

LEARNING AND STUDY SKILLS for Examination Students

Benefits

This is the core study skills seminar for examination students. The young people are introduced and brought through our unique Study System – POKER. This study methodology is guaranteed to improve student performance. Each young person receives a study journal which helps reinforce the learning and organise their study after the seminar.

The content and examples used in this seminar are dependent on the student audience. For Junior Cycle students this seminar is scaffolded around Junior Cycle content, while Leaving Certificate examples are used for senior cycle students.

Logistics

Duration: 2 ½ hrs

Content

- **Accelerated learning**
 - Whole-brain learning
- **Planning**
 - Study plan for each subject
- **POKER – A methodology for study**
 - **Note Taking**
 - Linear notes
 - Mind maps
 - One-page summaries
 - **Memory Techniques**
 - Story method
 - Roman Room method
 - Mnemonics
 - Silly Sentences
- **Review – 5 x 5 System**