

Examination Mindset

How to lift grades through the appliance of Mindset



Presented by Martin Griffin or Steve Oakes

Martin Griffin has 20 years of experience and was the director of a twice Ofsted-Outstanding comprehensive sixth form.

Steve Oakes is the Director of Education at AQR International, where he leads work on mental toughness in education.

£299 + VAT

Make sure you ask about additional delegate discounts

- 📌 **Focus on creating exam-ready students**
- 📌 **Proven techniques to develop learners to become:**
– strong – proactive – and independent
- 📌 **Tools to build a mindset programme for both KS3 and KS4**
- 📌 **How to thrive in maximum adversity**



The VESPA approach

Discuss the 5 key areas for student academic success:

- Vision** – how well do you know what you want to achieve?
- Effort** – how many hours of independent work do you do per week?
- System** – how do you organise your learning and time?
- Practice** – what kind of work do you do to practise your skills?
- Attitude** – how do you respond to setbacks?

Practical strategies for transforming student:
– commitment – motivation – productivity
Unpick the theory of character education
Explore the importance of non-cognitive skills

Pastoral programme

Reflective activities to encourage positive attitudes
Questionnaires for learners to access their habits/behaviours
Explore structured coaching conversations



Based on the books.

“Both presenters were passionate about how a focus on mindset can impact on students’ chances – real and practical approaches to implementing the model.”

Aquinas College

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Delegates receive

- 📌 Techniques for problem solving
- 📌 Strategies to promote effective revision and exam preparation
- 📌 Tools to help learners structure their working week
- 📌 Lunch and refreshments
- 📌 Online post-course support
- 📌 Delegate file including CPD certificate

