St Joseph’s Catholic College & Elevate Education

Invite parents of Years 10, 11 and 12 students to a Parent Seminar –

‘Learning & Studying Skills for Senior Students’

Thursday evening 6.00pm March 2\textsuperscript{nd}
in Shekinah

Learn about:

- \textit{The content presented in seminars to students in Years 11 and 12 on that day and to Year 10 in a couple of weeks}

- \textit{The work students should be doing, sleep, motivation, facebook, procrastination, time management, practice papers and stress}

- \textit{How you can help your daughter study and be prepared for their HSC}

This is a very valuable opportunity for you to gain the skills to help your daughter. We strongly recommend parents attend.

The evening will conclude with a Q & A session.

Seminar length: 60 – 70 minutes