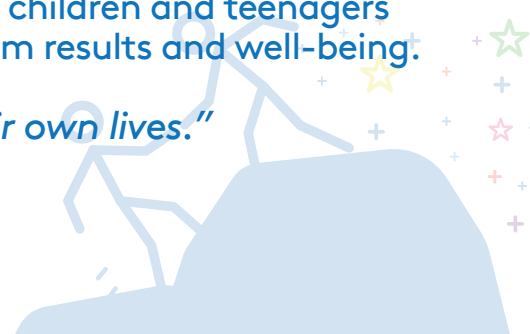


School Success programme for Pupils curriculum

Our engaging, interactive, gamified, online training teaches children and teenagers simple, practical, tried and tested life skills that improve exam results and well-being.

"It empowers children to take charge of their own lives."

- Headteacher



The programme is structured over 12 Levels:

Level 0 - A.P.E. Brain H.A.C.®: Build better diet, exercise & sleep daily

The big dominant part of your brain – the A.P.E.® – can be your arch enemy and make life difficult. But you can use Will Power to beat the A.P.E. Brain®. In Level 0 you will learn about resilience from the story of NASA scientist Mary Jackson. We will also teach you about your brain, and show you **how to build better diet, exercise and sleep habits**. This will boost Will Power and make it easier to be healthy, happy and at your best.

Level 0 content:

- Audio Book - Learn how to be your best more often
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 0
- Planning Tool - The D.E.S. S.W.A.P.®: Learn how to build better sleep, diet and exercise habits every day

Level 1 - Mindset H.A.C.®: Improve confidence every day

Your abilities are not fixed, and your potential is not limited. You can improve. This level will show how learning changes your brain. To help you build better learning habits this level will also teach you how to use The Big Finish™ so that you can end every day well, **plan to improve daily** and be your best.

Level 1 content:

- Animation - Learn how you can become better at anything
- Interactive Lesson 1 - Learn how to move your learning from knowledge, to skill, to habit
- Interactive Lesson 2 - Understand why learning new things is not always A.P.E. Brain® friendly
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 1
- Planning Tool - The Big Finish™: Learn how to build confidence and be your best every day

Level 2 - Build Better Habits: Improve your performance every week

Most of what you do is a habit. This means that unhelpful thoughts and actions such as: low confidence; becoming distracted; worrying; giving up easily ...can be hard to change. This level will show how to change your unhelpful habits. It will teach you what is going on inside your brain, and how you can build better habits to improve your health, happiness and school grades. **You will learn from The Simpsons, and how to reflect on your week to build better habits** so that you can be at your best.

Level 2 content:

- Animation - Learn how habits work
- Interactive Lesson 1 - Learn how to build new habits
- Interactive Lesson 2 - Learn the difference between Planning habits and Action habits
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 2
- Planning Tool - The Weekly Reflection Plan™: Learn how to reflect on your week to build better habits
- Section 1 Summary - Secure and enhance your understanding about the connections between the main ideas covered in Levels 0, 1 and 2

Level 3 - Motivation H.A.C.®: Create your F.A.M.® Story to boost your motivation & personal drive

You can build better habits to beat the A.P.E.® and H.U.E.® but you need to be motivated. Motivating yourself can be difficult. This level will show you how to motivate yourself. **It includes motivational lessons from Walt Disney and JK Rowling.** It shows how to create your own F.A.M. Story Iceberg™ so that you can **connect your long-term, medium-term and short-term goals**, making improved motivation a habit.

Level 3 content:

- Animation - Learn the importance of setting goals
- Interactive Lesson 1 - Learn how to motivate yourself
- Interactive Lesson 2 - Learn how to build your own F.A.M.® Story
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 3

Level 4 - Focused Timeline™: Improve your organisation habits

Having motivation is not enough, because a goal without a plan is just a wish that won't come true. This level will teach you why planning is important. It will use insights from the **Brontë Sisters** and world champion boxer **Anthony Joshua**. It will show you how to use the Focused Timeline™ so that you can **plan efficiently and effectively**, and take more control over your own life and fulfil your potential.

Level 4 content:

- Animation - Learn the importance of planning
- Interactive Lesson 1 - Learn why planning improves Will Power and makes personal progress easier
- Interactive Lesson 2 - Learn how to use the Focused Timeline™ to turn your F.A.M. Story Iceberg™ into a plan
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 4
- Section 2 Summary - Secure and enhance your understanding about the connections between the main ideas covered in Level 3 and Level 4

Level 5 - H.A.C. Stress & manage Confidence: Improve your confidence to successfully tackle challenges and setbacks

Unhelpful levels of stress can be demotivating, and can stop you fulfilling your potential. This level will show what causes stress, how your body and brain respond, and how confidence can be used to manage stress. Learn how even the most successful people criticise themselves – including film star **Kate Winslet** – and how to put challenges into perspective to **manage stress and improve success** with the Confidence Profile™.

Level 5 content:

- Animation - Learn about the different components of your confidence
- Interactive Lesson 1 - Learn why life can be stressful
- Interactive Lesson 2 - Learn how to begin improving your confidence by using the Confidence Profile
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 5

Level 6 - Build and Maintain Confidence: Use confidence skills to enhance your happiness

Managing your confidence can be challenging. This level will show simple and practical confidence management skills that will improve confidence levels; even in your most difficult subjects. **Learn how Olympic champion Jessica Ennis-Hill took control of her emotions and confidence.** We will show you how to use our **K.O.S.Y.®** and **F.A.B.®** confidence and emotional management techniques to make life easier.

Level 6 content:

- Animation - Learn how to build your confidence
- Interactive Lesson 1 - Learn how to stabilise your confidence when life is difficult
- Interactive Lesson 2 - Learn how to use the K.O.S.Y.® Confidence Builder
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 6
- Section 3 Summary - Secure and enhance your understanding about the connections between the main ideas covered in Level 5 and Level 6

Level 7 - Productivity H.A.C.®: Create Will Power Stories™ to improve daily productivity

The A.P.E. Brain® and H.U.E.® make us procrastinate on tasks that don't give immediate rewards. Then, when we miss a deadline or do not produce our best work, they tell us that we are useless. **Learn how to build better productivity habits from Charles Darwin and Charles Dickens.** We will show you how to use the Will Power Story™ tool so that you take more control of your life.

Level 7 content:

- Animation - Learn how to create a Will Power Story to boost your productivity
- Interactive Lesson 1 - Learn the productivity secrets of successful people
- Interactive Lesson 2 - Learn how to be more productive
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 7

Level 8 - Activation H.A.C.®: Build better focus and relaxation habits

Concentrating effectively when you need to, and relaxing properly can be difficult because the A.P.E.® and H.U.E.® only like to do what they find immediately rewarding. To help you to improve your focus and your downtime we will teach you about Activation®. **You will learn from the New Zealand All Blacks.** You will learn how to use our Activation H.A.C. Plan® so you can achieve the right Activation Level for the right task. This will **make it easier to both focus and also relax.**

Level 8 content:

- Animation - Learn about the three key parts of concentration
- Interactive Lesson 1 - Understanding your ideal Activation Levels
- Interactive Lesson 2 - Learn how to H.A.C. Activation®
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 8

Level 9 - Learning H.A.C.®: Build better learning habits

Truly fulfilling your potential will take thousands of hours of deliberate or focused practice. Unsurprisingly the A.P.E.® and H.U.E.® do not find this particularly enjoyable. This level will show how you learn, what stops you from learning and how to improve learning. We share insights from **Thomas Edison** and **Marie Curie**, and use our Learning Strengths Plan™ to help you to **build better learning habits** so that you can fulfil your potential.

Level 9 content:

- Animation - Learn how to improve your concentration and learning
- Interactive Lesson 1 - Learn how to optimise how you learn (part 1)
- Interactive Lesson 2 - Learn how to optimise how you learn (part 2)
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 9
- Section 4 Summary - Secure and enhance your understanding about the connections between the main ideas covered in Levels 7, 8 and 9

Level 10 - Revision H.A.C.®: Build revision habits for improved exam performance

Revising really well is difficult, because good learning and good revision are not always the same. To help you prepare for exams as well as you can, this level will show you how to revise in a way that maximises your exam performance. **Learn from the double Olympian Jonny Brownlee and King George VI.** Use our Revision Confidence Builder™ to **improve your revision performance and your exam grades.**

Level 10 content:

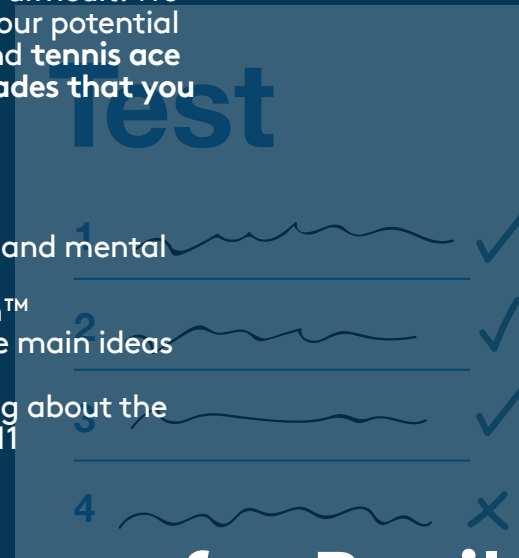
- Animation - Learn how you can improve your revision
- Interactive Lesson 1 - Learn how to practice to perform in exams
- Interactive Lesson 2 - Learn how to use the Revision Confidence Builder™
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 10

Level 11 - Exam H.A.C.®: Build better exam performance habits

Performing to your best under the pressure of an exam can be difficult. We will show you how to handle pressure so that you perform to your potential in these situations. **Learn from rugby star Jonny Wilkinson and tennis ace Serena Williams.** Use our Exam H.A.C. Plan™ to secure the grades that you deserve.

Level 11 content:

- Animation - Learn how to plan for exam success
- Interactive Lesson 1 - Learn how to build an optimal physical and mental routine for exam success
- Interactive Lesson 2 - Learn how to use the Exam H.A.C. Plan™
- Audio Guide - Secure and enhance your understanding of the main ideas covered in Level 11
- Section 5 Summary - Secure and enhance your understanding about the connections between the main ideas covered in Levels 10 and 11



School Success programme for Pupils - Benefits, and advantages:



Pupils who participated in this training have reported many benefits and positive outcomes:

- Building their confidence in how to be healthy, happy and fulfil their potential.
- Helped them to develop a set of transferable life skills that make it easier for them to:
 - Build better **sleep, diet and exercise** habits
 - Improve **confidence**
 - Build **new helpful habits** that make being **happy and successful** easier
 - Boost **motivation and personal drive**
 - Be **more productive** – including developing more balanced usage of phones, internet and games
 - Improve **concentration**
 - **Learn more** efficiently and effectively
 - Optimise **revision**
 - Improve **exam results**

Pupils report that the School Success programme delivers benefits above and beyond subject specific learning:

- School Success helps them in all their school subjects and extracurricular activities, not just one particular subject.
- School Success leaves children and teenagers with knowledge, skills and habits that they take with them to further and higher education, the world of work and adult life in general.
- School Success empowers children and teenagers to become truly independent learners, breaking their reliance on adult supervision.