

The Education Coach Skills Study Program

Overview

The Study Skills Coaching program is an 8-week journey designed to reshape how students tackle their studies. Whether conducted in-person at home or through live online sessions, the program ensures that students gain the confidence and skills needed to excel in exams.

Through personalized coaching, this course is crafted to ignite genuine transformation in students' attitudes, study habits, and academic performance. It fosters lasting growth, ensuring they are better prepared to tackle future challenges with confidence and success.

The coaching experience emphasises equipping students with practical and relevant skills that are tailored to their individual needs and learning styles. Each session is designed to ensure that students can immediately apply what they've learned in their studies and daily routines, making the lessons highly actionable. Whether it's mastering time management, developing effective study techniques, or enhancing focus, the skills gained are directly applicable, helping students see immediate improvements in their academic performance and overall confidence.

This hands-on approach ensures that the coaching experience translates into tangible, real-world benefits that support long-term success.

The Initial Coaching Conversation

Every coaching journey begins with a starting point. For all our programs, this takes the form of an initial coaching session. True to our style, all our sessions are infused with humour, learning, and motivation, and the first conversation is no exception. During this session, we'll take the time to explore your child's current habits, perspectives, and approach to school and study. This is where we'll begin to build the foundation for a personalised coaching program tailored to your child's needs, setting the stage for growth and success.

The initial session is a free 45 mins session.

Learning and Accountability Learning and accountability are central to our approach when working with students. We focus on equipping them with the tools and knowledge they need to grow while ensuring they take responsibility for their progress. By fostering a sense of ownership over their learning journey, we help students stay motivated, track their achievements, and build the discipline necessary for lasting success. This balance of learning and accountability empowers them to develop habits that will serve them well beyond school. All coaching sessions are 45 minutes.

What Students Will Learn

This is an example of what a typical curriculum could look like. However, it may differ for your child, as we may focus on just a few key elements. Our goal is to ensure the biggest impact from the coaching sessions by tailoring them to your child's unique needs and priorities.

Week 1: Goal Setting

In the first week, we concentrate on goal setting. Students will explore their personal aspirations and academic objectives, identifying relevant goals that resonate with them. Through guided discussions, they will learn to define clear, achievable goals, laying the foundation for their success throughout the coaching program.

Week 2: Time Management

In the second week, we focus on time management. Students will learn effective techniques to prioritize tasks, create schedules, and minimize distractions. Through practical exercises, they will develop personalised time management plans that balance academic responsibilities with personal activities, enhancing their productivity and reducing stress in their daily lives.

Week 3: Note Taking

In the third week, we concentrate on effective note-taking strategies. Students will explore various methods, such as the Cornell method and mind mapping, to enhance information retention during lectures. They'll practice organizing their notes for clarity and review, ensuring they can efficiently capture and utilize essential concepts from their studies.

Week 4: Memory Techniques

In the fourth week, we focus on memory techniques to enhance retention and recall. Students will learn strategies such as mnemonic devices, visualization, and spaced repetition. Through interactive activities, they'll practice these methods, discovering which techniques work best for them, ultimately boosting their confidence and performance in their studies.

What Students Will Learn (Cont.)

Week 5: Growth Mindset

In the fifth week, we emphasise developing a growth mindset. Students will explore the concepts of a growth versus fixed mindset and learn how embracing challenges can lead to personal growth. Through engaging discussions and reflective activities, they will identify limiting beliefs and cultivate resilience, empowering them to approach learning with confidence and curiosity.

Week 6: Motivation

In the sixth week, we focus on fostering motivation. Students will identify their personal motivators and explore both intrinsic and extrinsic sources of inspiration. We'll discuss goal-setting techniques aligned with their passions and develop strategies to maintain motivation, helping them stay committed to their academic journey and overcome challenges with enthusiasm.

Week 7: Stress Management

In the seventh week, we concentrate on stress management techniques. Students will learn to recognize stressors and explore effective strategies to cope, including mindfulness, deep breathing, and time management skills. Through practical exercises, they'll develop personalized plans to manage stress, helping them maintain focus and balance during their studies and exams.

Week 8: Exam Preparation

In the final week, we focus on effective exam preparation strategies. Students will learn how to create comprehensive study plans, utilize revision techniques, and practice test-taking skills. We'll cover stress management strategies specific to exam situations, ensuring they feel confident and ready to perform at their best on exam day.

Contact Us

We hope this outline has provided you with a glimpse of what can be achieved during the coaching sessions. If you're uncertain about whether coaching is the right fit for your child, please don't hesitate to reach out for a conversation. With years of experience in educational settings, we understand that every child and learning experience is unique, and we are here to offer our support and guidance. Let's work together to find the best path for your child's success! The Education Coach www.the-education-coach.org info@the-education-coach.org

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