



Secondary IV & V Students 2 sessions

Students will learn:

- 1 Effective study habits and organizational skills
- 2 How to overcome procrastination and stay motivated
- 3 Strategies to balance academics, work and social life
- 4 Prioritizing and time management
- 5 Accessing resources and communicating with professors

This program equips students with essential strategies and tools for thriving in CEGEP or vocational school. Participants will gain effective study habits, organizational skills, and techniques for balancing academic, work, and social responsibilities.

Additionally, this program features a workshop for parents. This session helps parents understand the challenges their children face and learn how to support their needs while encouraging independence.

For more information please contact:
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