

Study Method

Program Outline

This coaching is aimed at any individual who is currently studying. This coaching is fit for students still at school, university students, and older students partaking in part-time studies. The duration of the study method coaching is a maximum of ten sessions. Herewith a brief outline of what the coaching content entails.

1 Time planning and social interaction

The Study Report and first coaching session focusses on whether the client needs to study as an individual or as part of a team. Secondly, the report focuses on time management and time planning for studies.

2 Understanding-type subjects

The report provides specific guidelines on how a student should approach understanding-type subjects (including subjects such as mathematics, languages, bookkeeping, etc.).

3 Student's best study methods

A few coaching sessions will focus specifically on the two optimal study methods that are best suited for the client's habits

4 Study stumbling blocks

The coach will spend coaching time guiding the student through the unique and specific roadblocks that could frustrate the student's academic

5 Ten critical study tips

One of the phases in the study method coaching process will focus on ten study tips related to the student's unique habits.

6 Exam writing tips

A coaching session will be dedicated to exam writing tips as well as how to prepare for an exam in a short space of time – an emergency exam!

7 Distance learning

Lastly, the coach will guide the student on the best way to approach distance learning as well as online learning.

This coaching program aims to assist the student in finding the most optimal study method in line with their habits that will ensure academic success!