

# Mental Skills

## Subject #7 of the 2,5 Year Boarding Program

Mental skills are all about developing belief in self, enhancing one's IQ, and strengthening one's ability to focus on specific tasks. The programs covered under the mental skills are "counting skills", "sports", "concentration skills", "breaking shyness". Mental skills form an important foundation for someone to be successful in their studies or work. All these activities, therefore, help the students to perform better in their studies. The activities are also paired with other benefits, such as improving one's physical health through sports or one's ability to start their own business by being competent in counting skills.



### Counting skills:

*mathematics / Sudoku / accounting*



### Sports:

*dancing / rollerblading / fitness / juggling*



### Concentration skills:

*counting beans, prayers, school anthem*



### Breaking shyness

*Social Night, seminars*