

Junior Cycle Students

How can you help your child to study?

Motivation

- Help them set reasonable targets
- Reward success

Location

- Peace and quiet
- Regulated heat
- Good light
- Table and chair
- No interruptions

Organisation

- Help them to plan when they are going to study and what they are going to study when they get there. (See sample time table overleaf)
- Check when they are finished if they have achieved their targets. If they haven't ask why?

Were there too many targets?

Was enough time allocated?

It is important that the child achieves some targets in order to be encouraged to keep studying.

Other important points

- The most effective study incorporates variety and planning
- For first years they should study in 30 minute intervals with a 5 minute break in between. Second and third years 35 minute intervals with 5 minute break.
- A healthy attitude to study includes a balanced diet and adequate sleep
- Encourage your children to read a variety of literature e.g newspapers, circulars, newsletters, the instructions on the back of food packets etc. This will develop their vocabulary for all subject areas.
- Watch the news each evening and discuss the issues that arise. Make them aware of the world around them.
- Ask them to check your phone bill to see if the total is correct.

If revision is spread over the whole week and throughout the year there is still plenty of time for sports and hobbies and no need for panic at exam time.

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