

A PROGRAMME BY THE SPROUT SCHOOL, UK

The Beyond School Bootcamp

Eight weeks. Seven life skills. One capstone project.
Everything school should have taught you – finally, properly
taught.

Financial Literacy

Communication

Entrepreneurship

Critical Thinking

Digital Skills

Leadership & EQ

Wellbeing

+ Capstone Project

8

WEEKS

5

DAYS PER WEEK

1-1.5

HOURS PER SESSION

13-19

YEARS OLD

Live · Online · Global

Weekdays Only · Weekends Free

Certificate Awarded

THE CHALLENGE EVERY STUDENT FACES

School teaches you what to know. *Not how to live.*

Students today spend years in classrooms mastering subjects – yet arrive at adulthood without knowing how money really works, how to speak confidently in any room, how to think independently, or how to take care of their own minds. These are not extras. They are the foundation every decision, relationship and career rests on. The Beyond School Bootcamp fills that foundation – systematically, practically and completely.

7

essential life skills never taught
in formal education

35

teaching days across 7 weeks of
live coaching

40+

hours of structured learning,
activities and reflection



Financial blindness

Most teenagers reach adulthood without understanding saving, compounding, debt or basic investing – and learn the hard way.



Communication gap

Years of written exams and rote learning produce students who struggle to speak confidently, express themselves clearly or handle difficult conversations.



Digital passivity

Students spend hours online but are never taught how algorithms work, how to build a responsible digital presence or how to think critically about the content they consume.



Emotional unreadiness

Stress, anxiety, conflict and overwhelm are near-universal in teenagers. Without tools to manage them, they affect every area of life – academic, social and personal.



Waiting mindset

Schools reward compliance and instruction-following. Students trained this way struggle to take initiative, experiment with ideas or see problems as opportunities.



Critical thinking deficit

In a world of misinformation and digital noise, teenagers are rarely taught to question sources, evaluate claims or form reasoned independent opinions.

THE ANSWER

**Eight weeks.
Seven skills.
One project.**

The Beyond School Bootcamp is a structured live online programme that addresses every gap above – one pillar per week, taught by subject experts, five days a week, with activities, reflection, wellbeing support and materials built into every session.

This is not revision. It is not tutoring. It is the life education every young person deserves before adulthood begins.

PROGRAMME STRUCTURE

One pillar per week.
 Five days of learning.
 A lifetime of application.

WEEKLY SCHEDULE		PROGRAMME OVERVIEW	
Teaching days	Monday – Friday	Total duration	8 weeks
Weekend	Saturday & Sunday – rest	Coaching weeks	7 weeks (one pillar each)
Session length	1 to 1.5 hours per day	Week 8	Capstone project & showcase
Format	Live online – interactive	Age group	13 to 19 years

8 - WEEK ROADMAP

WEEK
01**Financial Literacy & Money Awareness**

How money works, earning and spending, saving habits, compounding, debt awareness, investing basics and building a healthy relationship with money.

5 SESSIONS

BUDGET BUILT

PERSONAL MONEY PLAN

WEEK
02**Communication & Expression**

Speaking without fear, voice and body language, structuring thoughts clearly, storytelling, active listening, group communication and written expression.

5 SESSIONS

RECORDED SPEECH

PREP FRAMEWORK

WEEK
03**Entrepreneurship & Initiative**

Opportunity mindset, creative thinking, taking action without waiting, value creation, failure as feedback, pitching ideas and working collaboratively.

5 SESSIONS

VENTURE IDEA BUILT

LIVE PITCH

WEEK
04**Critical Thinking & Decision Making**

Fact vs opinion, evaluating sources, recognising misinformation, cognitive biases, logical reasoning, forming opinions and respectful disagreement.

5 SESSIONS

MEDIA LITERACY

REASONED ARGUMENT

WEEK
05



Digital Skills & Online Presence

The attention economy, algorithms, digital safety, healthy screen habits, content creation, online identity, digital portfolio and responsible online behaviour.

5 SESSIONS

CONTENT CREATED

DIGITAL PORTFOLIO

WEEK
06



Leadership & Emotional Intelligence

Self-awareness, values and identity, understanding emotions, empathy, communication in difficult situations, teamwork, conflict handling and growth mindset.

5 SESSIONS

LEADERSHIP PROFILE

TEAM CHALLENGE

WEEK
07



Wellbeing & Mental Performance

Mind-body connection, sleep and recovery, stress understanding and management, resilience, habits and focus, building a personal routine and knowing when to seek support.

5 SESSIONS

STRESS TOOLKIT

PERSONAL ROUTINE

WEEK
08



Capstone Project & Showcase

Students apply everything learned across all seven pillars into one self-directed final project – researched, built and presented by the student, with coach support throughout the week.

5 SESSIONS

FINAL PRESENTATION

CERTIFICATE AWARDED

THE SEVEN PILLARS — DETAILED

What is taught. What students learn to do.



WEEK 1

Financial Literacy & Money Awareness

Help students build a healthy relationship with money by understanding earning, saving, spending, investing and financial decision-making early in life.

- ✓ Understand inflation, compounding and why starting early matters
- ✓ Distinguish needs from wants and build basic budgeting habits
- ✓ Understand debt, credit and how to avoid financial traps
- ✓ Introduction to saving instruments and investing basics

ACTIVITIES INCLUDE

Budget simulation · Compounding calculator · Spending audit · Personal money plan · Debt comparison exercise



WEEK 2

Communication & Expression

Help students speak without fear, express thoughts clearly, listen actively and build confidence in all forms of communication.

- ✓ Reduce hesitation and build vocal confidence and presence
- ✓ Structure thoughts clearly using the PREP framework
- ✓ Tell stories authentically and participate in group discussions
- ✓ Listen actively and write clear, respectful messages

ACTIVITIES INCLUDE

60-second introductions · Recorded speaking rounds · Filler-word challenge · Storytelling drill · Group discussion · Written communication exercise



WEEK 3

Entrepreneurship & Initiative

Help students become proactive, creative and solution-oriented — whether or not they ever start a business.

- ✓ Observe problems and identify opportunities in everyday life
- ✓ Think creatively and take action without waiting for permission
- ✓ Understand value creation and basic business thinking
- ✓ Normalise failure and learn to iterate and improve

ACTIVITIES INCLUDE

Problem hunt · 10-solutions challenge · Mini action challenge · Value creation simulation · 60-second pitch · Team collaboration exercise



WEEK 4

Critical Thinking & Decision Making

Help students think independently, question information, avoid manipulation and make better decisions in everyday life.

- ✓ Distinguish facts, opinions and beliefs accurately
- ✓ Verify information and identify misinformation and fake news
- ✓ Recognise cognitive biases like confirmation bias and herd thinking
- ✓ Form and express reasoned opinions and disagree respectfully

ACTIVITIES INCLUDE

Statement sorting · Social media analysis · Fake news spotting · Bias reflection · Claim verification · Partner opinion discussions



WEEK 5

Digital Skills & Online Presence

Help students use technology consciously – staying safe, building healthy habits and expressing themselves through digital tools.

- ✓ Understand how platforms, algorithms and attention economies work
- ✓ Avoid online scams and protect personal information
- ✓ Build healthier screen habits and reduce distraction
- ✓ Create meaningful content and start a simple digital portfolio

ACTIVITIES INCLUDE

Screen-time audit · Feed analysis · Scam identification · Digital footprint review · Content creation project · Mini portfolio setup



WEEK 6

Leadership & Emotional Intelligence

Help students understand themselves, manage emotions, build empathy and take initiative – because leadership is behaviour, not a title.

- ✓ Identify personal strengths, values and behaviour patterns
- ✓ Understand and regulate emotions in challenging situations
- ✓ Build empathy, listening skills and healthier relationships
- ✓ Handle conflict constructively and take leadership in teams

ACTIVITIES INCLUDE

Values ranking · Emotion mapping · Perspective roleplays · Conflict scenarios · Team challenge · Growth mindset reflection



WEEK 7

Wellbeing & Mental Performance

Help students manage stress, build healthy habits, improve focus and develop the resilience to perform well and feel well – now and in adult life.

- ✓ Understand how stress, sleep and movement affect mind and body
- ✓ Learn practical stress management and emotional regulation tools
- ✓ Build a growth mindset and resilience through setbacks
- ✓ Improve focus, reduce distraction and build a personal daily routine
- ✓ Understand when and how to ask for support

ACTIVITIES INCLUDE

Sleep audit · Energy reflection · Breathing practice · Stress mapping · Resilience writing · Habit tracking · Focus experiment · Personal routine design · Support system mapping

WEEK 8 – CAPSTONE PROJECT

Bring it all together. Present it to the world.

THE BEYOND SCHOOL BOOTCAMP – FINAL WEEK

Capstone **Project** Week

Week 8 is not another teaching week. It is the week students put everything they have learned into action – one integrated project that draws from all seven pillars. It is designed, built and presented by the student, with full coach support throughout the week.

Students choose a real challenge or topic they care about – something they observed in their community or daily life – and apply skills from every pillar to address it meaningfully and confidently.

The capstone brings together financial thinking, communication, entrepreneurial initiative, critical reasoning, digital skills, emotional intelligence and wellbeing – demonstrating that these are not separate lessons but one connected way of approaching the world.

WHAT THE CAPSTONE INVOLVES

- Identifying a real problem or challenge the student genuinely cares about
- Researching it using critical thinking and source evaluation skills
- Designing a response or solution using entrepreneurial and creative thinking
- Building and presenting the project using communication and digital skills
- Reflecting on personal growth across all seven pillars of the programme

What every student receives



Learning Portfolio

A documented record of outputs from all 7 pillars – money plan, speech recording, venture idea, media analysis, digital project, leadership reflection and wellbeing routine.



Certificate of Completion

An official certificate from The Sprout School, United Kingdom – awarded upon completion of all 7 weeks and the capstone project.



Recorded Speech

The student's Week 2 speaking session recorded and returned – a shareable evidence of communication growth across the programme.



Digital Portfolio Starter

A basic digital portfolio built during Week 5 – showcasing the student's project, skills and achievements from the programme.



Personal Routine Plan

A completed daily routine design from Week 7 – sleep schedule, study blocks, movement habit and stress management tools – built to last beyond the programme.



Capstone Project

The Week 8 final project – a real, documented piece of independent work integrating all seven pillars, presented to peers and coaches on the final day.

What is included in the programme



Materials Support

Weekly resource packs – worksheets, templates, activity guides and reference cards – provided before each week begins.



Resource Library

Access to a curated digital library of supplementary videos, reading materials and tools for every pillar – available throughout the programme.



Wellbeing Sessions

A dedicated wellbeing and reflection session integrated into every week – a safe space to process, discuss and build emotional awareness alongside the academic content.

ENROLMENT

Ready to go beyond school?

Programme at a glance

PROGRAMME NAME

**The Beyond School
Bootcamp**

SCHOOL

**The Sprout School,
United Kingdom**

FORMAT

**Live online –
interactive sessions**

DURATION

8 weeks total

TEACHING SCHEDULE

**Monday to Friday ·
Weekends free**

SESSION LENGTH

1 to 1.5 hours per day

AGE GROUP

13 to 19 years

PROGRAMME STRUCTURE

**7 pillar weeks + 1
capstone week**

LANGUAGE

English

DEVICE REQUIRED

**Laptop, tablet or
smartphone**

CERTIFICATE

Awarded on completion

OPEN TO

Students worldwide

FREQUENTLY ASKED QUESTIONS

Q Who is this programme designed for?

Any student aged 13 to 19 – regardless of country, school system or academic stream. The content is universal life skills, not tied to any curriculum or subject background.

Q What happens if a student misses a session?

Every session is recorded and made available within 24 hours. Students can catch up without losing any content. Live attendance is encouraged for the group activities but is not mandatory every day.

Q How much time is required each day?

One to 1.5 hours of live session per day, Monday to Friday. Some weeks include short self-study activities between sessions. Weekends are completely free.

Q Is this a tutoring programme?

No. The Beyond School Bootcamp teaches life skills – financial literacy, communication, entrepreneurship, critical thinking, digital skills, leadership and wellbeing. It is not academic tutoring or exam preparation.

Q What do students need to participate?

A device with camera and microphone (laptop, tablet or smartphone), a stable internet connection, and a willingness to participate actively. No prior knowledge of any topic is required.

Q What is the capstone project?

A self-directed final project in Week 8 where students apply skills from all seven pillars to address a real challenge they care about. It is presented live to the cohort on the final day of the programme.

Three steps to enrol

1

Visit the website & register

Go to thesproutschool.com, select The Beyond School Bootcamp and complete the online registration form.

2

Complete payment via invoice

An invoice is generated and sent to your email with a secure payment link. Complete payment through the link – confirmation sent instantly.

3

Receive welcome pack

Session links, Week 1 materials, programme guide and your cohort WhatsApp group – all within 24 hours.

ENROL NOW

Register Your Place

thesproutschool.com

Open to students worldwide · Ages 13–19

✉ info@thesproutschool.com · 🌐 thesproutschool.com