Saturday & Sunday, May 17 & 18, 12:00–4:00
Milton Art Center, 334 Edge Hill Road, Milton
$550 per student
For information or to register: ellabella12@outlook.com

How to Get an A

Methods for Winning in School & Life

COACHING & WORKSHOPS FOR TEENAGERS

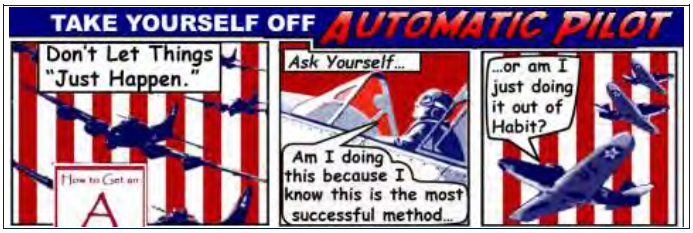
Lauren Lowenthal, Academic & Life Coach for Teens, presents an impactful, engaging workshop offering kids methods for self-management and pursuing academic excellence, while still having a life. Students are presented with a toolbox of highly effective academic methods and everyday life skills that enable them to optimize their time, make smart choices, and earn higher grades.

Students are offered step-by-step instruction on how to get started, follow a process, and complete their work up to higher standards. They learn how to achieve excellence through self-awareness, disciplined habits and a positive internal dialogue. Techniques are illustrated and explained in easily digestible detail.

The irreverent tone and visually compelling presentation sparks young people to think strategically about taking control of their lives in order to succeed in school and harness their full potential. They leave the workshop with surprising new insights, and a handout they can use to put these methods into action. Topics include:

- The Pursuit of Excellence: Working Hard and Working Smart
- Habit Building & Self-Awareness Techniques
- Time Management Skills & Setting Priorities
- School Behavior: Building Your Reputation
- Dealing with Change, Setbacks & Frustration
- Effective Homework Skills
- New Study Skills: Preparing for Tests & Exams
- Understanding Assignments in Detail
- Editing & Improving Work Product
- How to Achieve Personal Goals
- Handling Teachers & Asking for Help

Ages 12-19



Middle School & High School

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