



STUDY SKILLS

ASK THE EXPERT NOW! - WEBINAR BY DR. CHITRA ARAVIND

Dear Participants,

Greetings from Manas.

Dear 9th and 11th graders, as you stand on the threshold of significant transitions into 10th and 12th grade, you are embarking on a journey filled with new challenges, opportunities, and academic milestones. The next few years will be important for your education, and learning how to study well will be like having a map to help you navigate through this crucial time. Every student knows that they must study, but somewhere lacks the knowledge of the HOWS! This webinar focuses on **HOW TO STUDY SMART** by giving you the roadmap of the scientific strategies after creating self-awareness of your strength and weak areas. By mastering these essential skills, you will not only excel in your academic pursuits but also develop the resilience, intrinsic motivation and adaptability needed to navigate the challenges of 10th and 12th grade with confidence.



WHO CAN PARTICIPATE:

Students entering X and XII grade are the ideal participants, however, any student from 8th grade onwards can participate and start using the skills at the **very start of academic year** which is the **RIGHT TIME** for better outcomes.

TOPICS COVERED

- Assessment and feedback of your child's study habits.
- Change the mindset towards education and exams
- How to improve effective study habits-to get organized!
- Improve study skills using PSQ3R Method
- Classroom notetaking and exam taking skills
- Scientific methods to improve
 - memory,
 - concentration and manage distractions
 - time management and
 - handle stress

HIGHLIGHTS

- Know from the expert
- Psychometric assessment of study skills
- Coaching based
- Deep breathing
- Soft copy of the resources to practice skills learnt during the session
- E-Certificates

TAKE AWAY

- Cheerful outlook towards learning
- Makes a student believe in his/her ability to learn.
- Overcome procrastination.
- Unleash student's real potential.
- Learn soft skills needed to succeed in academics.



Date – 25th May 2024, SATURDAY

Time – 2.00-5.00 PM IST

Medium of instruction - English & Tamil (bilingual)-based on the participants

Registration fee: Rs. 1000/-

Early bird - Rs. 750/- (if registered before 15th May)

PAYMENT DETAILS

NEFT DETAILS:

Name: Chitra Aravind

Bank Name: HDFC Bank Ltd Bank

Address: No. 128, Nelson Manickam Road, East West Centre, Ground Floor,
Aminjikarai, Chennai – 600 029

Account Number: 50100058928855

IFSC Code No. of the Bank: HDFC0000441

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Name – Dr. Chitra Aravind-Manas-A pursuit of Happiness

Looking forward to meet you