

# Dr John Buswell & Associates

Your School Governance, Child Protection and Educational Safety  
Partners

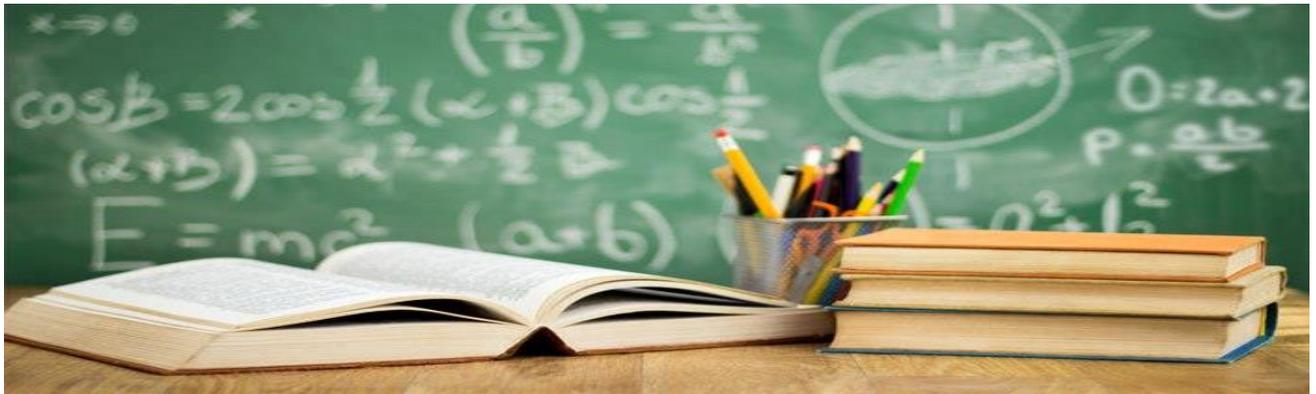
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**eduCATE – SA**

ONLINE EDUCATION DEVELOPMENT

## **Live Zoom Learner Workshops**

**Study Skills, Time Management, Academic Planning and  
The Prevention of Learner Burnout**



### **ADAPTING TO A NATIONAL CRISIS**

<b>Grades:</b>	<b>Dates</b>	<b>Times</b>
Grade 12	Saturday 05 September	(10:00 – 12:30)
Grade 7	Tuesday 08 September	(15:00 – 17:30)
Grades (8, 9, 10, 11)	Thursday 10 September	(15:00 – 17:30)
Grades (5, 6)	Saturday 12 September	(10:00 -12:30)

**COST:** R100-00 Per Learner ( Parents at no charge), includes: Live Zoom Interactive Workshop, Comprehensive Study Skills Guide, Academic Planning Notes, Worksheets and much more.

**NB:** Please note that these workshops can also be presented to groups of learners at individual schools. Please mail [john@buswellandassociates.co.za](mailto:john@buswellandassociates.co.za) to procure a private date and time. (Min 100 participants)

## **Introduction**

Learners in the South African Education system, as with the rest of the world, find themselves in one of the most challenging times of their lives due to the COVID – 19 epidemic and subsequent lock down restrictions. As schools slowly re open and our lives start to return to normal, time management and academic planning will become one of the greatest skills that learners, educators and parents will have to master. One of the biggest challenges that learners face from Gr 5 – Gr 12 is that they do not have adequate planning skills. This practical workshop teaches learners to work independently, develop study skills techniques and create a weekly planner, monthly study time table that correlates to their exam time table and a task priority system for projects and homework. Learners are unable to manage stress and the real potential of burnout from fatigue.

The system enables parents and educators to monitor progress and ensure that the full subject content has been thoroughly worked through and that sufficient revision has taken place.

## **The Presenter:**

Dr John Buswell has presented the Basic Study Skills and Planning Workshop to well over 30 000 learners at schools throughout South Africa over the last 5 years, including both the IEB as well as the NSC Syllabus. Each workshop is designed to incorporate age appropriate content suitable for each grade.

## ***We invite parents to join their children at the workshop at no additional cost.***

This is a practical and interactive workshop. Parents are encouraged to attend with their children so that there can be a common understanding of what needs to be done. So often, studying is something that causes a great deal of conflict in the home. By working together, parents and students can negotiate the best way forward. Students will leave the workshop with a personalized plan that can be implemented immediately.

## **WORKSHOP CONTENT**

### **An introduction to the world of effective learning**

- The iceberg of life – putting in the effort and reaping the rewards
- Understanding my academic personality
- How **MY** brain works
- Identifying and using your personal learning style

### **Effective planning strategies to ensure success**

- How and where to study – my personal pad
- Time management skills – procrastination vs. over planning
- Effective planning for the rest of this year
- Creating a study plan and timetable
- Goal setting
- Monitoring your own learning advancement
- Habits of success

### **Study techniques**

- Is there a perfect way to learn? Exploring different study techniques
- Active listening and note taking
- Summarizing your notes
- Memory and mind maps
- Strategies for effective reading
- The importance of associations and thinking while studying
- Basic learning styles (Visual and Auditory)

### **How to write a good test or exam paper**

- Exam tips
- Understanding the questions
- Answering effectively
- Pacing yourself
- Finding those few additional marks

## **Planning for balance – self preservation**

- Managing stress
- The symptoms of burnout and how to make the critical change
- The importance of good nutrition
- Your sleep habits
- Managing an online world

### **To procure your child's participation on this workshop:**

Make a payment of R100-00 Per Delegate using the Schools or Learners name as a reference

#### **Account Details**

Name of Account Holder: **J Buswell**

Bank: **ABSA Cheque Account**

Account Number: **925 954 7923**

Branch Code: **632005**

Send a copy of your Payment Advise to [admin@buswellandassociates.co.za](mailto:admin@buswellandassociates.co.za)

Include the following information in the main body of your email:

1. School name/ Learners name/ Date of workshop NB!
2. Contact person and contact number
3. Receiving electronic email address for each participant

The process:

1. You will receive a confirmation email on receipt of your payment
2. The day before the workshop you will receive a Zoom conference invitation and a copy of your workshop hand-guide and all other relevant paper work
3. On the day of the workshop you will receive a meeting reminder and we then go live 30 minutes before the official start time, to enable you to log on.

We look forward to your ongoing support, please do not hesitate to call our offices for any further queries: 064 8491157

Kind regards  
John Buswell  
Yours in education