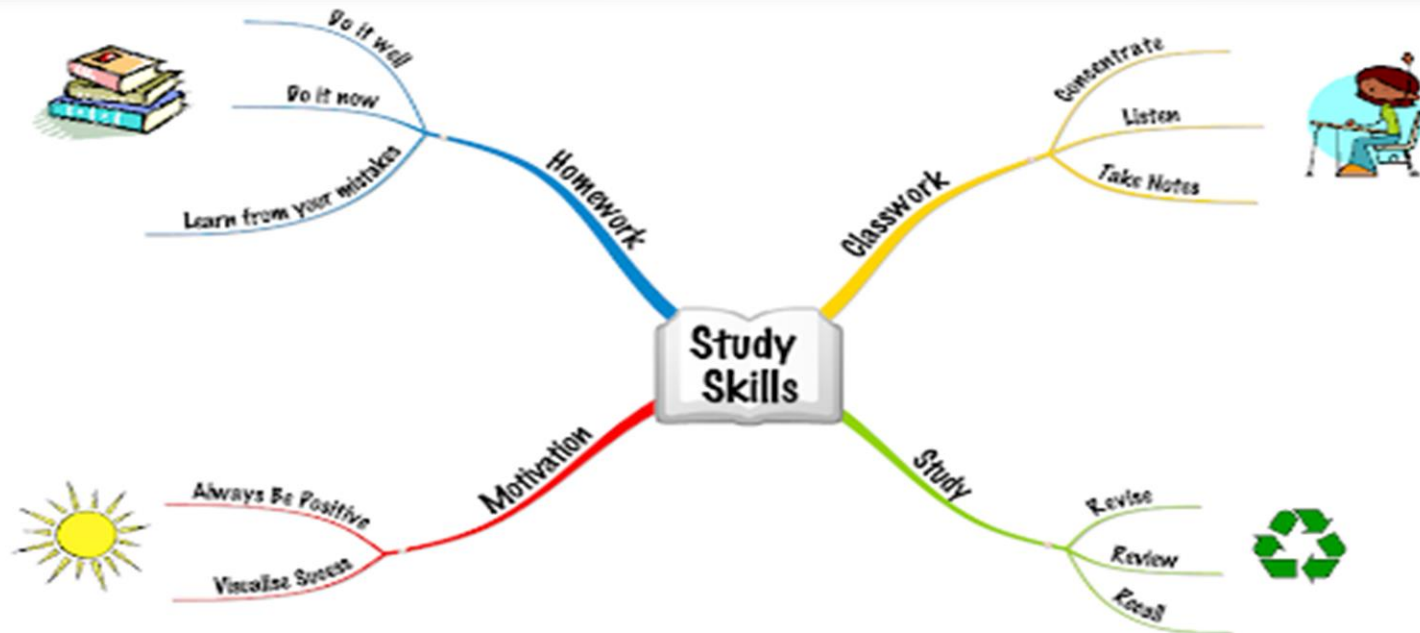


Junior Cycle Study Skills



Study Demands

- **Commitment**
- **Time**
- **Effort**
- **Consistency**
- **Good methods of Revision**
- **Find out what works for you**

‘Different Strokes for different folks’

Responsibility

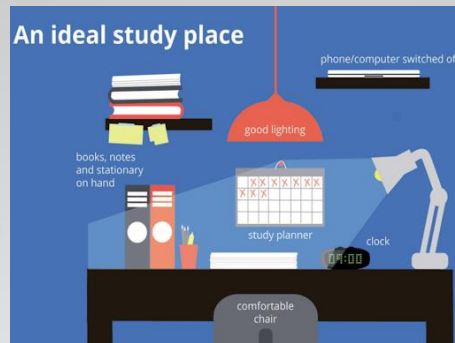


- **Positive Attitude**
 - in school/classroom
 - after school homework/study
- **You are responsible for your own grades**
 - do not blame others
- **Know the consequences of your actions**

1. Motivation



2. Location



3. Organisation

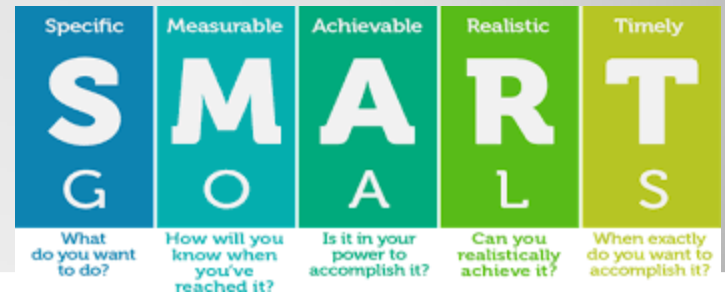
A hand-drawn timetable for Form 4A. The title is "TIMETABLE Form 4A" and the teacher is "Teacher: Mr. Anil Kumar". The timetable is organized by days of the week (Monday to Friday) and time slots. The subjects listed include German, Mathematics, English, French, Art, Music, PE, and Break.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45	German	Art	ICT	ICT	
8:45-9:30	Mathematics	Art		English	German
9:30-10:15	Break	Break	Break	Break	Break
10:15-10:45	French	French	French and English	Mathematics	PE
10:45-11:30	English	Mathematics	Mathematics	Mathematics	PE
11:30-12:00	Lunch	Lunch	Lunch	Lunch	Lunch
12:00-12:30	Break	Break	Break	Break	Break
12:30-1:15	French	Maths	Music	French	Mathematics
1:15-1:45	Break	Break	Break	Break	Break
1:45-2:15	Break	Break	Break	Break	Break
2:15-2:45	Break	Break	Break	Break	Break
2:45-3:15	Break	Break	Break	Break	Break
3:15-3:45	Break	Break	Break	Break	Break
3:45-4:15	Break	Break	Break	Break	Break
4:15-4:45	Break	Break	Break	Break	Break

Elements of a Study Plan

Motivation

- What do YOU want after school
- Set Goals – Progress Reports
- Reward yourself when you meet targets
- Review your plan regularly
- Discuss your plan with your parents and GC
- Remind yourself why you want to do well
- Positive thinking



Location



Comfortable and organised environment

- A room with minimum distractions
- Desk, comfortable chair, notice board
- Good air conditioning, heating, lighting
- Keep your space tidy
- **NO** mobile phones, TV or music

WHAT NOT TO DO



Location - Tools for Study

- Study/homework timetable
- Notice board
- Wall Calendar
- Exam papers
- Folders with dividers
- A4 pads – Class notes and/or summary notes
- Revision notebooks - one per subject
- Flashcards
- Post-It Pads



Organisation

- Organise your desk/bag.
- Routine time and place.
- Set a study/homework timetable
 - be realistic, be flexible
 - include sports/leisure activities in planning.
- Make revision lists
- Always tick off work done

Study timetable @SMARTERSTUDY

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							

TIME MANAGMENT

- You have approximately **168** hours in a week. **40** school, **56** sleep.
- Approximately **72 hours** in a **full week** to do what you will
- Minimum of **3 hours**, 30 mins– 4 hours per day, 5 hours at the weekend
- 30 – 50 minutes per work session.
- Take regular 5-10 minute short breaks



GETTING INTO A ROUTINE

Starting off (planning)

Using a study log / record (attached on google classroom)

- Keep a study record of exactly what you study, when you study and for how long. Do this for 3 to 4 weeks.
- From this study record you can make out a **study timetable**, once you have figured out a suitable routine.

Planning a schedule

- **30- 40- 50 minute slots** (personal choice)
- Schedule breaks – 5 mins
- Manage your subjects
 - Homework – study – homework - study
 - Start with difficult subject, Finish with best
 - Separate the languages i.e. Don't study Irish straight after French/ German etc.
 - Keep subjects that compliment each other together i.e. Home Economics/Biology
 - Do difficult subjects early in the week
 - Extra time for difficult subjects if required

Study Techniques

- Setting specific and realistic **goals**.
- **SQ4 R Method** - Take short, clear **notes**.
- Ensure you **understand** your material.
- When **memorising**:
 - read your quotes/definitions aloud
 - use mnemonics
 - use visual aids
- **Regular revision** is essential



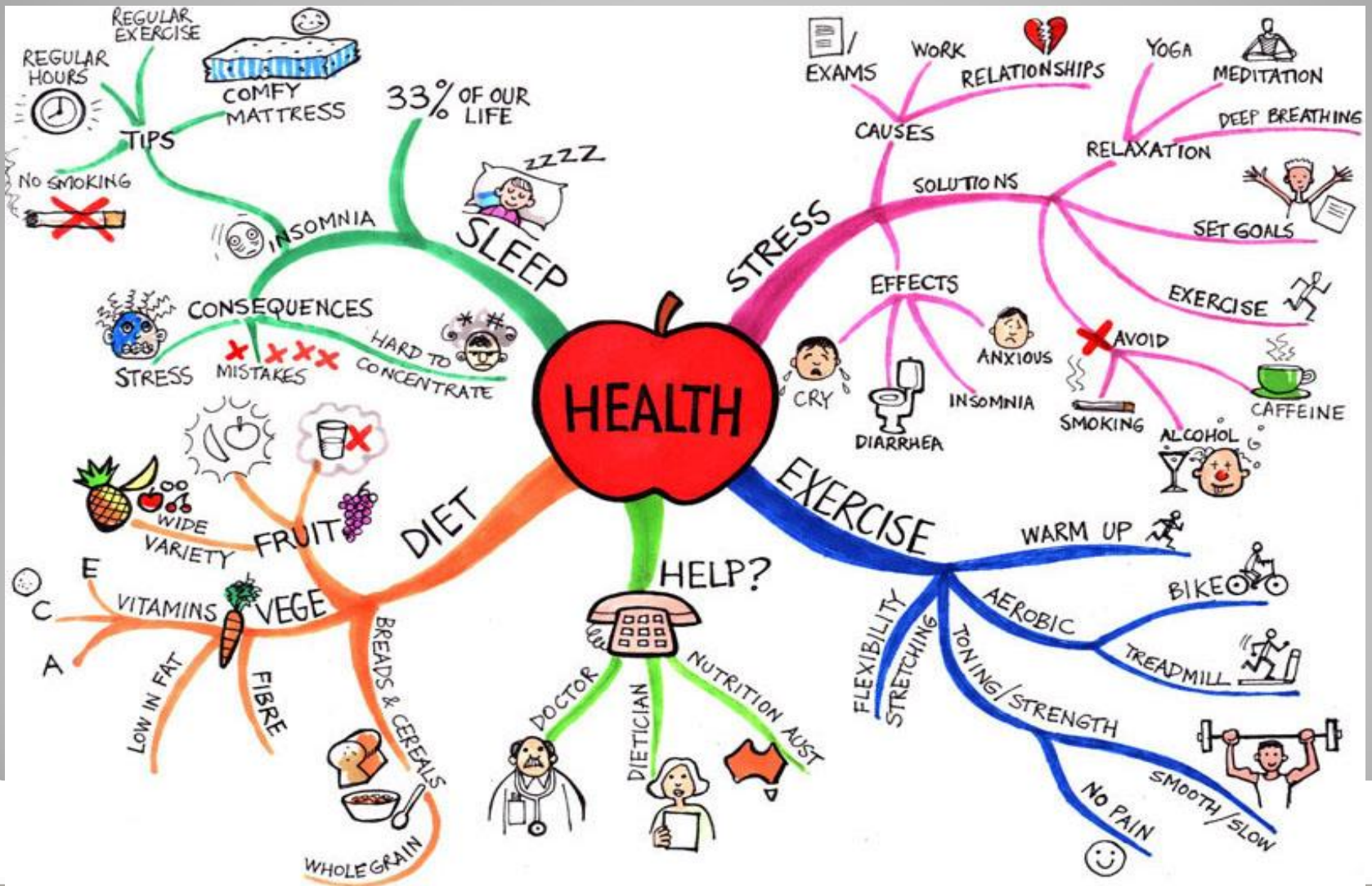
SQ4R Study Method (How to study)

- **Survey** – scan the chapter, read headings
- **Question** – read with a question in mind, questions from your teacher, book, for test
- **Read** – find the answer to your questions
- **Recite** – recite the answers out loud
- **Record** – write down the answers/main points to questions in revision copy (for each subject)
- **Revise regularly** - at end of study session that day, end of week, month, term

THE KEY TO SUCCESS IS REVISION



Mindmapping - Spider diagrams



Mneumonics

- **Rhymes:** America discovered: In fourteen hundred ninety-two, Columbus sailed the ocean blue
- **Silly Sentences:** e.g. The eight planets
- **M**y **V**ery **E**ducated **M**other **J**ust **S**erved **U**s **N**othing :
- **M**ercury, **V**enus, **E**arth, **M**ars, **J**upiter, **S**aturn, **U**ranus, **N**eptune
- **Acronym:** invented combination of letters.
Each letter is an item you need to remember
- e.g. **IPMAT**, the stages of cell division
Interphase, **P**rophase, **M**etaphase, **A**naphase, **T**elephase
- **Music/Song/Rhythm:** e.g. Periodic Table of Elements
- **RECORD THESE ON FLASH CARDS, POST IT's OR REVISION COPIES**

Mnemonics AS A STUDY METHOD



- **Imagination ,Association , Location**
 - Placing things on top of each other
 - Crashing things together
 - Merging images together
 - Wrapping them around each other
 - Rotating them around each other or having them dancing together
 - Linking them using the same color, smell, shape, or feeling
 - Locating them in a place you will remember

Preparation for Tests/Exams

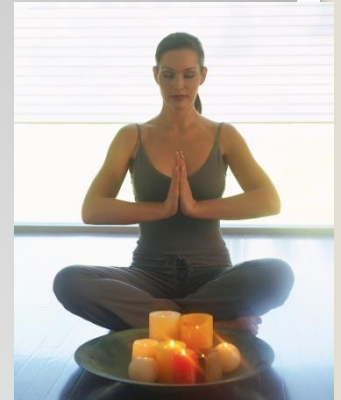
- **Planning not Cramming!**
- **List topics for revision**
- **Get to know exam papers**
 - **Structure**
 - **Timing**
 - **Wording**
- **Practise exam questions**
- **Skeleton answers, spider diagrams, flashcards, revision copies**



Healthy Habits to HELP study

- Factor in regular exercise – walk, run, swim, team sport, gym
- Relaxation sessions – Mindfulness, meditation
- Eat healthy foods – avoid sugar, fat, caffeine
- Get enough **sleep – 8 hours**
- Look after yourself

- **ENJOY YOUR PROGRESS**



Other Sources Of Help

- Revision books
- Grinds
- Websites
 - www.how-to-study.com
 - www.studyclix.ie
 - <https://tomato-timer.com/> - time study sessions
 - <https://www.goconqr.com/> - flashcard/mindmaps
 - www.qualifax.ie
 - www.scoilnet.ie
 - www.skool.ie
 - www.careersportal.ie
- Newspapers e.g. Exam brief in Mar./Apr.

Choices

Stressed out or work hard and meet the challenge!



or

