



AMANDA LECAUDE

Organising Expert, Writer,
Speaker, Educator & Consultant

STUDENT-RELATED WORKSHOP TOPICS & PROGRAMS

For students, parents, or combined workshops

Please note:

- our workshops below can be run for any of the above audiences as required. Ideally it is great to combine both parents and students for secondary school workshops where practical (if not conducted during school hours).
- workshop length - approx 1-1.5 hours.

Getting organised for transition to secondary school

Grade 6 students and parents

There are two workshops in this series. The first being an interactive workshop for Grade 6 students that focuses on tips and strategies on coping with the move to secondary school and learning basic organisational and time management skills.

The second workshop is designed for parents and how they can support their child through the transition journey. It is a time of immense change for students and parents and this session is designed to assist everyone to ensure a successful transition and start children on the path for success at school and life. Learn practical tips and strategies to support your child.

You've started secondary school now what? Organisation, time management and study skills

Year 7 students (this workshop can also be tailored for other year levels including years 8 and 9).

The focus of this workshop is to ensure students are equipped with the necessary skills to begin building a strong foundation to set them on a path of success at secondary school. Topics covered include:

- organisation
- time management
- mindset/motivation
- study skills and strategies.

How parents can support their child now they're @ secondary school

Year 7 parents

This workshop focusses on understanding what time management really means, why it is such an important skill at school and in life, and providing tips and strategies to ensure your child also understands and can implement this skill for success. Other topics covered include:

- organisation,
- procrastination/motivation and managing distractions,
- learning styles and
- mindset.

Reaching your full potential @ secondary school

Years 9-10 ideally but can be done for Years 11 and 12

It's important for students to understand and implement the necessary tools and strategies to take responsibility for their own learning as their workload increases in the senior years. Topics covered include:

- organisation,
- time management/prioritisation
- procrastination/motivation and managing distractions,
- stress & anxiety management,
- learning styles and
- study skills.

Supporting your child through the senior years (years 9-12)

Parents

This workshop, a mirror image of the one noted above for students, ensures parents are on the same page when it comes to the increased workload students will face. It also provides awareness of all the necessary tools and strategies they will need to put in place to succeed. Learn practical tips and strategies to support your child including:

- creating a good study routine
- organisation,
- time management/prioritisation
- procrastination/motivation and managing distractions,
- stress & anxiety management,
- learning styles and
- study skills.

Growing better study habits

Years 9-12

As students move towards the senior years at secondary school it is important they understand how to face their increased study challenges and workload. This session includes:

- how to set goals
- establish plans/study routines
- how to equip themselves with the necessary study skills, based on their individual learning styles,
- understand how to take notes and revise,
- staying motivated, avoiding distractions and procrastination.

How to solve homework battles and ensure success

Parents

Is homework often the source of a battle in your home as it is with most families? This workshop is about ensuring parents are equipped with the necessary tips, tools and strategies to assist their child to not only complete their homework and study but with minimal stress for all.

Exam success - tips and strategies to succeed

Years 9-12

The focus of this workshop is about equipping students with the necessary tools to assist them to prepare effectively and efficiently for tests and exams. Exam performance and stress management are also discussed.

Getting organised for life after secondary school

Year 12

The next chapter in a student's life, whether it be further study or joining the workforce, is another major transition they face. This interactive workshop will ensure students are not only aware of the increased independence and responsibility they will have but be given the necessary tools to be able to adapt to such changes.

Time management and organisation

Parents

Be good role models for your children. In my experience many parents feel they are not equipped with skills in this area and as a result often feel unsure how they can support their child. Come and learn how to be more efficient and effective with your time with a focus on procrastination and avoiding distractions.

Specific study skills sessions

Full term program or individual modules available for all year levels at secondary school

Any of the above Workshop Topics/ Programs can also be incorporated into specific study skills sessions as required. Sessions include:

- the importance of mindset
- effective note taking
- having goals and plans
- motivation, procrastination and managing distractions
- managing stress and anxiety
- learning styles
- environment for study and study strategies that work.

STUDENT & PARENT FEEDBACK

"I always look forward to the study skill sessions as they teach me new skills to assist me particularly with my study, revision and preparing for exams"

Student Mount Alexander College

"The tips in the the Transition Workshop really helped me to understand how to cope at secondary school"

Grade 6 Student, Roxburgh Homestead PS

"The workshop answered all the little things that I was worried about at secondary school"

Grade 6 Student, Moonee Ponds West PS

"It has made me more confident and I am now looking forward to going to secondary school"

Grade 6 Student, Karoo PS

"I love that my son is feeling less anxious about secondary school after your presentation. Thanks for the positive impact it has had on both of us"

Parent, Grade 6 student
Moonee Ponds West PS

If you don't see a topic that meets your exact needs then please get in touch as Amanda regularly tailors workshops to suit the specific needs of schools, students and parents. For further info:

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