

Exam Support Programme

Reduce exam stress and give students the tools they need to reach their full potential.

We've combined our most popular attainment raising workshops into a comprehensive exam preparation and support programme. This comprehensive toolkit of learning, retention and revision techniques can be used alongside lessons to ensure students are fully prepared to sit their exams.



Programme overview

We recommend starting the exam support programme in Year 10 to give students as much time as possible to embed the techniques ready for the start of their formal exams. But the sessions can also be started in Year 11, or even into Key Stage 5.

The workshops can be delivered as an intensive, three-day programme over one term. Ideally, the workshops should be delivered in the following order, on a termly basis, but we can fit the programme around your specific timetabling requirements:

- Term 1 - Super Speedy Study Skills
- Term 2 - Mind Mapping
- Term 3 - Exam Busters
- Optional - Access to the Online Resources Hub



Aims of the programme

- To alleviate the feelings of pressure and exam stress that students can feel in the lead up to exams
- To upskill students with highly effective, powerful, creative exam and study techniques
- To build enthusiasm for learning and prove that even revising for exams can be fun

"Informative and very useful revision techniques that will help young people in their exams and young adult life. Students loved the sessions, so here's hoping they use these techniques to better themselves, their results and schoolwork in the future."

Our Lady's Catholic College

Book your workshop

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Programme content

This high-impact, four-day accelerated learning programme provides students with a multi-level approach to achieving exam success.

During this programme, students will:

- Learn the importance of developing a growth mindset
- Gain an insight into the amazing power of their brain
- Learn effective memory techniques
- Understand the benefits of regular review methods
- Learn how to remember, recall and retain information
- Gain techniques to manage stress, especially in the run-up to exams

You will also have the option to subscribe to our new Online Resources Hub, which can greatly further the impact the live workshops make on your students.



Benefits

With this sustained intervention programme, students benefit from a holistic approach. Each workshop is interleaved, and students learn powerful techniques that help them prepare for exams. The strategies learned in these sessions support wider personal development, helping students access the learning approach that works best for them.

The workshops within the exam support programme can be delivered as standalone sessions, but schools report that the programme approach allows students to build momentum and fully embed the techniques into their revision schedule.



Practicalities

In total, the Exam Support Programme is a three-day intervention that can be delivered face-to-face or online.

Access to the Online Resources Hub is priced in addition to the live workshops and will last until the end of the academic year.

We are Positively You

We are one of the UK's leading providers of educational workshops. For over 20 years, we've delivered transformative student workshops, inspiring teacher development sessions and supportive resources for parents.