

# Senior Cycle Students

## How can you help your child to study?

### Motivation

- Help them set reasonable goals

Study **SMART** Goals

Example

**S** Specific

English, novel, review characters

**M** Measurable

Can recall character's role in the novel

**A** Action

Note down key points, draw a flow chart

**R** Relevant

Key to understanding novel

**T** Timed

One character 15 minutes

- 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.
- It is important that the child achieves some goals in order to be encouraged to keep studying. If they are not achieving any goals discuss with them why? Too many goals, time was not enough?

### Other important points

- The most effective study incorporates variety and planning
- For fifth year they should study in 50 minute intervals with a 10 minute break in between. Fourth year students 40 minute intervals with a 10 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 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.
- Get them to check calculations on your household bills. Is the VAT calculated correctly? etc
- Take an interest in what they are studying. Offer to read over an assignment or ask them questions from their study notes.

**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 to panic at exam time.**

**Mary Lynch Guidance Counsellor**

