



WYNNS family psychology
expert solutions for kids, teens & families



Fall 2020

Study Skills for the Virtual Learner



Would you like for your middle or high-schooler to enhance their performance in virtual school, become prepared for success, and successfully navigate the transition to virtual learning? How about learning about practical strategies to motivate studying, enhance intelligence and improve emotional intelligence? Our groups teach a blend of basic study skills, higher level organization skills and time management skills, all tailored to help your middle or high-schooler succeed in virtual learning. Whether your student has AD/HD, a Learning Disability, struggles to succeed academically, or simply needs some strategies for virtual learning, **our group can help by teaching study and organization skills.**

Through a series of discussions, exercises, role-play, worksheets, videos, and projects, our study skills group will teach the following:

- Organization skills
- Time management and strategies to overcome procrastination
- Improving memory and increasing processing speed
- Homework strategies and preparing for tests
- How to maximize learning during virtual school
- Relaxation strategies for test anxiety
- Goal setting and multitasking
- Coping with stress and anxiety from sudden change to virtual learning
- Self-Care for the virtual learning
- How to cope with distractions while learning from home

The actual curriculum and activities will change every season, but these are core topics covered.



Study Skills for the Virtual Learner

Fall 2020

Middle-Schoolers

- When:** September 15th- November 3rd (8 weeks) Tuesdays from 4:00 PM- 5:00 PM
- Where:** Online and open to all middle schoolers in NC!
Login information will be provided by group leader one week prior to start
- Who:** Emily Thompson, master's level intern, and Co-leader ensuring a small leader-to-student ratio
- Grades:** 6th-8th Grade

High-Schoolers

- When:** Thursdays from 4:00 PM- 5:00 PM September 17th- November 5th
- Where:** Online and open to all middle schoolers in NC!
Login information will be provided by group leader one week prior to start
- Who:** Co-leaders Allie Grimes and Emily Thompson, master's level interns, ensuring a small leader-to-student ratio
- Grades:** 9th-12th Grade

Fees for Both Groups:

\$85 for 45-minute consult (Required)

Weekly Group Fee: \$85 per session

8 week group prices: \$680 total (Not including the consult)

\$85 deposit required to reserve a spot

10% Discount for paying for all 8 sessions in advance!

10% Discount for returning WFP group clients!

Total \$612 (Not including consult)

15% Discount for returning WFP Group Clients and Paying in Full!

Total \$578:00 (Not including consult)

Please note, all deposits and advanced payments are non-refundable. Discounts are not combinable.