



Total Communication
Changing Lives. Touching Futures



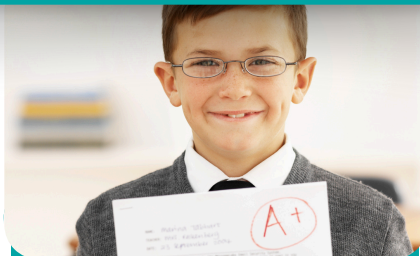
EXECUTIVE FUNCTIONS SKILLS HOLIDAY CAMP

LEARN TO LEARN BETTER



Cognitive and Executive Function skills

We build executive function skills such as sustained attention, working memory, planning, and flexibility to help students stay organised and approach learning with confidence.



Academic Skills Integration

We help students develop effective study habits, clear note-taking, and exam-ready problem-solving skills for confident learning.



Programme Details

- 4-Day Holiday Camp
- 10:00 AM-12:00 PM daily
- Ages 10-16 (small group)

About the Programme

Our Executive Function camp empowers students to learn smarter through engaging activities that build focus, organisation, and flexible thinking.

NOVEMBER - DECEMBER

Students will be asked to do Daily Reflection Journals to help them learn about their thinking style



Contact Us
+65 9115 8895



Visit Our Website
totalcommunication.com.sg



Our Location
**1 Pemimpin Drive #11-08
Singapore 576151**

PROGRAMME FLOW

DAY FOCUS

ACTIVITIES

- | | | |
|---|-----------------------------------|--|
| 1 | Attention & Working Memory | Escape room challenges, dual-task learning |
| 2 | Planning & Organisation | Study planner creation, sequencing games, project planning |
| 3 | Flexible Thinking | Brain-twisters, perspective-taking, negotiation challenges |
| 4 | Self-Regulation & Exam Resilience | Coping strategy toolbox, mindfulness + pressure games |



Why Executive Function skills matter:

Executive Function skills are essential for academic success, independence, and resilience. Students with strong Executive Function skills can:



Focus better in class



Stay organised and manage tasks



Regulate their emotions



Problem-solve confidently



Perform better in exams and everyday life

WHAT YOUR CHILD WILL GAIN:

Better school performance through improved Executive Functions

Tools & strategies to stay organised and manage time

More confidence handling stress and obstacles

Empowerment to become independent and successful learners



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