experience as a CPD trainer in a range of settings

### For booking or more information

Please contact Chris by email [info@chriseyreteaching.com](mailto:info@chriseyreteaching.com) or by the booking form on the website for all enquiries.