

The background features the word 'SUCCES' in a large, light grey, sans-serif font, centered horizontally. The letters are partially obscured by two horizontal bars: a yellow bar on top and an orange bar on the bottom. The text 'Prepare to Succeed' is centered within the yellow bar, and the subtitle 'How to maximize your academic performance' is centered within the orange bar.

Prepare to Succeed

How to maximize your academic performance

Prepare to Succeed

Ambitions

- Before we start think about what your personal ambitions are
- *Think-'What do you want to do when you are 16+/18+?'*
- Everyone needs **PASSION and a REASON** that motivates them to do their best- what's yours?
- <https://youtu.be/8cCiqbSJ9fg>
2.30mins

What works for you?

- Is there someone that acts as your reason for trying hard?
- Is there someone you want to make proud because they believe in you?
- Is there an aspiration you have that will only come true if you work hard and try your best?

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Planning



Monster planning

- https://youtu.be/hS5CfP8n_js

55 secs

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What get's in the way?



What get's in the way?

- **What Stops High Performance?**
- What's the **biggest thing that prevents students from achieving high performance** and the results they want?
- Fear of failure, what others think, change or the unknown
- Procrastination and/or indecision- putting things off
- Lack of knowledge- lack of revision or hard work
- Poor role models- friends or people in our lives
- Anxiety and stress- worrying too much
- Lifestyle- sleeping, screen time, eating, exercise
- Not setting aside time for success
- **The number one thing that prevents high performance and the achievement of results is self-talk – the things we all tell ourselves and the stories we make up.**

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- One of the most important traits of successful people is that they have a **positive mindset**.
- No matter the challenges that come their way, they are able to face them down, keep positive and when they are inevitably knocked down they can quickly **bounce back**.
- Are people born positive? If we watch babies learning to walk, they will fall down time and time again and get up. We are all born with natural **resilience** and the ability to be positive and yet as we get older many people seem to lose this ability.

- **RESILIENCE**
- <https://youtu.be/HYsRGe0tfZc>
3.10mins
- Yes you can!!!!

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Do you practice win/lose
or win/learn?

What's the difference?

Talk to your partner

F.A.I.L.

First Attempt In Learning

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2 of the best reasons why everyone should have goals

NUMBER



- **1-The right Goals will help drive you forward**
- Having clear goals written down gives you something to plan and work towards. Make sure the goal is motivating for you – having a burning desire to achieve something will make it much more likely that you will achieve it.

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NUMBER

2

- **2-Setting Goals makes us push ourselves and fulfil our potential**
- Teaching people to set goals and go after them allows them to live fuller lives – by constantly stretching to achieve them we tend to try new things and push out of our comfort zone.

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- The 6 Ps- Keys for success
- Sssshhhh don't tell everyone but this is the secret to all your future success
- Discuss with your partner and teacher why and what they mean

- Passion
- Place
- Physical Action
- Positive mindset
- People
- Planning

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