

Study Skills Course Overview

(Leaving Cert 2019/2020)

Week 1:

- Discovering your Learning Style & using it to your advantage
- Study Habits Profiling and Planning
- Optimal Learning Techniques
- Note taking and making skills
- Setting and Achieving Academic Goals
- How to get the most out of College Open Days
- Creating your Weekly Study Planner

Week 2:

- Setting up your Study Area
- Time Management Skills
- Coping with Deadlines
- How to be an Active Learner
- Recognising and Utilising your Strengths and Resources
- Preparing for Oral and Aural Examinations

Week 3:

- Memory Techniques
 1. Mnemonics
 2. Chunking
 3. Encoding Techniques
- Research Skills
- Writing skills
- Studying with others

Week 4:

- Coping with Stress
- Building your Confidence
- Where next? College, Career and Life Profiling and Planning
- C.A.O forms
- Calculating the Points needed for each Course
- Essential Revision Techniques
- Essential Exam Techniques – How to Prepare to Succeed!
- Timing schedule for the 10 most popular Exam papers

Comprehensive and Detailed Notes with every class

The Galway Study Centre

