

FACT SHEET

LEARNING AND STUDY SKILLS

FOR JUNIOR CYCLE STUDENTS

OVERVIEW

This study skills programme is designed to support students at Junior Cycle to prepare for their assessments. Along with motivating students to engage fully in their study, they explore how to accelerate their learning and are brought through our unique study system – POKER.

Each student will also receive a copy of the Junior 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 to learning and study.

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 50 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.

"You come out less stressed and more motivated, with practical things you can do to study."

Emily, Colaiste Bríde, Carnew.

