

Time Management, Goal setting, Productivity and Study Skills

- Setting effective afternoon and exam study schedules, project/assignment planning.
- Setting realistic goals.
- Investigating the student's study skills and habits.
- Improved focus and concentration.

Advantages:

- Allows students to execute projects in good time ensuring a higher quality product and an improved mark.
- Allows student to prepare in a timely manner for exams.
- Avoids feelings of overwhelm and anxiety.
- Realistic goals pull the student towards achieving what they set out to do.
- Finding a study method that works for the student and improves their study habits.
- Coach as accountability partner is an invaluable part of the equation.