

ADVICE FOR STUDENTS STUDYING AT HOME AS A CONSEQUENCE OF THE CORONA VIRUS

MCS Guidance Department

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SOMETIMES WE'RE TESTED
NOT TO SHOW OUR WEAKNESSES,
BUT TO DISCOVER OUR
STRENGTHS.



SUCCESS.com

1. It is important to stay calm and focused. You will be examined at some point. The mechanism by which it happens will not be normal, but it will happen.

2. Your day might not follow the school timetable. It may suit you better, for example, to do Irish in the morning or maths in the afternoon. Look at what you haven't completed in the curriculum and develop a plan.

3. It is recommended that students set aside up to two hours per day for important study, preferably in the morning after breakfast, outside of any tasks that you will be asked to complete by teachers.

PLANNING, FOCUS AND QUALITY STUDYING TIME

I am
confident!

I am
focused!

I am
unstoppable!

MyMissionToEscape.com

4. Bite-size study chunks on a regular basis will compound your efforts rather than focusing on one big block of study immediately before the exams.
5. It important to try and find a quiet space for study.
- 6. Use e-resources:** there is a wealth of online resources for students available for free, in most cases. For example, the education publisher Edco has made its ebooks and digital resources available for free online.
7. Keep in regular contact with your teacher is important Contact them for recommendations on resources and feedback on your work.

**STUDY AND EXAMS: A MARATHON
NOT A SPRINT!**

8. **Exam practice:** As with normal exam practice, use this time to get to know the formats and marking schemes of the exams you are due to take like the back of your hand.

“You won’t show up on the day of your driving test without ever having driven the car. So why would you do it for an exam? Practice makes perfect.”

Source:

<https://www.irishtimes.com/news/education/keep-calm-stay-focused-expert-tips-for-state-exam-students-studying-at-home-1.4206151>

ADVICE FOR STUDENTS:

- ▶ www.leavingcertirish.com
- ▶ www.examlearn.ie
- ▶ www.sec.ie
- ▶ www.studyclix.ie
- ▶ www.studynotes.ie
- ▶ www.irevise.ie
- ▶ www.sparknotes.com
- ▶ www.mocks.ie
- ▶ www.studentenrichment.ie

**LOOK FOR
SOMETHING
POSITIVE IN EACH
DAY, EVEN IF
SOME DAYS YOU
HAVE TO LOOK A
LITTLE HARDER.**

RECOVERYEXPERTS.COM

USEFUL WEBSITES:

- ▶ <http://www.pdst.ie/node/4141>- Art History
- ▶ <http://www.rte.ie/exams>- Engineering and DCG www.studynotes.ie also has useful information for these subject areas.
- ▶ <http://www.sccenglish.ie/> and <http://www.leavingcertenglish.net> English
- ▶ <http://www.lcgeography.preswex.ie> Geography
- ▶ <http://www.leavingcerthistory.net>- History
- ▶ <http://www.resources.teachnet.ie/homeeconomicshelper> -Home Economics
- ▶ <http://www.irishstudysite.com>- Irish

USEFUL SUBJECT SPECIFIC WEBSITES:

- ▶ <http://www.duolingo.com> –French and Spanish
- ▶ <http://www.memrise.com>- European Languages but also useful for History and Geography
- ▶ <http://www.alison.com>- Maths
- ▶ <http://www.thephysicsteacher.ie>- Physics
- ▶ <http://www.juniorcertscience.com>- Junior Cycle Science

SUBJECT SPECIFIC WEBSITES

- ▶ **Practice healthy habits and the kinds of self-care that most benefit you.** Prioritize getting a healthy amount of sleep, eating well, avoiding alcohol, and moving or exercising regularly.
- ▶ **Avoid crowds — but stay connected.** School closures can mean you might find yourself distanced from the people you would normally see. Make the effort to stay connected through social media, email, texting, and video calls.
- ▶ **Seek news only from reliable sources, and only in short stints.** As with all things, we can find ourselves over-consuming news and updates. Try not to become absorbed in the coverage for long periods of time,

YOUR HEALTH IS YOUR WEALTH



- ▶ **Take breaks to ease your mind and distract yourself when you start to worry.** Play a game. Watch a movie. Take a yoga class. Try a meditation app. For more coping skills to consider, head to [activeminds.org/selfcare](https://www.activeminds.org/selfcare).
- ▶ Keep calm, check your email for correspondence from your teachers and plan your time wisely

YOUR HEALTH IS YOUR WEALTH



A person with a backpack is seen from behind, looking up at a dense forest of tall trees. The scene is slightly hazy, suggesting a misty or overcast day. The person is wearing a dark cap and a backpack with a visible strap and buckle.

Keep looking up...
that's the secret of life.
Charlie Brown