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At Woldingham, we believe in learning not just for exams, but for life. We want each of our girls to be able to thrive as an individual, reaching their goals through a balanced, healthy and mindful approach.

A learner who can face change with flexibility, who can meet failure with resilience and who can manage their own busy lives calmly, is a learner who will be achieving in every facet of their life to their full potential. Not only that, but they'll be happy, too. And in this increasingly competitive, ever-pressured world, the importance of our girls' happiness cannot be under-estimated.

As such, the development of study skills at Woldingham is interwoven with character education, focusing on the importance of well-being and a rich, diverse and challenging programme of self-reflection and growth. And this is the THRIVE programme.



## Learning for all

The development of study skills and life learning should not just be for those who are sitting public exams. From the youngest Year 7 to the highest achieving Upper Sixth leaver, each of our pupils will be encouraged to develop the ways in which they learn, think and feel as part of a whole-school initiative, building on their strengths and working on their weaknesses from year to year.

Our commitment to this can be seen in our THRIVE programme delivered week in, week out. Also central to our philosophy is our Whole School Study Skills day, held annually, when everybody in the school, teachers and pupils alike, downs tools to focus on how we learn.

## Learning through faith

Woldingham is a Sacred Heart School and the THRIVE programme is closely linked to the goals of the Sacred Heart: Faith, Community, Intellect, Personal Growth and Social Awareness. Whatever faith our individual girls hold, or if they hold none at all, we believe that these goals are intrinsic to the development of character and the cohesion of our community, and they are the bedrock of all that we aim to do as a school.

## Learning year by year

### Year 7 & 8

Girls will be looking at a range of study skills including :

*getting organised*

*time management*

*work and play balance*

*learning skills and revision techniques*

As part of the character education programme the girls will be developing skills to help them develop strong friendships, to be able to use conflict resolution and to understand what self-esteem and peer pressure is. Other topics will include understanding how the girls belong to the school and wider community and how they can contribute and make a difference.

### Year 9

Girls will be looking at a range of study skills including :

*creating manageable revision timetables*

*PPE*

*mind mapping*

*visual and auditory memory techniques*

*identifying individual 'bad study habits'*

Year 9 often presents many emotional challenges: we look particularly at areas such as the Media and Social Networks to see how these might impact on their own self esteem and perceived body image. We employ external speakers to engage the girls in order for them to understand the way they look at themselves and how to act responsibly when making specific lifestyle choices which might put them at risk. We have dedicated Wellness sessions that give honest and practical advice on how to manage at times of the year where pupils are particularly under pressure or indeed, feeling overwhelmed. Girls will also look at their possible career paths and are encouraged to make use of the external careers adviser and specialist software program to facilitate a realistic understanding of what choices need to be made at GCSE and even at A Level.

## **Year 10**

Girls will be looking at a range of study skills including :

*Creating and managing notes*

*Mind maps – condensing information*

*Examination technique – recalling information*

*PPE*

*command words*

*Active Listening*

Within the character education programme girls will be offered support on how they can identify help and maintain their academic, emotional and physical well-being. The programme will be reinforcing their personal organisation and resourcefulness in order to maximise their learning,

whilst refining their skills within a variety of social scenarios so they secure understanding and skills to manage their lives now and in the future, recognising their role within their community. The programme will also illustrate the importance of e-safety and offer education on the need for safe social networking.

## **Year 11**

Girls will be looking at a range of study skills including :

*Plan and engage with ongoing revision throughout the year;*

*Consolidation of active revision techniques;*

*Effective time management in exam conditions;*

*Interpreting questions accurately in exam conditions, particularly recognising command words and trigger phrases.*

As part of the character education programme the girls will be developing skills to help them manage the traditionally testing time of Year 11. They will learn how to address the pressure of public exams and teenage life by using stress positively, and responsibly managing their interactions with those around them. They will practise independent thought and opinion during weekly discussions which will focus on maximising their determination and ability to succeed not just in the classroom, but in all areas of their emotional and intellectual development. In addition, the girls will look closely at the Action for Happiness programme and, particularly focusing on their contributions to their different communities, learn how to take active steps towards the happiness and well-being of themselves and others.

## **Sixth Form**

Girls will be looking at a range of study skills including :

*Effective note-taking in class at speed*

*Annotation*

*Skim and speed reading*

*Researching skills*

*Referencing skills*

*Independent study & working 'smart'*

In the Sixth Form, much of the character education programme is focused on the way in which the girls think about themselves in relation to the world around them, in preparation for them leaving the school. The inevitable focus on the UCAS process and their own strengths as individuals is balanced by discussion of the philosophy behind happiness, charity and other human ideas, as well as on the importance of reaching out to others with compassion as a key part of the development of the self.

