

FACT SHEET

LEARNING AND STUDY SKILLS

FOR SENIOR CYCLE STUDENTS

OVERVIEW

This study skills programme is designed to support students at Senior Cycle to prepare for the Leaving Certificate examination. Along with motivating students to engage fully in their study, they look at how to cope better with stress and develop resilience. The students are also brought through our unique study system – POKER.

Each student will also receive a copy of the Senior Cycle study journal, which is an organisational and planning tool that reinforces the learning from the seminar along with providing both students and teachers with a simple method for tracking study progress.

BENEFITS

After the programme students will have:

- Proven study and revision systems
- The motivation and mindset to achieve
- The study journal, an easy to use study planning and management tool

METHODOLOGY

A high-energy, interactive and engaging seminar with opportunities for reflection and group learning.

CONTENT

The Brain and Learning – How to accelerate student learning through whole-brain learning activities.

Growth Mindset and Resilience – The importance of a positive attitude and how to cope better with stress.

Study – The effective POKER system, note-making techniques and the 5 x 5 Revision system

Memory techniques - Simple mnemonic techniques to aid memory

Duration: 2½ hours

Numbers: Up to 70 students

WHAT THE STUDENTS SAY:

Of the students who participated in our seminars:

- **97%** now know how to study more effectively.
- **80%** feel less stressed and more confident about their examinations.
- **95%** are more motivated to study harder for their examinations.
- **99%** would recommend the Super Generation to their friends.

"The seminar was very beneficial, exceptionally well presented and valuable resources were given out."

Dylan, Coláiste Chiaráin, Athlone

