



UP HOLLAND
HIGH SCHOOL

UPHOLLAND HIGH SCHOOL CAREERS PROGRAMME

CAREERS

Coffee & Cake



Test drive the future!
Get going for the future!



Year 7... Motivation Matters
Explore how we can, through Careers activities,
motivate and raise aspirations.
Explore the 5 second rule (Mel Robbins) and activation
energy and identify 3 tried and tested effective revision
& study techniques.

Dedicated to Excellence