Learning Strategies- GLS10

SUMMER COURSE OVERVIEW

Learning Strategies helps students become more independent, confident learners, preparing them to step successfully into high school.

THEY WILL LEARN HOW TO:

- Understand how they learn best
- Build strong reading, writing, and math-related skills
- Manage their time, stress, and health
- Work well with others
- Plan for their future in high school and beyond

COURSE OVERVIEW

Unit 1: Personal Knowledge (Knowing Yourself)

- Identify their learning style (how you learn best)
- Recognize strengths and areas for improvement
- Learn strategies to improve skills
- Build self-awareness and confidence
- Practice self-advocacy (asking for help, speaking up)

Unit 2: Personal Management Skills (Taking Care of Yourself)

- Learn stress management techniques
- Understand healthy habits (including nutrition)
- Practice decision-making skills
- Explore personal values and goal setting
- Develop habits that support academic success and wellbeing

Unit 3: Learning Skills (Improving School Performance)

- Strengthen reading, writing, and communication skills
- Learn study strategies and organization techniques
- Understand different ways to measure success
- Use school and community resources (e.g., teachers, support services)

Unit 4: Interpersonal Skills (Working with Others)

- Build teamwork and collaboration skills
- Improve communication with peers and teachers
- Understand how to build positive relationships
- Practice working in groups- important for school and future jobs

Unit 5: Exploring Opportunities (Planning for the Future)

- Create a personal learning plan
- Explore school, career, and community opportunities
- Reflect on goals and next steps
- Learn how to use available supports to succeed

KEY BENEFITS

- Increased confidence and independence
- Better organization and study habits
- Improved communication and teamwork skills
- Stronger focus on mental health and wellbeing
- Clearer direction for future education and goals

WHAT TO EXPECT

- Interactive lessons and discussions
- Group projects and teamwork activities
- Teacher guidance and personalized support
- Opportunities to practice real-life skills

CANADIAN SCHOOL of FLORENCE