



# INTENSIVE STUDY SKILLS COURSES

## Learn how to study more effectively

Effective use of study time is an important key to examination success. Our courses are designed to help students obtain the maximum benefit from their study time. We expect those who complete our study skills courses to be more confident and self-motivated and better organised in their approach to study, homework and examinations.

**COMMENCEMENT DATE:** Leaving Cert. & 4th Years: Wednesday, September 25th, 2019 — 5.30 to 7.00 p.m.  
(For 4 weeks)

### *Course Content*

*(For detailed course overview please see overleaf)*

- ❖ *Goals (Setting key study objectives, staying focussed)*
- ❖ *Planning & Time Management (Setting up realistic study schedules, including homework planning and techniques)*
- ❖ *Proper use of Notes & Texts (Including note-taking and note-making skills)*
- ❖ *Memory Training (Skills to help retain & recall information quickly)*
- ❖ *Confidence Building (Making students more aware of their true academic potential & showing them how to put it to effective use)*
- ❖ *Essential Examination Techniques*
- ❖ *Coping with Study & Exam Stress (Relaxation techniques, proper diet and the importance of exercise)*

— Comprehensive and detailed notes supplied with every class —

**CUT**

### REGISTRATION FORM

**FEES: €120** (Leaving Cert. & 4th Years)

**Study Skills Courses**  
(Sept. 2019)

Name: ..... Date of Birth: .....

Address: .....

Email: ..... Home Tel: .....

School: ..... Mobile: .....

Please Tick   
(Year of your next examination) Leaving Cert. 2020 \_\_\_\_\_ Leaving Cert. 2021 \_\_\_\_\_

Commencement date for your course: .....

Amount of fee enclosed: €.....

Payment Method: Cheque, Cash, Credit or Debit Card

