

STUDY SKILLS HOLIDAY COURSE FOR GRADES 8-12



**STUDY
FOR
SUCCESS**

I found the study techniques useful and I enjoyed the way Gill taught.

Student, October Holiday Course 2013

"The course taught me how to summarise by identifying important information, and I used the stress management techniques before writing exams. Before the course I struggled to finish an exam on time but this term I finished all but one of my exams".

Student, October Holiday Course 2013

Educational psychologist Gill Molteno has designed a unique course for high school students to improve their study skills and to put these skills into practice. She teaches students about the fundamental skills involved in: goal-setting, time-management, study methods, exam technique and managing exam stress.

The participants will set realistic goals in each subject and draw up study timetables for the third term. They will also learn effective study techniques which will help them learn for tests and exams. Gill Molteno will teach participants techniques for managing exam stress.

This holiday course is unique because participants will attend a practical study session during the third term where they will bring material they need to study for a test and use the skills they've learnt in the course.

Participants will attend a follow-up review session during the October school holiday to review whether they achieved the goals they set for the third term. The student who achieves the most goals will receive a prize. Participants will also post their weekly goals on the Study for Success Facebook page each Monday during the third term. This page is only open to course participants. They will get support and encouragement from Gill Molteno and fellow students.

facebook

Course dates : 16 July – 18 July (9h00 -11h30)

Practical study session: Monday 28 July
17h00 – 18h30

Review session: Wednesday 8 October
14h00 – 15h30

Venue: Rondebosch Boys High School,
Room 63, (Mrs Starke's classroom)

Cost: R1150,00 per participant for the five sessions. Families on medical aid may be able to claim this amount back after the course.

Parents of participants will be invited to attend an information evening on how to support their teenagers academically.

About the facilitator:

Gill Molteno is an educational psychologist who has a private practice in Rondebosch where she conducts educational assessments and offers therapy for children and adolescents. She also offers individual study skills sessions for primary and high school students.



Limited to 16 students, book early!

✉ info@gillmolteno.com

☎ 021 686 1231

www.gillmolteno.com