no limits education

the A factor!

enabling students to achieve better results

Helping Post-16 students improve their performance in exams.

Motivating, interactive, and thoroughly engaging, this workshop gives students just the boost they need to:

view exams in a more positive way:

develop a 'can-do' attitude to succeeding in exams and beyond

make the best use of revision time:

understand how and why to prioritise what they need to do
break down revision and study to maximise productivity and make use of time-management techniques
develop revision techniques suited to their individual interests and needs

reduce anxiety levels:

manage stress – maximise positive stress and minimise negative stress
develop strategies to achieve peak performance avoid feeling overwhelmed

improve memory:

understand how memory works
develop improved techniques to remember key information in pressured situations

improve performance in exam situations:

effectively prepare for the pressure of exams through systematic physical and mental preparation
use proven techniques to maintain calm and focus leading up to, and during, an exam.

New for 2011, at a small extra cost, we have ***digital add-on resources for students to access on-line and on their phones to help sustainability!***

who for? **Post 16 students – *tailored for Year 12 or 13***

how long? **2 x 2 hour workshops per day**

how many? **Up to 50 students per workshop** (50 students in the first session, then the same session repeated for a different 50 students)

how much? £8.75+vat per student, min charge of £262.50 + vat (equating to 30 students)

what next? **Contact *Jane at* no limits**
call **0115 8752508** or email **jane@nolimitseducation.co.uk**

www.nolimitseducation.co.uk