

January 2026

STUDY / REVISION SKILLS SEMINAR

Dear Parent/Guardian,

As your daughter in Year 14 works towards her formal examinations, the school has organised a **Study Skills and Exam Preparation seminar** for the year group on **Friday 20th February**. This seminar will be delivered by *Inspire Education*, an organisation which works with over 70,000 students each year, supporting them to develop effective study habits, confidence, and examination skills.

The seminar is designed to support students at a crucial stage of their academic journey and will focus on:

- **Self-belief and success visualisation**
- **Memory techniques and revision strategies** tailored to different learning preferences
- **Effective exam techniques**
- **Planning and time management skills**
- **Physiological and psychological preparation for exams**, including strategies to manage stress and anxiety

The cost of this seminar has been **subsidised by the school to £5 per student**. Payment should be made via **School Gateway** by **Monday 16th February**.

The price includes:

- **A learning resource guide**, used for activities during the session
- **An A3 exam countdown planner** to support ongoing revision
- **Access for parents to a Study Skills Support webinar**

We believe this seminar is of significant importance in supporting your daughter's preparation for her examinations, helping her to approach this period with greater confidence, organisation and resilience.

If you are experiencing any financial challenges which may affect your ability to make this payment, please do not hesitate to contact the school in confidence, as we are keen to support all families. Alternative arrangements will be made within school for any student whose payment has not been received by the deadline.

We very much appreciate your continued support as we remain committed to providing the very best opportunities for your daughter.

Yours sincerely,

Miss J Harkin

Head of Year 14

Educating Girls in Bangor for over 125 Years

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