

Educational Wellness for Grade 8 and 9 Learners

<p>1. Meet and Greet</p> <ul style="list-style-type: none"> ○ Connect ○ Self-Awareness ○ Goal setting 	<p>6. How to Study Effectively 2</p> <ul style="list-style-type: none"> ○ Anxiety/Stress ○ Learning Styles ○ Study Methods
<p>2. Social Awareness</p> <ul style="list-style-type: none"> ○ Self-Awareness ○ Peer Pressure ○ Healthy Friendships 	<p>7. How to Answer Exam Questions</p> <ul style="list-style-type: none"> ○ Keywords ○ Mark Allocation ○ Working through the Paper
<p>3. Workload Management</p> <ul style="list-style-type: none"> ○ Planning ○ Organisation ○ Assignments and Assessments 	<p>8. Managing Exam Pressure</p> <ul style="list-style-type: none"> ○ Somatic techniques and mindfulness ○ Nutrition and Exercise ○ Emotional Support
<p>4. How to Study Effectively 1</p> <ul style="list-style-type: none"> ○ Time Management ○ Planning your Studies ○ Study Environments 	<p>9. Being Proactive in Exams</p> <ul style="list-style-type: none"> ○ Emotional and Cognitive Wellness ○ Self-Care ○ Academic Success
<p>5. Educational Wellness</p> <ul style="list-style-type: none"> ○ Support Networks ○ Study Spaces ○ Study Buddies 	<p>10. Game Plan</p> <ul style="list-style-type: none"> ○ Exam Reflection ○ Goal Revisions ○ Being Proactive

Embark on a transformative journey with our Educational Wellness Workshop Series! Designed to empower students, each session is a stepping stone towards academic success and personal growth. From building connections and setting proactive goals to tackling peer pressure and effective study techniques, this program fosters resilience and equips students

with the tools to thrive. Join us in creating a positive impact, reinforcing strengths, and unlocking the potential for a successful high school journey!

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