School to College Transition

30 Hours Highly Interactive Experiential Training

Course Description

There's a set of skills that's required in both contexts, college requires that you master more challenging study skills, including understanding and analysing complex academic material, time management, and stress management. In addition, you'll need to learn to become more of an independent student, as your teacher-based support system is usually less available in the higher levels of education.

These skills are not only useful for those students in high school and those who are college bound; in fact, many career paths will expect you to have mastered these skills to be an efficient and productive employee.

Students will learn:

- Organizing study materials and knowing schedules for classes.
- Completing homework, essays, and projects without reminders or involvement from parents, teachers.
- Accepting responsibility and consequences for actions (ex. setting goal, managing time) and learning how to plan for contingencies.
- Attending educational planning meetings.
- Balancing educational and recreational computer use

Methodology:

- Real-World Experience Simulation between Facilitator & Participants
- Participants will be led in a Directed Learning Mode, not Just with Facilitator's one-sided Lectures
- Combination of Presentations and Examples from Facilitator and Interactive / Hands-On Participants' Exercises with Individual / Group Report-Outs
- Experiential workshop environment where participants will be educated to take risks and make adjustments based on their results from Role-Plays before approaching large real-time projects.

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Workshop Content

- **Capsule 1: Advanced Study Skills** - Getting Organised to Study - Finding Time to Study - Sources of Information for Study - Styles of Writing - Effective Reading - Critical Reading and Reading Strategies - Note-Taking (Note-Taking for Verbal Exchanges and Note-Taking for Reading.) - Revision Skills

- **Capsule 2: Writing skills** - Spelling, Grammar and Punctuation for assignment writing. Gender Neutral Writing and Clichés to Avoid useful.

- **Capsule 3: Interpersonal Skills** - Listening Skills, Problem Solving and Decision Making, Questioning and Types of Questions, Verbal Communication and Effective Speaking.

- Capsule 4: Time Management - Pick Your Moment - Don't Procrastinate, but Do Ask Why You're Tempted - Don't Try To Multi-task - Stay Calm and Keep Things In Perspective.

- **Capsule 5: Personal Skills** - Some Tools and Techniques from NLP - Goal Setting, Self-Discipline, Building Confidence and Self-Esteem, Tips for Dealing with Stress, Relaxation Techniques, and Self-Motivation.

- **Capsule 6: Emotional Intelligence** - Self Awareness - Self Regulation - Motivation - Empathy - Social Skills.

Course Duration

30 Hours i.e., 5 day Workshop

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Other Details:

- 50% advance payment has to be made along with the confirmation letter and balance on the last day of the program;
- All payments must be made by cheque/online transfer etc., drawn in favour of Sieger Training Consultants Pvt. Ltd;
- Facilitators Food & FN/AN Beverages along with snacks have to be taken care by the client;
- Clients will have to arrange LCD, Speakers, Mike on their own;
- Cancellation of confirmed programmes shall be intimated one week in advance else 50% of the total charges shall be applicable;
- Client will recognize the intellectual property rights of Sieger Training and such materials are not to be copied without prior written approval of Sieger Training;
- Take all responsible steps to hold all Sieger Training copyrighted materials confidential to Client;
- Guarantee that no training will be conducted using Sieger Training concepts or material is carried out for employees of Client and Client shall not use Sieger Trainer's without the knowledge of Sieger Training Consultants (P) Limited;
- Ensure that any materials of Sieger Training supplied to internal employee(s) are retained by Client and or returned to Sieger Training in the event that the employee(s) ceases to be employed by the company;
- Ensure that no substantive modification of course design or content occurs without the prior written permission of Sieger Training, which shall not be withheld unreasonably;
- Treat this agreement as confidential and not divulge its contents to third parties;
- Inform Sieger Training of any internal procedures for the payment of invoices.