

STUDY

SKILLS



Step 1....  
take a  
breath.



Confused about what is the  
correct way to study?

You're not alone.




What  
questions do  
you have?

Do I study  
History....

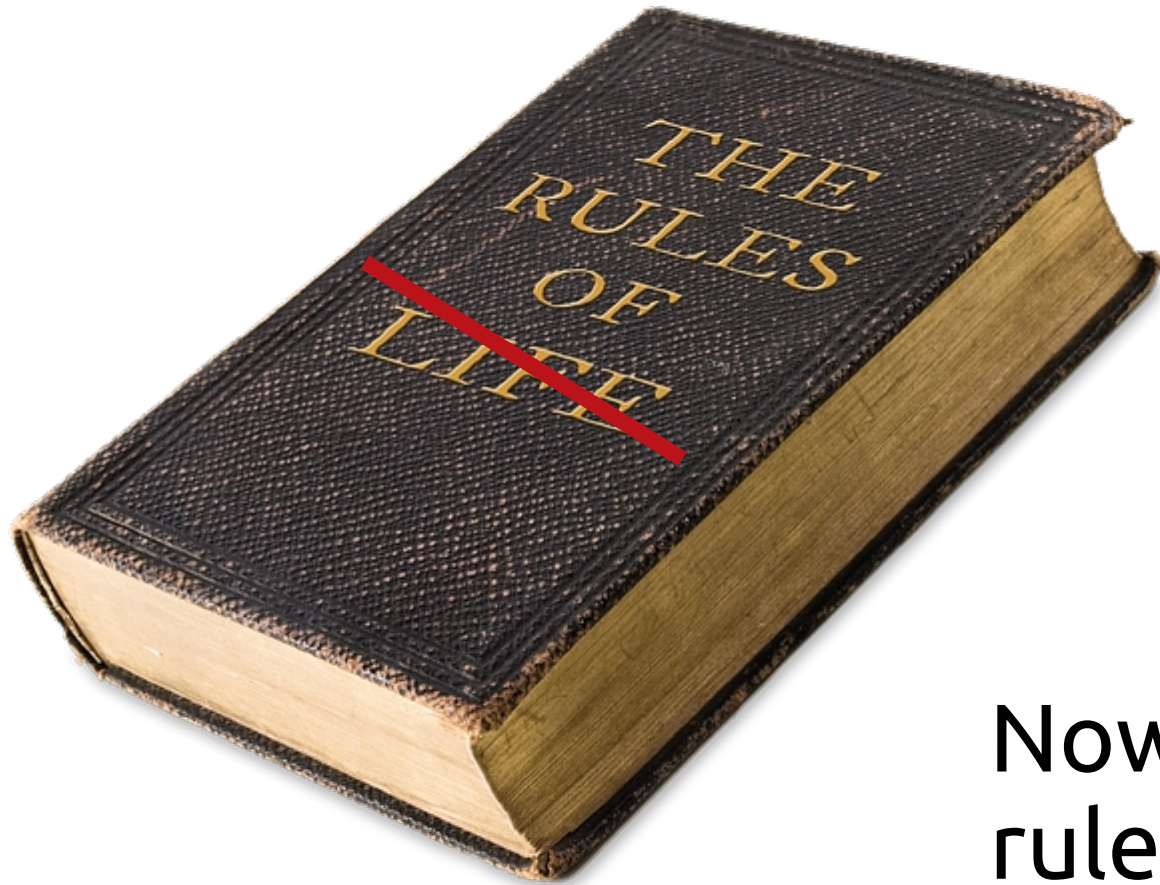
... the same  
way as I study  
Science?...





A top-down view of a wooden desk with a warm, natural wood grain. On the desk, there is a white ceramic cup filled with dark coffee, a white Samsung smartphone with a black screen, a dark red pen with silver accents, and two small white rectangular sticky notes. In the upper right corner, there are some green leaves and small red berries. A large white rectangular card is placed on the right side of the desk, featuring the text "Take a minute. What are your concerns?".

Take a  
minute. What  
are your  
concerns?



Now let's look at the  
rules...of studying



Studying is work.  
For Juniors... ten to twenty hours a week.



# The Working Week Rule:

You need to study / revise / prepare for at least 12 hours a week.



40 Hour Job  
-28 Hours Tuition

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12 Hours Study



To Succeed Academically You **Must** Study.

Find the best place, the best time and the best conditions under which to study



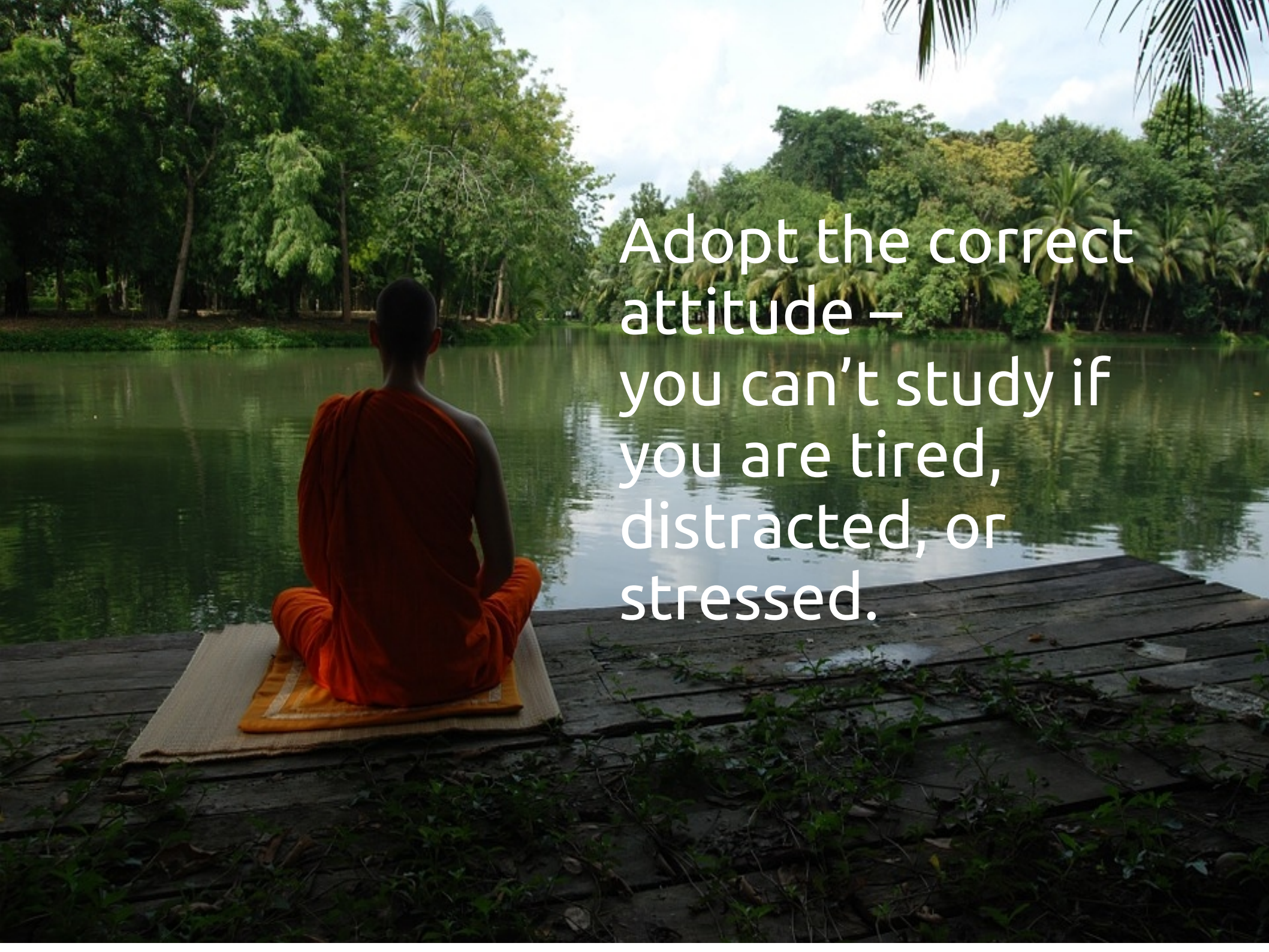
# Find the Correct Attitude



Waiting for the “Mood” to study will never happen.



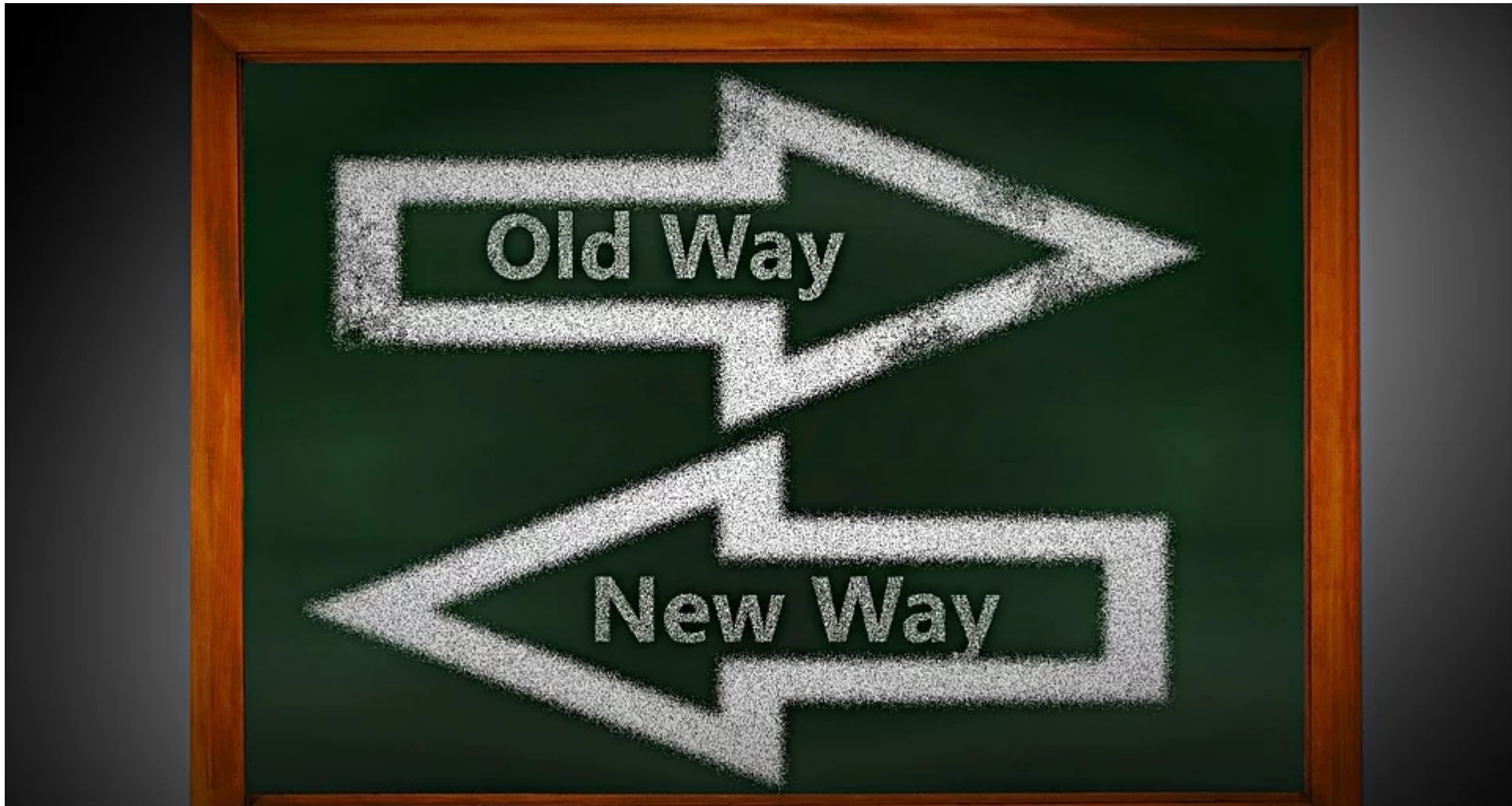


A Buddhist monk with a shaved head, wearing traditional orange robes, is seen from behind, sitting in a meditative lotus position on a wooden dock. The dock is made of weathered planks and has some small green plants growing between them. The monk is sitting on a light-colored mat with a yellow border. In front of him is a calm body of water, likely a pond or a slow-moving river, which reflects the surrounding greenery. The far bank is lined with a dense forest of tall, leafy trees, including several palm trees. The sky is bright with some light clouds. The overall atmosphere is peaceful and serene.

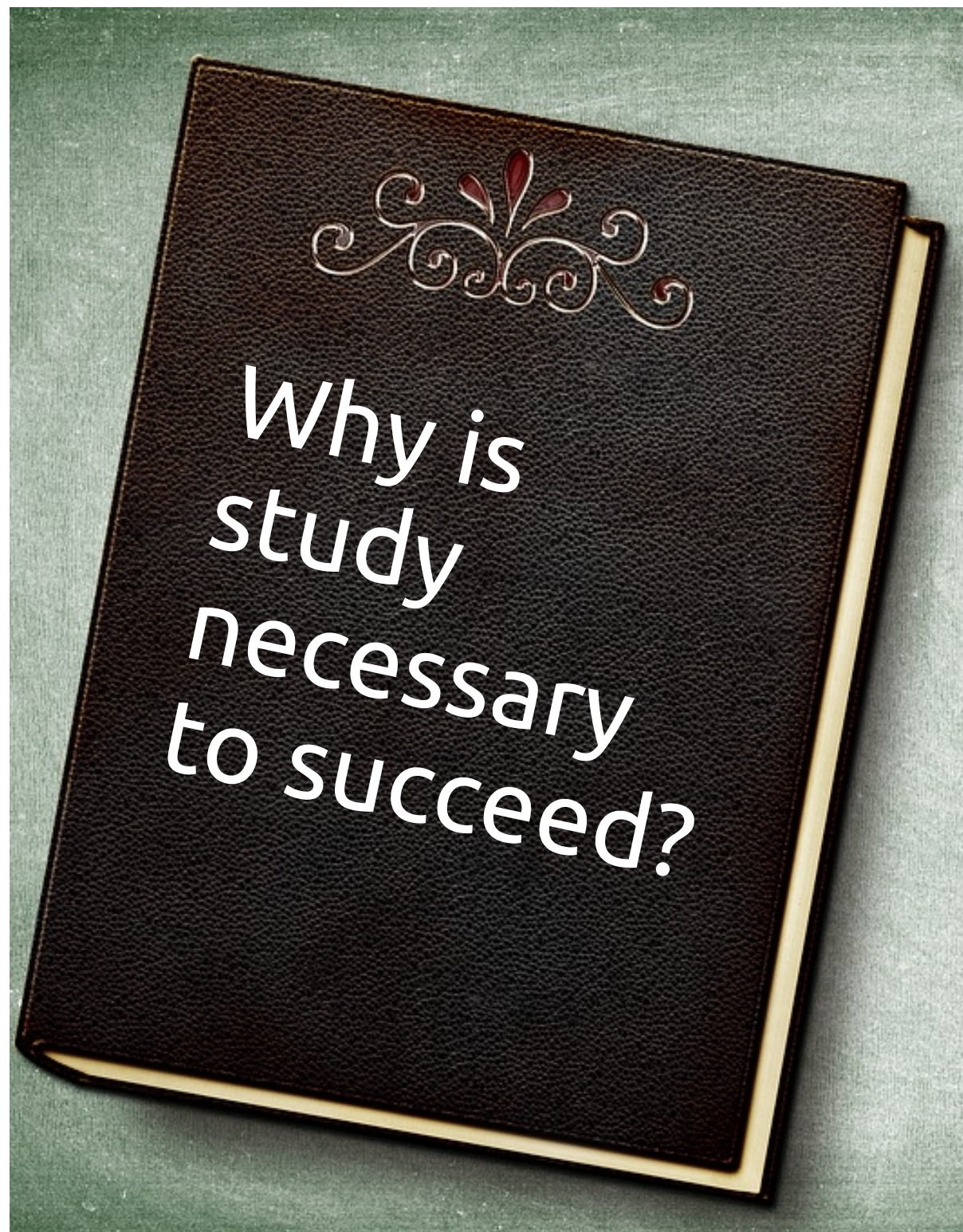
Adopt the correct  
attitude –  
you can't study if  
you are tired,  
distracted, or  
stressed.



“If you always do what you’ve always done, you always get what you’ve always gotten.” (Jessie Potter)







Take a  
minute.



**What is  
Good Study?**



**EXCELLENCE**

**MEDIOCRITY**



**BE S.M.A.R.T.**

**Specific**  
**Measurable**  
**Active**  
**Realistic**  
**Timed**



Take a moment to think about the **SMART** Study Technique.

Give an example of a **Specific** study item.

Show how you will **Measure** your achievements.

How will you study in an **Active** way?

Is it honestly a **Realistic** goal?

Can you achieve this goal in the **Time** given?





**Be Specific:**

**I will spend twenty  
minutes reviving ten key  
verbs in French.**



**Measure:**  
**Keep track  
of your  
progress.**





**Active:**

**You remember more if you  
work with a pen and paper.**





**Realistic:**

**Set achievable goals,  
given the time you  
have.**



**Time:**

**Allocate your time  
intelligently.**



Eat **HEALTHY** food.





**Stay HYDRATED.**



Keep **DISTRACTIONS** to a minimum.

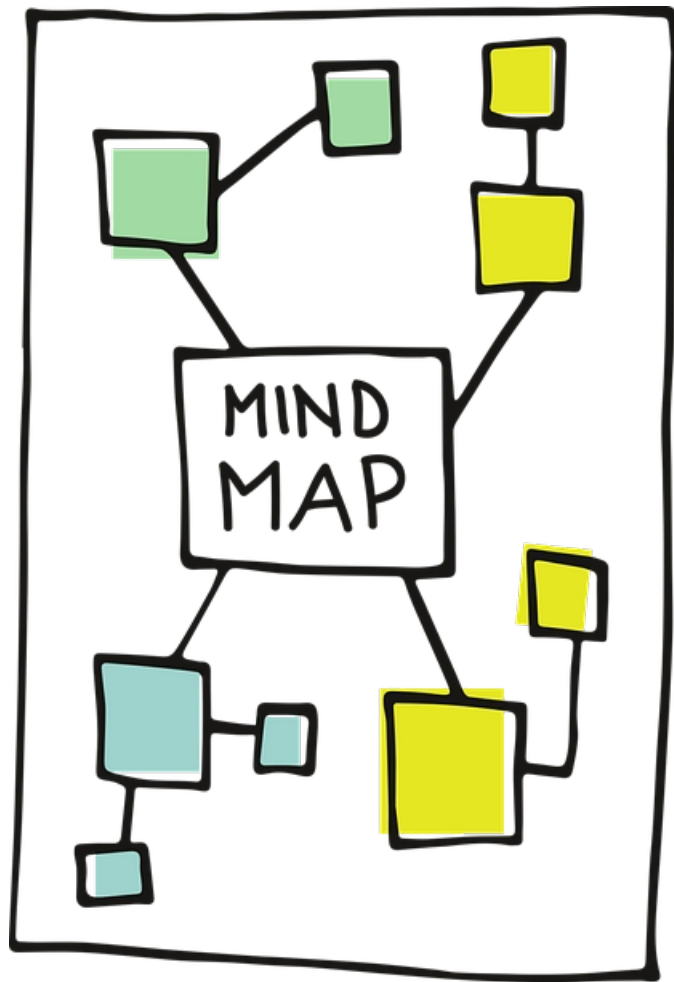




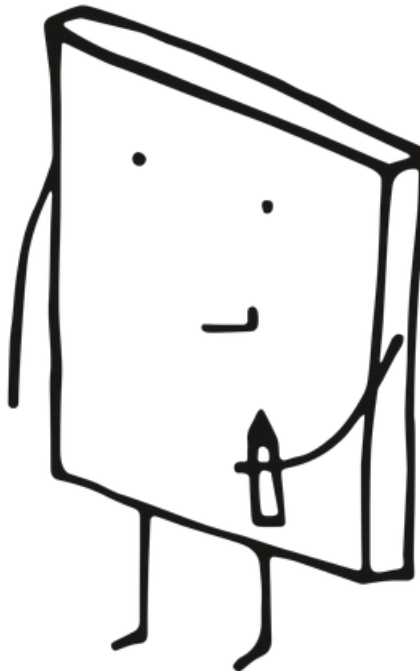
**Maintain a healthy  
work life balance.**







**Mind Maps with plenty of colour are a great way to make notes.**



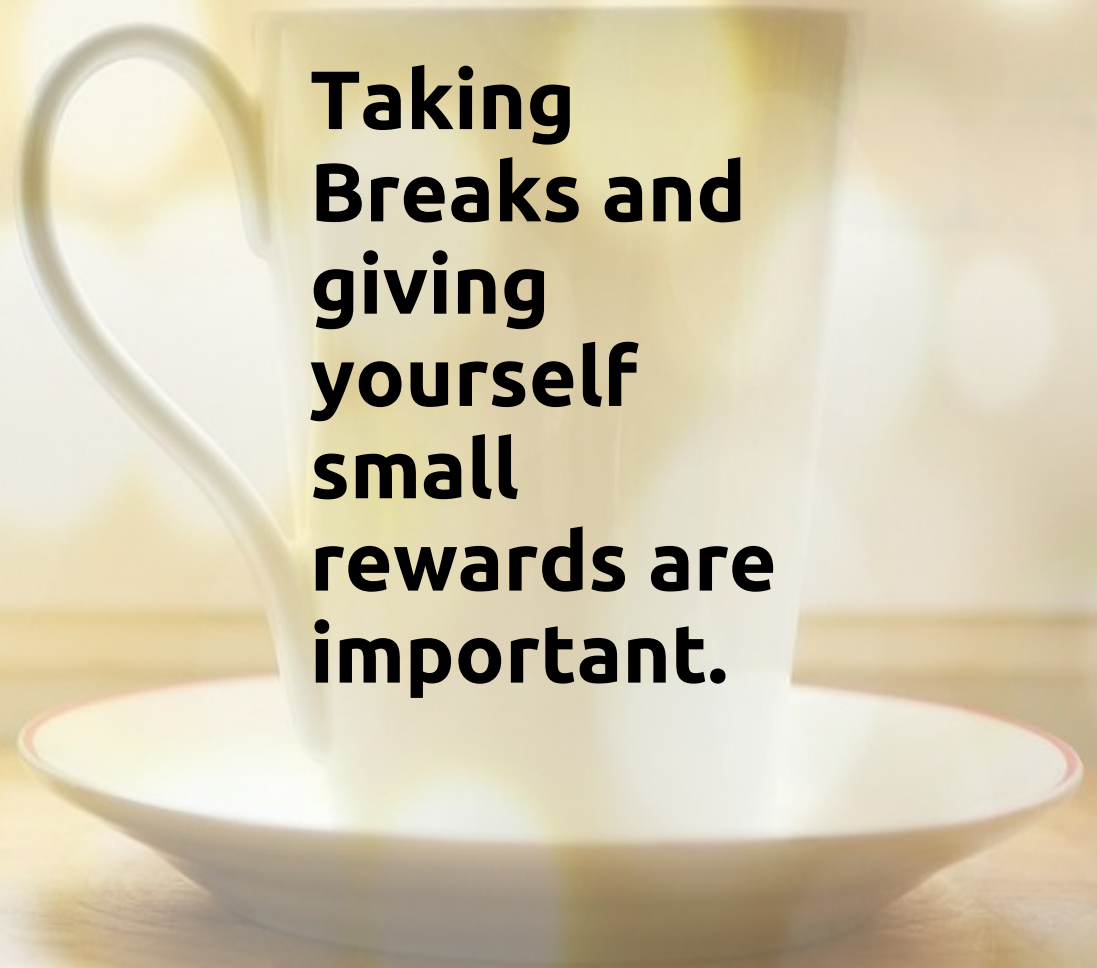
**Teaching others  
is a great way to  
learn.**



# Manage your time efficiently

Date/Day	Subject	Activity	Why Stopped?	Start Time	End Time	Day Total
<b>STUDY LOG</b>						






**Cramming is not a  
good strategy.  
Break down the  
work over longer  
periods of time.**





A close-up photograph of a light-colored French Bulldog lying on its side on a patch of green grass. The dog's head is tilted back, and its eyes are closed. One of its large, upright ears is prominent. A black collar is visible around its neck. The background is dark and out of focus.

**Watch your  
sleeping habits.**



**Always start by  
surveying your  
work beforehand.**



**Question yourself constantly, to ensure you are understanding what you are reading.**



# Stay Organised with Study Cards / Notes / Folders.







# Notes

The more  
“idiosyncratic”  
the better



The

More

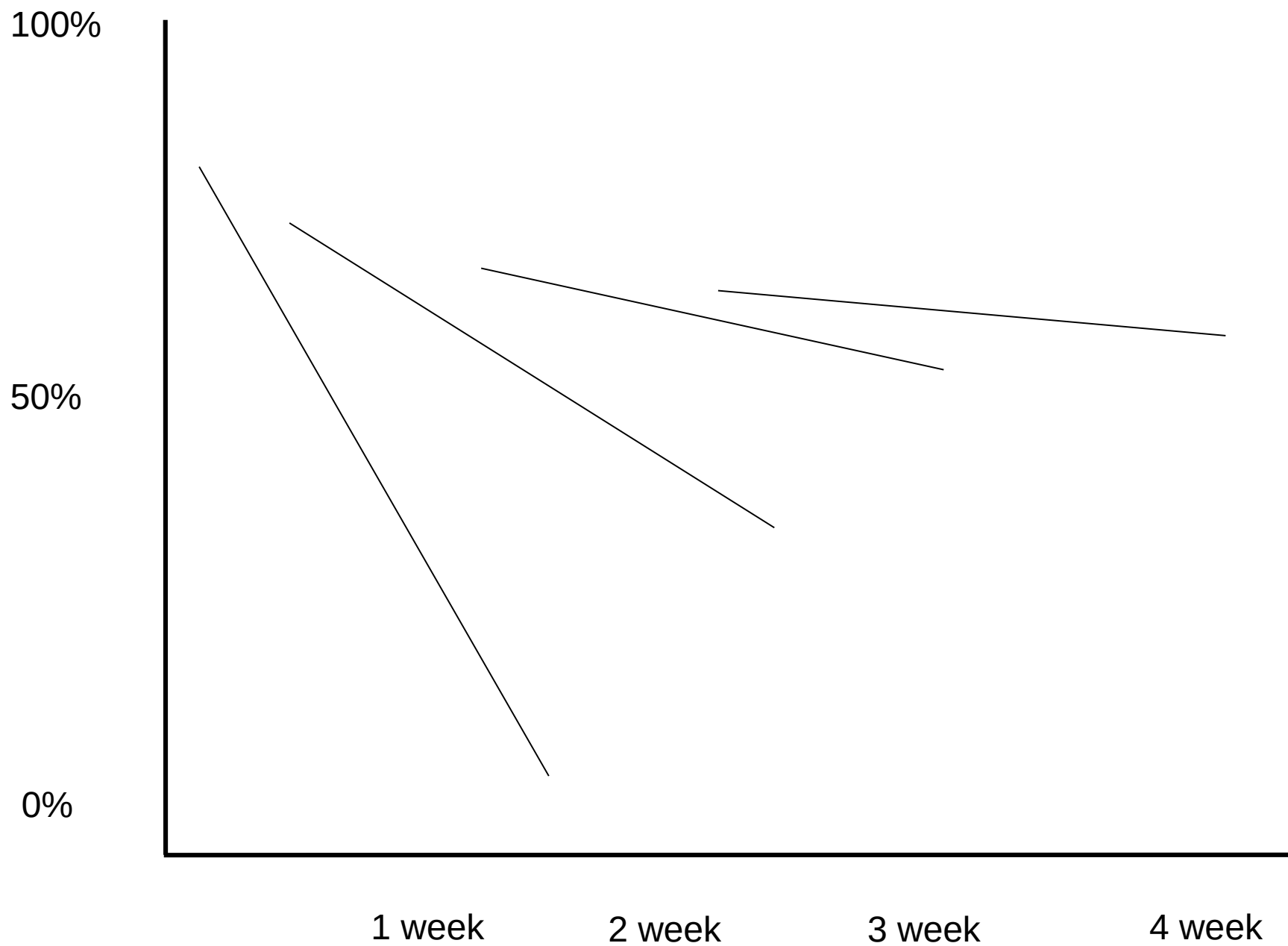
Colourful

The

Better



# The Ebbinghaus Forgetting Curve



# Mnemonics

**SKIN**

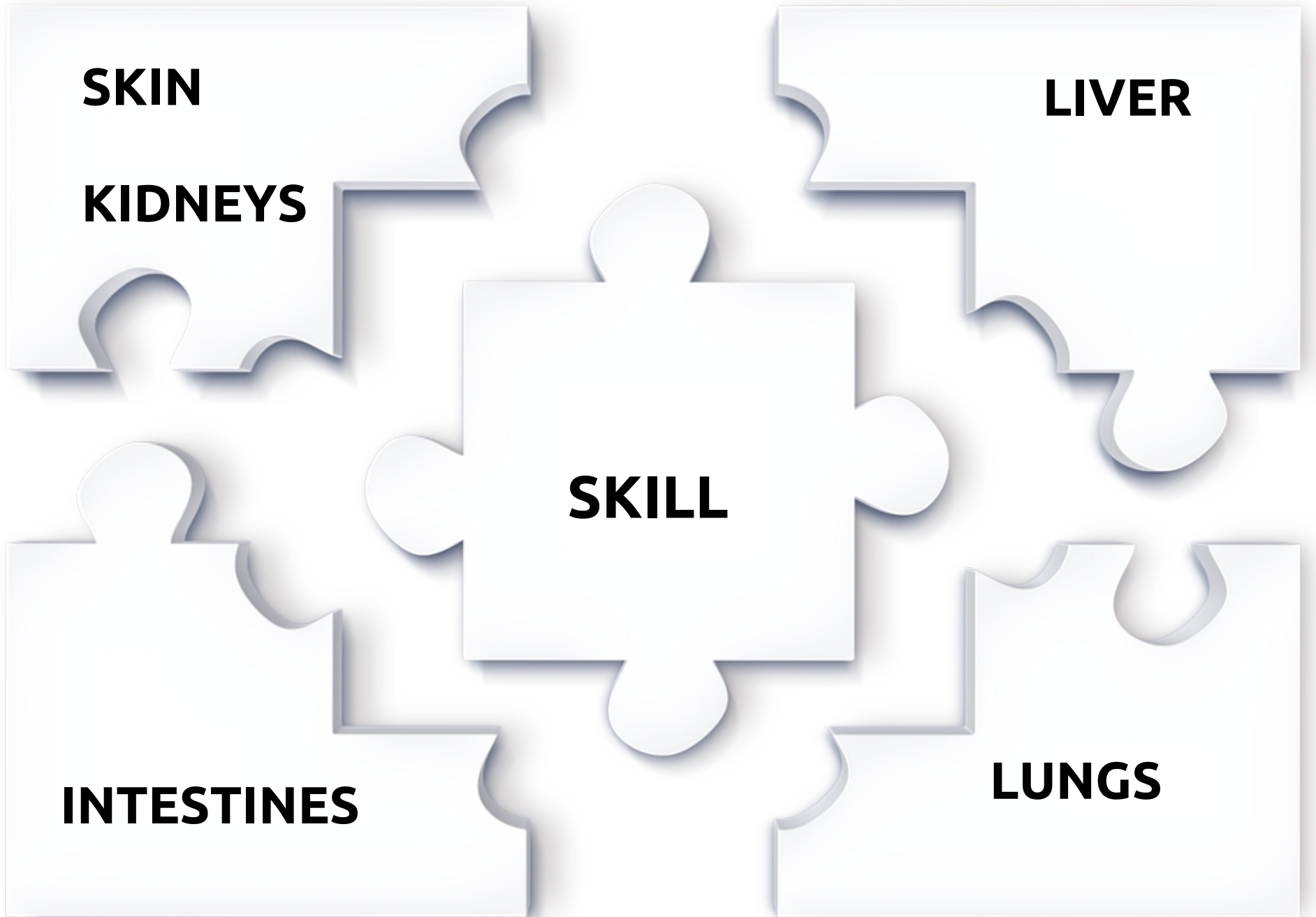
**KIDNEYS**

**LIVER**

**SKILL**

**INTESTINES**

**LUNGS**





# Would recording your notes be helpful?



# Educational Podcasts?



**Homework Hint:**  
**Start with the most difficult subject first.**







[www.examinations.ie](http://www.examinations.ie)

**Look at past papers.**

**Know the marking scheme.**

**Practice answering questions to the clock.**





**Success  
requires  
time and  
effort**