



Bridging
Ability to
Independence

Building A Stronger Study System

*A Start, Focus, Finish
Executive Function
Series*


bridgewell

Center for Learning & Development



is a learning development and transition support center for senior high school, college-age, and emerging adult learners who need structure in building consistency, confidence, independence, and real-world readiness.

We support learners who may struggle with executive function, task initiation, pacing, organization, focus, follow-through, communication, self-management, academic routines, or transition demands. This may include neurodivergent learners, learners with ADHD, autism, dyslexia, executive functioning challenges, learning differences, or students who need clearer systems and guided routines.

Why Join?

Knowing that you need to study is one thing. Knowing how to begin, stay focused, remember what you learn, and follow through takes a different set of skills.

SFF: Building a Stronger Study System gives learners a structured opportunity to understand how they learn and develop practical strategies that work for them.

Through guided activities using real academic demands, learners practise managing workloads, planning study time, starting schoolwork, organizing materials, sustaining attention, remembering information, completing projects, and adjusting when a plan does not work.

SFF 4: Building a Stronger Study System

About the Program

With midterms and finals coming up, SFF: Building a Stronger Study System helps learners develop practical ways to manage schoolwork and study more effectively.

Designed especially for neurodivergent and differently paced learners, the four-session program uses real academic demands to practise planning, getting started, sustaining attention, remembering information, organizing projects, and following through.

Through Bridgewell's structured, strengths-based, age-respectful, and neurodiversity-affirming approach, the focus is on helping each learner discover how they learn best—not on following one “perfect” way to study.

Learners leave with practical tools and a personalized study system they can use for upcoming assessments and beyond.



Who This Is For

SFF: Building a Stronger Study System is for learners who want practical ways to manage schoolwork, study more effectively, and prepare for midterms and finals—with the right structure, support, and accountability.

It may also be a good fit for learners who need support with:

- Knowing how and where to begin studying
- Managing assignments, deadlines, and competing priorities
- Planning realistic study time
- Sustaining attention and managing distractions
- Organizing notes, materials, and projects
- Understanding and remembering what they study
- Moving past perfectionism and completing work
- Recovering when a study plan does not go as expected

Activities and study tools are adapted to each learner's readiness, strengths, attention needs, working preferences, and level of independence.

Participation is based on learner readiness, schedule availability, and group fit.



Session Flow

Session 1: SEE IT — Map the Work

Learners gather their actual school requirements and make their workload visible. They identify deadlines, missing information, priorities, and the next steps needed to begin. They also practise breaking large or unclear tasks into smaller, manageable actions.

Session 2: PLAN IT — Build a Realistic Study Route

Learners plan backward from exams and deadlines, estimate how long tasks may take, and match schoolwork with their available time, energy, and attention. They build a realistic study route with start cues, focused work periods, breaks, buffers, and recovery plans.

Session 3: LEARN IT — Understand, Remember, and Retrieve

Learners test practical study tools using real academic material. They explore strategies for understanding concepts, remembering information, checking what they truly know, learning from mistakes, and selecting the approaches that work best for different subjects and assessment demands.

Session 4: FINISH IT — Focus, Follow Through, and Reset

Learners identify the conditions that support their attention, practise responding when they become stuck, and use completion standards to move past perfectionism. They bring their tools together into one personalized system and create a weekly reset routine for staying on track.

Final Learner Output

Personal Study System + Midterm and Finals Study Route



Class Schedule & Venue

Dates:

Saturdays, Sundays

October 17, 18 & 24, 25 2026

Time:

1:00 PM–4:00 PM

Venue:

**Enderun Coworking, 2F South Wing, Estancia Mall,
Pasig City 1605**

THE BRIDGEWELL APPROACH

Purposeful learning anchored to the B.R.I.D.G.E. Framework

At Bridgewell, activities are not chosen simply to keep learners busy.

Each learning experience is designed around a specific developmental purpose, with appropriate support gradually adjusted as the learner becomes more ready to carry the process independently.

B.R.I.D.G.E.-Targeted Learning

For Building a Stronger Study System, learning is anchored in:

Build Cognitive Foundations

Strengthen attention, working memory, understanding, and recall.

Regulate Executive Functions

Practise planning, prioritizing, starting, focusing, and finishing.

Individualize Learning Systems

Identify the tools, routines, and supports that work best.

Develop Academic Development

Apply practical strategies to schoolwork and assessments.

Grow Independence & Confidence

Make choices, monitor progress, and ask for appropriate help.

Enable Future Readiness

Use and adapt the system for future learning demands.

Enrollment Steps

- Review the program details.
- Book a consultation so we can understand your learner's needs, interests, and goals.
- Complete the fit check / readiness screening to determine whether the program is an appropriate starting point.
- Confirm participation through registration and payment.
- Wait for the welcome email and learner onboarding information.

Limited Slots

SFF: Building a Stronger Study System is offered in a small-group format so learners can receive appropriate guidance while also practicing working alongside, communicating with, and learning from peers.

Important Note

Bridgewell provides educational, developmental, and transition support. The Start, Focus, Finish series is not a substitute for clinical therapy, medical treatment, psychological services, or formal diagnosis. Where appropriate, Bridgewell may recommend coordination with the learner's existing school, therapist, psychologist, doctor, or other support professionals.

Contact Us

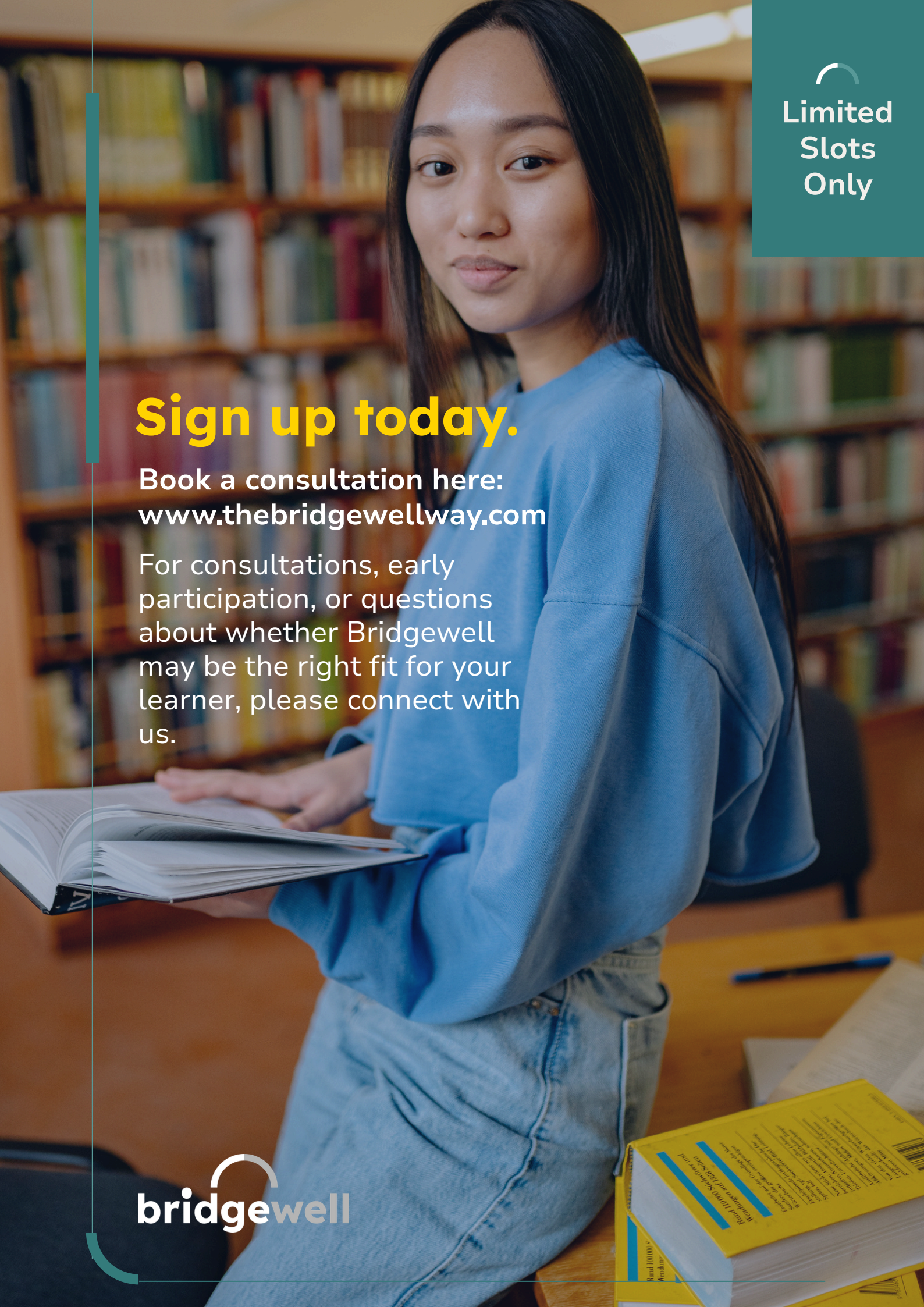
For consultations, early participation, or questions about whether Bridgewell may be the right fit for your learner, please connect with us.

Website: www.thebridgewellway.com

Email: info@thebridgewellway.com

Program: SFF: Building a Stronger Study System

Venue: Enderun Coworking, 2F Estancia Mall, Pasig City



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