

HeadStrong NLP

Aspire To Success Overview



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Training overview

The Programme is titled *Aspire To Success*

Training Content & Schedule

The programme is designed to address the link between skills and mindset and support the development of a Renfrewshire wide culture of aspiration for all our young people. By using a range of delivery media and targeting the full spectrum of influence on a young person's thoughts of the future, i.e. parents and teachers as well as the pupils themselves, we maximise the opportunities to embed a 'culture of aspiration' across the region.

The programme also addresses the long term needs of each school, with provision that will build capacity into our senior years student cohorts as well as the more obvious staff capacity.

A more in depth discussion of the reasons behind the programme can be found in the 2 papers, Mindset Matters 1 & 2, prepared by Wilma Leburn and Brian Costello.

Dates and timings for all sessions detailed below will be arranged with each individual school on agreement of delivery.

Aspire To Success

Follow Your Dreams Assembly Session (50 mins)

Target Audience: Full year group (S4 – S6)

Objectives:

- Build an aspirational destination with a focus on post school activity e.g. employment, higher/further education
- Motivate pupils for study in run up to exams by discussing personal responsibility for results
- Provide tangible skills to manage and eradicate exam stress
- Discuss a range of positive learning behaviours and techniques

Mentoring Sessions (6 x 60-90 mins)

Target Audience: Small group of disengaged pupils

Objectives:

- Re-engage small group (max 15) of previously disengaged pupils
- Open dialogue with group around fears and pressures of study
- 40% student led, actively teaching strategies to deal with the concerns of the group, 60% pre-planned material
- In depth teaching of specific learning and study skills discussed on assembly session
- Give a platform for pupils to actively discuss blocks to study, aspiration and success

Modelling Session – Assembly Session with 2 optional follow up sessions – (90 mins then 60 min follow up)

Target Audience: S6 (S5 where applicable) subject experts (A grade in Higher). 2 for each subject identified by the school

Objectives:

- Focus on the 'how' not the 'what'
- Teach all pupils how to elicit their own positive and effective learning strategy and then how to teach it to others
- Build capacity within each individual school by empowering the pupils with advanced teaching techniques
- Ensure on-going success through coaching
- Build an aspirational target for S5 subject experts

CPD Sessions (30-60mins)

Target Audience: Small core of SMT identified staff

Objectives:

- Build capacity within the faculty of each individual school
- Provide opportunities for CPD and support of the program
- Ensure on-going success of the program by identifying and training key Aspiration Ambassadors who will act like in school coaches assisting and maintaining momentum

Foundations of Success Session (for parents): (90 mins)

Target Audience: S4-S6 parents

Objectives:

- Address the psychology of study with parent group
- Call out and adapt or remove negative parenting strategies such as sibling pressure, carrot/stick strategies etc.
- Discuss behavioural patterns and how to spot them