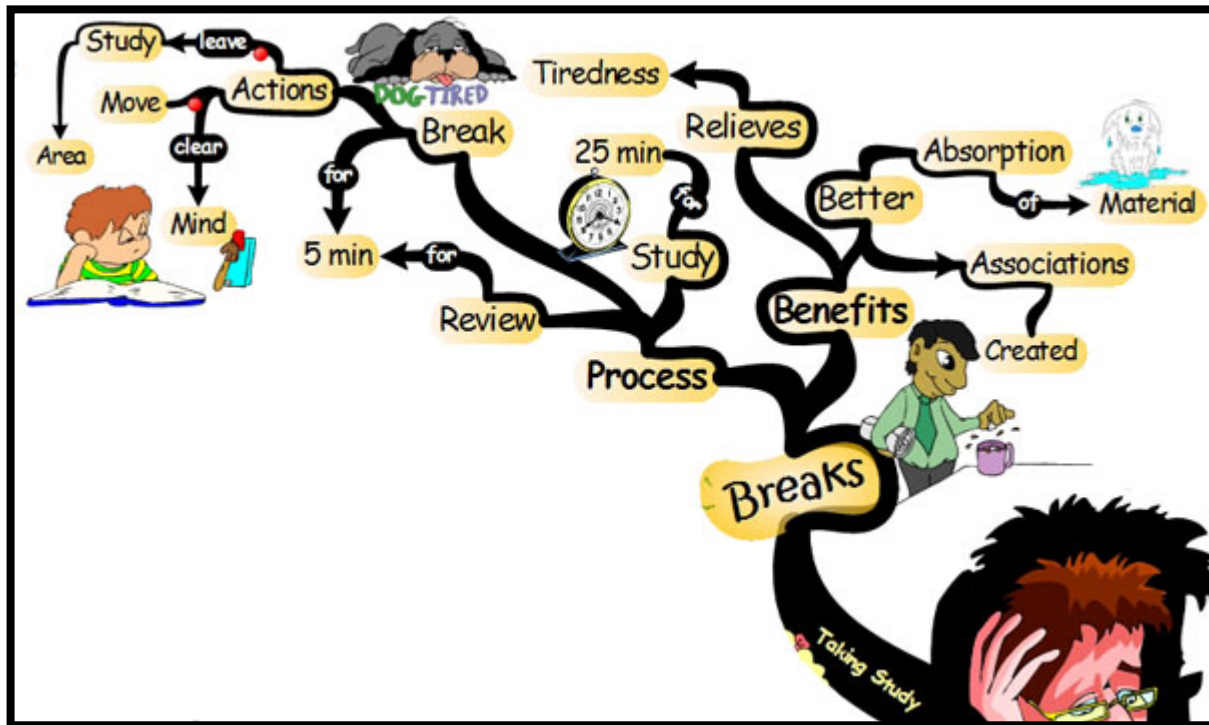


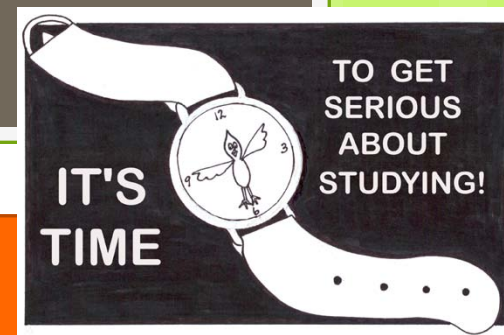
Study Skills

A survival guide for Parents
Sandra Woods – Guidance
Counsellor,
O’Fiaich College



How can you help!





How can you help

- Take an interest in what they are doing
- Make sure they come to school every day and on time.
- Check they are doing their homework
- Encourage your child to talk to teachers about any problems they have regarding revision
- Lessen the chores around exam time

Revision- How can you help?

- Ensure they have somewhere to study.
- Make sure they eat properly and drink plenty of water. The brain works better when the body is fed and watered!
- Televisions and loud music do not help revision, but quiet background music might.
- Check how they are doing by letting them explain something to you if you can understand the explanation, then they will be able to produce a good answer in the exam.
- Try to be positive and reassuring to build their confidence.
- Ask them do they need help or is there anything you can do.
- Plan rewards for them as an incentive to study

LEARNING STYLES



- For a person to learn effectively, it is important to understand how we learn.

In general, there are 3 learning styles:

Visual – learning by seeing: reading, making notes, spider diagrams, watching a film/documentary, pictures, graphs, reading past paper questions and answers.

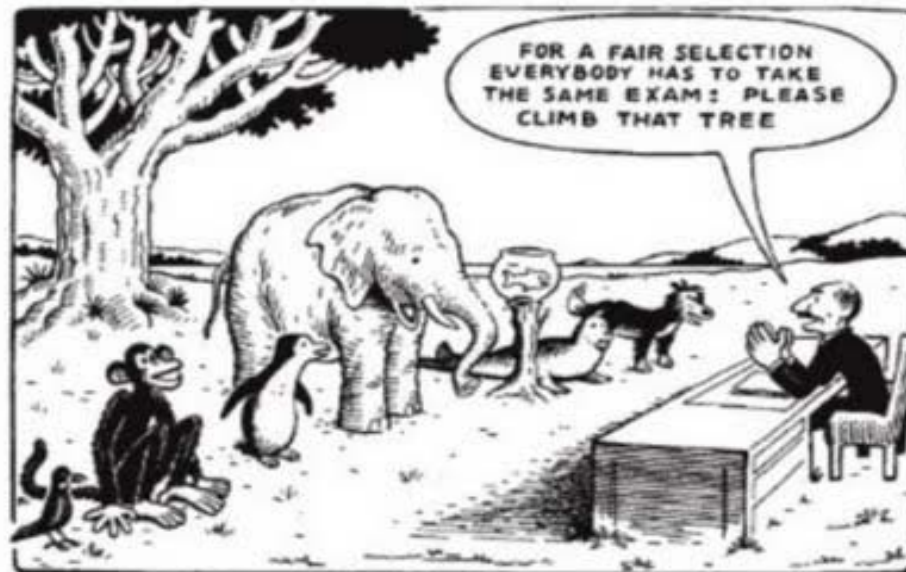
2. Auditory

– learning by listening: having something explained, listening to a recording, talking about the work, being asked questions and talking the answer through.



Kinaesthetic

learning by doing: making revision cards with words and pictures, use of revision games, making spider diagrams, making a game from past paper questions and answers.



WHEN THE ACTUAL EXAMS ARRIVE

- Make sure your son/daughter continues to attend lessons up to the examination in each subject.
- Give your child time for revision before and between exams, by not asking them to do too much babysitting or housework (When they are over, they can make up for it!)
- Encourage the rest of the family to give them space and peace while they work.
- Emphasise the need for plenty of sleep, especially the night before an exam.
- Don't let them work themselves into a state of exhaustion - encourage them to take regular breaks.
- Ask them to put their social life on hold. They can celebrate when it is all over!



ON THE DAY OF AN EXAM

- Ensure your child gets up on time and is in College before the exam is due to start.
- Ensure they have a good breakfast and snack with them.
- Ask if he/she have everything they need.
- Tell them to switch their mobile phone off and leave it off until after the exam.
- Ensure they are wearing their full uniform.
- Tell them they can only do their best but don't leave any exam early.
- Wish them good luck as they leave.
at least 20 minutes early!



DEALING WITH STRESS

If your child suffers from the following symptoms, they *may* be experiencing stress:

- Change in behaviour
- Not coping
- Exhaustion
- Loss of interest
- Headaches
- Depression
- Sleeplessness
- Apathy (not caring)
- Chaotic study pattern or difficulty concentrating



Try to find out what is causing the stress and change it.

Seek help if you feel the stress they are experiencing is serious.

WHAT WE DO



- Hold a Study Skills workshop to help your child revise effectively
- Run a home work club every week
- Target students who have been identified as having particular needs
- Build on study skills and organisational skills in classes
- Year heads form tutors and Guidance Counsellors are available by appointment to discuss any concerns you have

You can contact us

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○ THANK YOU ☺