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29th August, 2024

3rd Year and 6th Year *Rayse the Game* Motivational Talk

A chara,

Our 3rd year and 6th year students attended a live seminar today as part of their return to school induction. This motivation, study skills and anxiety management seminar was delivered by Ray Langan from www.raysethegame.com

The aim of this seminar was for our students to get ready to be more motivated, less anxious and ultimately improve their exam results.

Topics covered included:

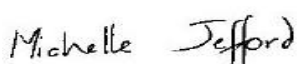
- Mindset - Learn the secret to motivation and get fired up about school and study.
- The Game Plan - how to be more organised, efficient & productive and beat procrastination.
- Goal setting - how to create laser-like focus and concentration.
- Time blocking and time management.
- My powerful 30-Minute Study Method.
- How to save hours of wasted time re-writing notes using my own unique note-taking technique called WHIZGRIDZ
- To double their memory capacity and the magic formula to retain information in the long-term.
- BONUS: ANXIETY TOOLKIT to help with anxiety, stress and demotivation.

As a follow-on to this seminar, a *Parent Pep Talk* will take place on Monday 2nd September from 7.30 pm to 8.30 pm. Information about this Parent Pep Talk can be found [here](#).

The *Parent Pep Talk* will take place online via Zoom and we invite all parents/guardians of our current 3rd and 6th years to attend this talk. A link will be sent via text before the event.

We thank you in advance for your support and wish our students a successful and motivated school year.

Yours sincerely,



Michelle Jefford
Principal



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