



# PARSSBET I-AP COACHING COURSE

ASSET I-AP LEARNER'S COACHING PROGRAM

**Course Title: PARSSBET I-AP COACHING COURSE**

Course Duration: **1 month**

Sessions: **8 (2 sessions per week)**

Session Duration: **1 hour 30 minutes**

Course Acronym: **PARSSEBT I-AP**

**COURSE DESCRIPTION:**

The PARSSBET Improving Academic Performance (I-AP) course is designed for primary, secondary school, and university learners who face academic challenges and desire to improve their academic performance by 80%. The course has eight sessions and runs for one month, with two sessions per week lasting 1 hour and 30 minutes. The course uses the acronym PARSSEBT to structure the content. The goal is to help the learners gain self-knowledge, improve their academic performance, and discover and develop their talents and gifts. Specifically, the course is designed to help learners to:

- **Prepare for the new academic year or grade**
- **Attain the right academic attitude**
- **Use reference systems to study smart**
- **Manage their physiological and psychological well-being**
- **Understand their innate personality and intelligence**
- **Take breaks and participate in extracurricular activities**
- **Master test-taking skills.**

**COURSE OBJECTIVES:**

By the end of the coaching, this course shall be able:

- a) To help learners improve their academic performance by 80%.**
- b) To enable learners to gain self-knowledge and understand their innate being, personalities, and intelligence for success and purposeful living.**
- c) To expose learners to life beyond academia and help them discover and develop their talents and gifts.**

**d)To help learners master test-taking skills, leading to better academic performance.**

### **SESSION DETAILS:**

#### **Session 1: PREPARE TO PASS**

**Objective: To equip the learner with the necessary skills and knowledge to prepare for academic success.**

- Importance of preparation before the start of the academic year/grade
- Strategies for effective class preparation and organization
- Techniques for preparing for lectures and learning sessions
- Goal-setting and planning for academic excellence

#### **Session 2: ATTAINING AN ACADEMIC ATTITUDE**

**Objective: To help the learner understand the factors that influence their academic attitude and provide a way to improve it.**

- Identifying factors that influence academic view and attitude
- Exploration of past experiences and their impact on academic performance
- Therapeutic approach to improving academic attitude
- Strategies for developing a positive academic mindset

#### **Session 3: REFERENCE SYSTEM**

**Objective: To equip the learner with smart, scientifically proven study techniques that involve outsourcing information.**

- Introduction to alternative study resources and techniques
- Utilizing other textbooks, study groups, and asking questions effectively
- Teaching others as a way of reinforcing learning
- Advanced textbook studying techniques, including interleaving

#### **Session 4: SURVEY YOUR BODY STUDY PATTERNS**

**Objective: To guide learners on how to manage their physiological and psychological makeup to improve academic performance.**

- Understanding the physiological and psychological aspects of learning
- Managing oneself physically in an academic environment
- Importance of maintaining overall health and its impact on learning
- Maintaining a correct physical posture for optimal learning

#### **Session 5: SURVEY YOUR PERSONALITY**

**Objective: To help the learner understand themselves better through personality tests and domain-specific tests.**

- Personality assessments and tests to gain self-understanding
- Big Five Factor Tests to explore personality traits
- Learning domain tests to determine individual learning style
- Self-management strategies based on personality and learning style

#### **Session 6: BREAKS**

**Objective: To help learners understand the importance of taking breaks and how it can help improve academic performance.**

- Importance of taking breaks for effective learning
- Strategies for incorporating regular breaks during study sessions
- How breaks revamp the brain and enhance learning ability
- Techniques for maximizing productivity through well-timed breaks

## **Session 7: EXTRACURRICULAR ACTIVITIES**

**Objective: To coach the learners to find meaning in extracurricular activities and develop their talents and gifts.**

- Finding meaning and purpose in extracurricular activities
- Importance of developing talents and gifts alongside academics
- How extracurricular activities can positively impact academic performance
- Balancing academics and extracurricular involvement for overall growth

## **Session 8: TAKE TESTS**

**Objective: To teach the learner various techniques for taking tests to improve academic performance.**

- Understanding the significance of testing in the learning process
- Retrieval practice method for effective memory recall
- Techniques such as generation, recitation, and self-quizzing
- Spaced repetition as a tool for long-term retention

### **ASSESSMENT:**

Learners will be assessed at the end of each session through individual and group activities to determine how well they have understood the covered lesson. A final assessment will be given at the end of the 8th session to gauge the overall comprehension of the course.

### **COURSE MATERIALS:**

- Course syllabus which is in the BET TO PASS book
- Personality tests and big five factor tests
- Learning domain tests
- Study techniques guides

- Test-taking strategies guides

**Conclusion:**

The PARSSBET Improving Academic Performance (I-AP) Course is packed with practical strategies, techniques, and skills to help learners improve their academic performance by 80%. The course is designed to provide learners with the necessary knowledge to succeed academically, discover and develop their talents and gifts, and gain exposure beyond academic. Through the PARSSBET model, learners will be empowered to take control of their academic life and navigate their way into success and purposeful living.

**Note:** *The course outline is subject to customization based on the specific needs and preferences of the participants and institution.*