# Day 1

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| Module 1 | **Hour 1** | **Introduction and Ice Breaker** |
| **Hour 2** | **Introduction videos** |
| **Hour 3** | **Unit 1: What’s holding me back** |
| *Lunch (30 minutes)* | | |
| Module 2 | **Hour 4** | **Note taking** |
| **Hour 5** | **Unit 2: Who am I listening to?** |
| **Hour 6** | **Unit 3: Lock on/ Lock off** |

# Day 2

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| Module 3 | **Hour 1** | **Goal Setting** |
| **Hour 2** | **Unit 4: My brain’s filter system**  **Unit 5: How my mind works** |
| **Hour 3** | **Computer login and LIRN intro** |
| *Lunch (30 minutes)* | | |
| Module 4 | **Hour 4** | **Unit 6: Free-Flowing at a new level**  **Unit 7: Leaning in the right direction** |
| **Hour 5** | **School Tour** |
| **Hour 6** | **Study/Memory Skills** |

# Day 3

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| Module 5 | **Hour 1** | **Research Techniques** |
| **Hour 2** | **Unit 8: How my beliefs are formed** |
| **Hour 3** | **Unit 9: Building my self-image** |
| *Lunch (30 minutes)* | | |
| Module 6 | **Hour 4** | **Test Taking skills** |
| **Hour 5** | **Unit 10: My future is up to me** |
| **Hour 6** | **Book Distribution & Wrap-up** |