

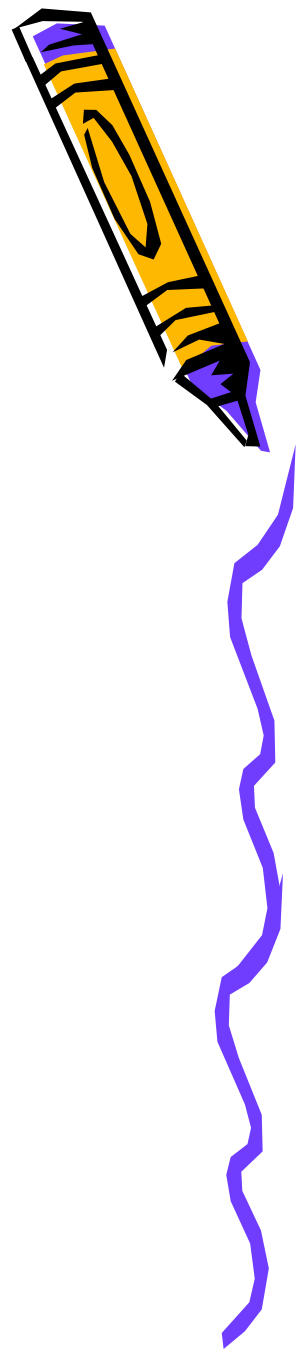
Teacher Notes

- Where possible relate the material on this PowerPoint to your own subject.
- There may be too much material here for a 40 minute class. Choose the parts/ slides that are most relevant to your subject.
- Focus on these slides and move quickly through the others.
- Some time in this class should be spent on assessing their own first attempt at completing a planner. Discussing these planners in pairs could be useful.
- Slide 14 has an exercise that would involve more student interaction- allow the students to work in pairs to complete the planner and discuss the related problems. (This would be useful for those students who did not complete their own planner over the previous week)

Killina Presentation Secondary School



Study Skills Programme



Aim of the Study Skills Programme

To give you the skills to be a more effective learner

This class is about:

- Organising your work space
- Planning your Time



Planning and Organising

1. Why planning is important.
2. How you can make the most of your time.
3. How planning can help you to be more confident about your school work.

Planning your study sessions

✓ Use your planner

Do you have any subjects that are a priority?

✓ Have a clear plan

What you wish to study and for how long – try to stick to it.

✓ Ask yourself-

What do I hope to learn in this study session?

Planning your study sessions.

- ✓ Find a quiet place to study.
- ✓ Switch off mobiles and iPods.



Getting ready to Study

Organise your Workspace

✓ Clear your desk



Cluttered and messy study spaces are not ideal, so make your space welcoming and comfortable.

✓ Get the basics right



Desk, chair, equipment, light, comfortable temperature.

✓ Let others in the house know you are studying

You need to be free of distractions and noise, if possible.

Getting ready to study

Organise your workspace

- ✓ **Be Prepared – Pens, copies, note pads, highlighters.**



- ✓ **Have some water c to avoid dehydration / tiredness.**

Plan your Time.

- ✓ Most people can only study for 20 to 30 mins before losing concentration.
- ✓ Take a short break, fresh air, a drink, snack, or change study activities.

Why use a study timetable?

Discuss the reasons for using a planner

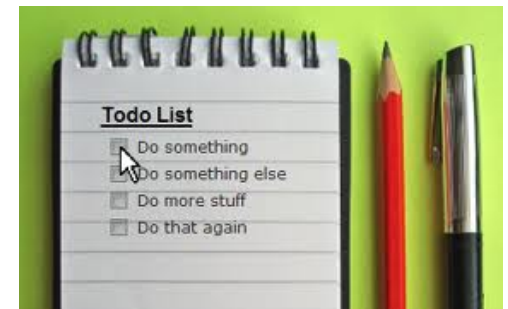
- It allows you to give enough time to each subject.
- It helps you to settle down to work more quickly.
- It makes every minute count.
- It increases concentration.

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Time</u>	<u>Saturday</u>	<u>Sunday</u>
4:30pm						<u>10:00am</u>		
5:30pm	<u>12:00am</u>							
6:30pm						<u>2:00pm</u>		
7:30pm	<u>4:00pm</u>							
8:30pm						<u>6:00pm</u>		
9:30pm	<u>8-10pm</u>							
*other time						*other time		

What to put in your Study Timetable

A true picture of your week.

1. Regular blocks of homework time.
2. Regular blocks of study time.
3. Sports and activities.
4. Downtime- tv, rest, x-box



The timetable should help you:

1. Your timetable can be **reviewed & changed**.
2. It should give you a clearer picture of your life.
3. It should help you to identify problem areas!
4. You can use your parent's help and work together to use your planner.

An Exercise - *Optional*

- *John is a student in Killina Presentation. He is in your year group. John has football training on Tuesdays and Thursdays from 7.30 to 9.00 pm. He also has a match most Saturday mornings.
He never misses 'Goals on Sunday'!*
- Working in pairs fill in a study timetable for John. Discuss the amount of time available for each subject and any other issues that arise.

Analyse your 'Trial' Timetable

- After the one week trial, analyse the planner. What does it tell you?
- Are you wasting a lot of your time?
- Should you change your priorities?

Filling in your planner

- You now need to review your planner
- Take it home and work on it again
- You may have to make several changes to the trial timetable
- Prioritise your work – what **has** to be done?
- Include time at the weekend – work done early on Saturday or Sunday leaves you the rest of the day free with no ‘guilt’.

20 minutes of study!

- **Leaving Cert English**

A Poem

- Action
- Tone
- Theme / Message
- Some key words, and lines.

- **Junior Cert History**

Events leading to the American Revolution

- The original colonies
- British Rule
- Why were the colonists unhappy?
- The Boston massacre

What Else?

- **Diet!**

- Eat well- no junk!

- **Sleep!**

- Go to bed on time, be offline



- **Exercise!**

- Participate in sport, walk, cycle, swim- whatever works for you!

To Sum up

- Plan your time



- Organise your space



- Study Actively