



BRAiN BUILDERS

STUDY SKILLS WORKSHOP ♥

**SCIENCE BACKED
STRATEGIES THAT WORK**

LX
LINEXA
— LEARNING —
WHERE SCIENCE MEETS LEARNING



Content

- 01 The Facilitator**

- 02 Course Format**

- 03 What Will You Learn?**

- 04 Session Outline**

- 05 Cost**

- 06 Teacher Training**

- 07 Contact Us**

- 08 What our clients have said**

Alle kursusse in Engels en Afrikaans beskikbaar

Welcome

Hallo, and thank you for exploring our fantastic study skills course.

There should be **lots of life in learning** – and that is the passion that drives us. This course combines neuroscience with practical, proven strategies to help learners learn smarter, remember more and approach tests with confidence. We try to balance theoretical understanding with practical application and having fun.

1. Course Facilitator



I'm Aniel Redelinghuys, a Speech and Language Therapist with a Master's degree focused on neuroscience. I have worked with children in South Africa and the UK and lectured at the University of Pretoria and Stellenbosch University.

As a professional – and a mother of teenagers – I am passionate about helping children understand how to learn, and to discover the success that is possible for each one of them. My Study Skills programme brings together neuroscience and practical study strategies to help learners study more effectively, build confidence and discover “I can do this.”

“I believe that studying is a process. Just as a recipe needs the right ingredients and the correct method, your brain needs certain conditions to understand, store and remember information effectively.

When you work with your brain instead of against it, learning becomes not only more effective, but also far more enjoyable and rewarding. ”

2. Course Format

The course is available in various formats to meet clients' needs. We can accommodate 1:1, small groups and larger groups.

ONLINE

Offered via Zoom or Teams, with electronic materials provided and active group discussions in breakout rooms.

SCHOOL-BASED

Conducted at schools, allowing one free attendee for every 15 participants, with feedback and support guidelines for parents afterward.

PUBLIC VENUE

Held at designated locations, open to anyone, and advertised on the website and social media.

PRIVATE

Smallgroup sessions at homes or one-on-one options for learners who prefer individual attention.



3. What Will You Learn?

Below are only some of the key questions we address in each section. We want learners to understand how learning takes place and then apply strategies to help their brains learn in the best possible way.

Know how your brain learns

→ What is learning, attention and memory?
What contributes to learning?

Set up your study space

→ What do I need? What should a study timetable look like?
What influence do screens have on my learning?

Identify key information

→ What information is core and supportive?
Which questions can I ask?

Create different summaries

→ Which summary suits which content?

Memorize facts efficiently

→ Are there clever ways to memorize information?

Manage your stress

→ How can I stay calm?

Answer tests effectively

→ What does the teacher want me to answer in the different types of questions?

4. Session Outline

1

Session 1

After completing this session, learners will be able to understand how learning works, follow the 3-step study process, prepare effectively for studying, and create various types of summaries to consolidate their work.

OUTLINE:

INTRODUCTION

- Understand how your brain learns

STEP 1: PREPARE

- Preparation for studies
- Setup (schedule, study space, writing materials, phones)

STEP 2: UNDERSTAND AND LEARN

- Get an overview of your work • Dive deep — ask and answer questions
- Identify key information • Make summaries

2

Session 2

Learners learn how to make different types of summaries, memorize their work, understand and answer exam questions, and manage stress.

OUTLINE:

- Review of Session 1

STEP 3: MEMORIZE AND MASTER

- Make summaries • Memorize your work • Review your work
- Answer test papers • Recap learning

5. Cost

Offered at the School

R1200.00 pp
groups <15

- The course is offered to learners as a voluntary option at the school

R850.00 pp
groups >15

- The school provides a venue; costs covered by the parents
- All notes and take-home templates are included
- A juice and a muffin are provided

Public Venue or Private Courses

R1500.00 pp

- Open to learners from any school, presented at a public venue
- All notes and templates are included
- A juice and a muffin are provided

Online

R1200.00 pp

- Open to all learners via Microsoft Teams
- All notes and templates are sent electronically

Added Value

- A handy course workbook that contains all notes for future reference
- Various templates for structured study at home
- Practical sessions where learners analyze, summarize, and memorize actual content
- WhatsApp group for reminders and tips for learners and/or parents

6. Teacher Training

Do you have specific teacher-training needs for your school? We'd love to talk it through with you.

Take a look at our own courses:

- The Linexa Framework for brain-smart teaching and learning
- Classroom accommodations for learners with special needs
- ADHD: Success in the Classroom
- Neuroscience in Education: New Trends
- Positive Communication: The Key to Success
- Early Language Development: A Play-Based Approach
- Play-Based Teaching: Global Trends and Recent Research

7. Contact Us

- We will be very happy to answer any of your questions.
- Check our website for our next public course.
- Ask about hosting a workshop at your school.

Course Content & Teacher Training

Have a question about what the course covers, or want to discuss a teacher-training option for your school? Get in touch with Aniel.

ANIEL REDELINGHUYS



082573 6290



aniel@linexalearning.com

Book a Workshop & Enquiries

Ready to book a workshop, or need more information on pricing and availability? Get in touch with Portia.

PORTIA BOLTON



073 848 4731



learning@linexalearning.com

8. What our clients have said:

"This study skills course was very practical. It helped our learners identify important information and turn it into meaningful summaries. I believe all the learners benefited a great deal from it."
– Ms L Faure, Huguenote High School

Great workshop with practical strategies to help her study. She enjoyed it very much. AK

"My children loved the course and said how much the practical strategies helped them. They are excited to start studying." E. Killian

Our son's confidence has improved markedly and he scored top marks after this last exam. MB

This course has helped me to understand how my brain actually learns. I also didn't know that preparing and getting organized before I start studying was important, but it has really helped me to focus better. I am really glad I did this course. Thank you! AJ

It will be great to welcome you to one of our workshops.

www.linexalearning.com

