

**COVID-19
UPDATE**

If, due to the Coronavirus crisis, you cannot host in-person workshops at your school, please note that this workshop is available online. For further details or to discuss bookings, please get in touch at info@innerdrive.co.uk

OVERVIEW

Our Surviving University workshops introduce students to the key skills needed to get the most out of their time at university.

The workshop is broken down into two main areas: living better and working better. The living better section covers moving away from home, seizing the day and managing your money. The working better section covers how to pace your work, university motivation and how to take good notes.

KEY MESSAGES

Leaving home

- Expectations vs Fears
- How to overcome the "Spotlight effect"

Seize the day

- Life is short and time is precious
- Maximising your time at university
- What is your six-word story going to be?

Money matters

- The 7 biggest expenses at university
- How are you going to fund your time there?

Pacing your work

- Why people procrastinate
- How people procrastinate
- Top tips to avoid procrastinating (i.e. asking yourself WIN questions)

Note-taking

- Why note-taking is important
- The trade-off between listening and note-taking
- Top tips for thorough note-taking

Motivation

- What motivates you to do well at university
- How to improve your motivation



THIS WORKSHOP WILL HELP STUDENTS:

- ✓ Get excited
- ✓ Prepare
- ✓ Manage doubt and fears
- ✓ Understand the difference between school and university

BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or info@innerdrive.co.uk