

Dear Parents,

On Monday 31st, Elevate Education are running a Zoom session to deliver a parents seminar which will go through everything your children have gone through with Elevate Education.

Elevate Education is an international provider of study skills programs to students and works with over 2,500 schools and 300,000 students every year across the UK, South Africa, the USA, Australia and Singapore.

Founded in 2001, Elevate has spent 18 years benchmarking the habits of the best students. This research has identified 17 areas where habits and study processes of the top students differ from middle and lower performing students. Elevate workshops are presented by university students who have recently 'faced and aced' high school themselves. Presenters are energetic, speak the same language as your students, and get them thinking about study skills from a fellow student's perspective.

The Parents session will cover the following topics:

- Time Management
 - How to create a study planner that your children can actually stick to.
 - How to avoid burning out and getting too overwhelmed with the workload.
- Motivation
 - How to set goals to keep motivated throughout the year and how to take action.
- What to do
 - Top study tips to stay prepared and on track all year round.
 - A breakdown on what your children have run through in their session.
- Dealing with technology (crowd favourite)
 - How to stop procrastination.
 - Apps to help with distractions on laptops, phones and Ipads.

The seminar will run for about 30 minutes with a Q&A following. You will also receive a QR code at the end of the session with access to Elevate parent E-book with further information on how to help your children implement the Elevate skills!

We are looking forward to working with you!

Best wishes,

Jess Soulsby
Elevate Education