University School’s
Student Academic Success Services Presents
The Pathways to Academic Success Series (PASS) Workshops

“Unscattering the Scattered Brain”

Saturday, April 25
9:30 a.m. – 12:30 p.m.
University School’s Middle School

Is your child disorganized? Is a lack of motivation and focus preventing him/her from being successful? This workshop will teach students techniques to:

- Practice Mindfulness and focus on the “right now” to reduce stress and anxiety
- Set goals and develop an action plan to complete tasks
- Get started and complete tasks using “POW!”
- Keep their materials organized for easy access

Cost: $75.00 per student

PASS is a series of workshops, for students in grades 6 -12, designed to improve executive skills.
Enrollment is open to students from any school!

To register or for more information, contact Lara Bezianis at 954-262-4528 or email: lb1039@nova.edu.