



6th Year Study Skills Workshops

There are two **study skills workshops organised for 6th year students** this year with '**Inspire Education**' and '**The Super Generation**'. We believe that these workshops will help 6th year students to prepare and perform in the Mock Exams in February along with the final Leaving Certificate exams.

The first workshop will be on **November 12th** and will be delivered by 'Inspire Education'. This programme titled '**Maximise: The Final Push**' places an emphasis on exam preparation and techniques. Students will learn about planning and time management, exam techniques, revision strategies along with psychological and physiological preparation in the run up to exams. This will be particularly helpful for students to prepare for November assessments and Mock exams in February.

The second workshop will be on **March 4th** and will be delivered by 'The Super Generation'. It focuses on '**Learning and Study Skills for Senior Cycle Students**' looking at motivation, managing stress, memory techniques, the brain and learning and effective study techniques. The timing of this workshop is ideal for students as motivation can tend to dip post Mock exams. This workshop will help students to get on track for the final few months before the exams along with helping to increase student motivation.

The total cost for these two workshops is €20 and payment can be made through the way2pay link. Payment to be made by October 24th. The price includes:

- **Learning and Study Skills for Senior Cycle & Maximise: The Final Push workshops**
- **Study Skills resources** given at each workshop- study journal, study skills workbook, exam countdown planner and revision planner.
- **Access to a Parent Study Skills Support Webinar**