



### **5<sup>th</sup> Year Study Skills Workshops**

There are two **study skills workshops organised for 5<sup>th</sup> year students** this year with 'The Super Generation' and 'Inspire Education'. We believe these workshops will help 5<sup>th</sup> year students to prepare for the Leaving Certificate programme and help them to do as well as they can in 5<sup>th</sup> year so that they will have the best start in 6<sup>th</sup> year.

The first workshop will be on **November 6<sup>th</sup>** 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. Students will receive a Senior Cycle study journal at this workshop.

The second workshop will be on **March 4<sup>th</sup>** and will be delivered by 'Inspire Education'. This programme titled **'Mastermind'** places an emphasis on learning to think, act and study independently. This workshop will be particularly good for preparing for summer exams and 6<sup>th</sup> year. Students will learn about efficient learning, improving performance, mindset and the brain. Students will receive a study skills workbook and revision planner on the day.

**The total cost for these two workshops is €18** and payment can be made through the way2pay link. Payment to be made by October 25<sup>th</sup>. The price includes:

- **Learning and Study Skills for Senior Cycle & Mastermind workshops**
- **Study Skills resources** given at each workshop- study journal, study skills workbook and revision planner.
- **Access to a Parent Study Skills Support Webinar**