



6th Year Study Skills Workshops

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

The first workshop will be on **November 6th** 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 4th** 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.

The total cost for these two workshops is €18 and payment can be made through the way2pay link. Payment to be made by October 25th. 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**