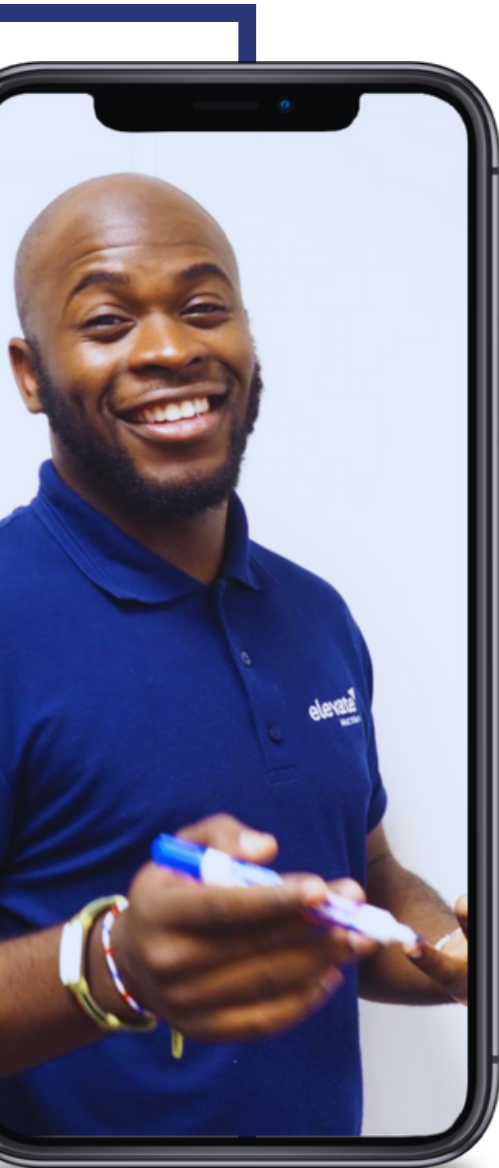


VIRTUAL STUDY SKILLS SESSIONS

AP exams are fast approaching - are you wondering how to bring out the best in yourself over the next month???



To help you improve your study skills, AP for All is offering after-school and Saturday classes on topics like **time management**, **digital note taking**, **review strategies** and **stress management**.

Sessions are conducted live by an expert study skills coach from Elevate Education. Elevate's coaches are current college students or recent graduates who know what you are going through. They will draw on their own experience studying for AP tests to help you develop your own skills.

Coaching sessions run for 1-hour and require you to **register beforehand**. Positions are limited, so if you are interested, please pick the topics you would like to receive training in from the list below and your preferred date and time.

You are welcome to **choose as many topics** as you feel you need:

- **Are you lacking in motivation?** [Click here](#)
- **Is stress impacting on your study?** [Click here](#)
- **Do you want to take notes like a pro?** [Click here](#)
- **Could your memory and review skills use a boost?** [Click here](#)
- **Do you need to get better at time management and tackling procrastination?** [Click here](#)
- **Do you want to know how to plan out your next month of study?** [Click here](#)