

### **KEY FAQs**

#### **What is the Accelerated Learners Workshop and how will it benefit my child?**

The pre-adolescent and teenage years of your child's life mark a period of new experiences, transitions and challenges in personal, academic and social spheres. It also represents a time where individuals have the potential for great personal growth. Academic Guidance is aimed at helping your child to maximize their potential as they move towards early adulthood through professional guidance, coaching in effective learning strategies and development of personal awareness. Skills are taught with a focus on helping students become more proactive as they move along their academic pathways. The goal here is that not only will they gain a greater sense of responsibility for their own education, they will also learn how to manage areas where they might feel stuck and ultimately, get the most out of their time at school.

#### **Why has FirstClass Academy launched a guidance facility?**

One of the primary objectives of FirstClass Academy is to encourage students to maximize their potential and fast track academic growth. FirstClass recognizes the benefits that an academic guidance service has for students to achieve this goal. The Guidance Facility and Accelerated Learners Workshop offers services that are unique to FirstClass and serves to enhance the development of broader academic skills for your child to support their learning experiences at school and beyond.

#### **How do I know if my child would benefit from the Accelerated Learners Workshop?**

We provide a wide range of services and are dedicated to designing programmes that are tailored to each student's specific needs. If you are a parent looking to give your child a head start towards becoming a more effective learner at school, or preparation for the next phase of their academic life, our guidance facility is a good place to begin exploring possible resources and ways to do this. Alternatively, if you find that your child is having difficulty coping with school transitions and pressures, or experiencing a bit of a set back because of challenges in their personal life, we can also work with you into looking into how to help. As we recognize that each child will have unique needs and objectives, we hold initial assessments so that we can explore these together. Through conversations with both parent and child in these first sessions, we ultimately work towards creating an individually-centred programme which will clearly outline the services we have pinpointed to be beneficial for your child.

#### **How much will I be involved in the process?**

We aim to keep communication channels as open as possible and get parents involved in the process. Parents are encouraged to come in with their children in introductory/assessment sessions where both parent and child will speak to the counselor individually and together for as many sessions deemed appropriate.

A family-centred approach is encouraged to assist you in;

- ✓ Feeling more connected with your child's learning process at school
- ✓ Upholding a home environment that is conducive for development
- ✓ Diffusing frustrations associated with learning within the family environment

In this way, we hope that objectives of all parties are made clear and can be addressed in future sessions. Parents should feel comfortable coming in to speak with the counselor at any point while their child is enrolled should they need to discuss or receive clarification on any matters related to the guidance service.

For more information about the **FirstClass Academy Accelerated Learners Workshop**

**Call** (852) 2526 9156

**Email** [help@firstclass.edu.hk](mailto:help@firstclass.edu.hk)

**Visit** **FirstClass Academy** 6/F, Kailey Tower, 16 Stanley street, Central

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#### **Do I only attend this Accelerated Learners Workshop if I am in trouble at school?**

No. The Academic Guidance Facility at FirstClass is aimed at helping students, like you, interested in taking control of their academic development and maximizing their potential. On average most kids don't enjoy school as much as they could. This is not surprising since they are not taught skills to help them do their best and have fun while learning. This workshop will provide you with skills to manage your learning at school more effectively. Examples of these include note-taking, time-management, exam revision techniques and even ways to get your teacher to teach you better! As a result, it should be no surprise then that you will begin to not only perform better at school, but also to enjoy learning.

#### **Will the counselor share information from our discussions with my parents or other people?**

No. All matters that you discuss with the counsellor are confidential : strictly kept between you and the counsellor. The one exception to this is if you provide the counsellor with information that suggests that you might be in danger of harming yourself or someone else. In such a case, the counsellor is ethically bound to report matters to people who will be able to provide support and prevent such harm from coming to you or others. If the counsellor feels that it would be beneficial to share any information that you have discussed in sessions with others (e.g. your parents) they will first ask you for your permission. If and only if it's ok with you, will they then proceed to disclose only the relevant information.

#### **I'm just a normal kid with normal grades, do I REALLY need this?**

Maybe. This is not about you 'needing help' as a student. It is about helping you determine what your true goals are and, as mentioned earlier, learning how to enjoy and get the most that you can out of school. 'Normal kids' aren't always sure of what they are truly capable of. Some also don't feel as confident as they could feel about their performance in school. In fact, it's pretty normal to sometimes feel overwhelmed at school and feel anxious about how well you are going to do –whether it's on a simple task like an in-class essay or homework assignment, or something a bit bigger, like end of year exams. One of the primary goals of this workshop is help you feel more confident about your own abilities and also to enable you to perform your best in class. This does not just mean that you 'study harder'- rather we will look at skills for you to apply and study in a way that is most effective to you. This in turn would make school a more comfortable environment for you where you do not feel as anxious, but rather, have greater faith in yourself and your ability to excel and achieve your goals.

#### **How many sessions are there, and is there any hard work involved?**

The workshop is 9 sessions, which you can complete at your own pace. All sessions are between 1 to 1.5 hours long. Some students complete the workshop over the course of a couple months while others may opt to do more than one session in a day and finish in under a week. It's really up to you and what works best with your schedule and demands. Outside of workshop sessions students are encouraged to reflect on what was taught and write simple journal logs to reinforce their skills, but again, this is up to them. Most students enjoy find what they have learnt in the workshop exciting and useful, so they enjoy writing about their experiences in between sessions. In cases where some activities are not completed during the session due to a lack of time, students will be given the option of finishing these at home. Most students however, find that both counsellor and themselves complete the tasks within the session time set.

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