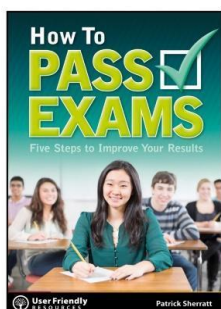




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Break Through to Better Exam Results

STUDY SKILLS SEMINAR

Glendowie College Hall
Tuesday 11th August
6.30 – 8.15pm

The 'Passing Exams' seminar presents a five-step **exam-preparation strategy** and provides **practical solutions** to many common challenges students face.

- Do you know *how* to Study?
- Do you get easily distracted?
- Is memorising information slow and difficult?
- Are you nervous around exams?

Based on the latest research into how to learn, study and prepare for exams, this interactive and entertaining seminar will show you how to:

- Switch on your brain to learn, study and prepare in ways that improve results
- Use relaxation techniques to enhance attention, concentration and reduce stress
- Quickly review and reduce folders of class-notes into new condensed study-notes
- Dramatically enhance your memory retention
- Build confidence by rehearsing your ability to understand and recall information
- Learn to Juggle!

Open to all Year 11, 12 and 13 students and parents

COST: \$10 per person

Bookings **online only** via: <https://www.trybooking.com/nz/BEQA>

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