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6th Year Information Evening

Maximising the chances of
success in the

Leaving Cert 2021

Tuesday 1 September
7.30pm

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Changes for 2020-2021

Leaving Certificate

- More choice
- Subject-by-subject, these will be explained by your teachers

EGS

- Big shift in thinking and practice: culture
- Aim must be to be bloody minded from Day 1
- Aim must be the preservation of mental and physical health for the year
- Evening study

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**Coronavirus
COVID-19**



Coronavirus
COVID-19
Public Health
Advice

Priorities

- Keep COVID-19 out of School
 - Don't come in when ill
 - Stick to the protocols
 - Distancing
 - Etiquette
 - Sanitising

Changes

- Timetable
 - Classes
 - Breaks
 - Lunches



COMMUNITY EFFORT

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Why the Leaving Cert is important

- Opens up opportunities
- CV – longstanding effects
- Facing life's challenges

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Raising your chances of success

1. Make a commitment to the year

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1. Make a commitment to the year

- How much do you want to make your target?
- Pact with friends to stay on track
- Keep up your performance during the year
- Give up part-time work
- It's only nine months

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Raising your chances of success

1. Make a commitment to the year
2. Maximise Attendance in School

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2. Maximise attendance in school

“She just came to school every single day”

This is different to most years!

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2. Maximise attendance in school

“She just came to school every single day”

Statistically, the better the attendance rate of a student, the better he/she will do in final exam performance.

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Raising your chances of success

1. Make a commitment to the year
2. Maximum Attendance in School
3. Homework & Study

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Raising your chances of success

Homework: set by teachers in class

Study: extra background work

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3. Homework and Study

- You must get on top of the work or it gets on top of you
- Keep fully up to date with all homework
- Try to get a little extra study done
- 15-20 hours a week
- It's not about having a social life!

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Study is...

- Ensuring notes are up-to-date
- Learning Notes → This will be the key to success

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Study is ...

1. Ensuring notes are up-to-date
- Writing up notes in a particular subject
 - Re-writing notes which are untidy or incomplete
 - Writing up work missed though absence

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Study is ...

2. Learning Notes

- Reading and revising sections of work, condensing notes to bite sizes
- Self-testing – seeing how much of the material covered can be recalled

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Raising your chances of success

1. Make a commitment to the year
2. Maximum Attendance in School
3. Homework & Study
4. Think smart

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4. Think Smart

- Look for little extras that can help
- Make a study pact
- Evening Study

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You may already be aware that the results of the Class of 2019 were very good; they were, indeed the strongest set of results our School has ever produced. What marked the Class of 2019 as different, however, was the level of commitment observed by the staff to their studies and their work throughout their time in the School, and particularly in their final year. From the outset of 6th Year, the year group settled down to hard work; many participated in after-school study in the evenings. Many of our students banded together in study groups, both formal and informal. Most of all, what was impressive was that the students who wished to work hard set the tone for their peers.

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4. Think Smart

- Look for little extras that can help
- Make a study pact
- Evening Study
- Learn good study techniques
- Make sure you have a good environment
- Have you an extra subject?
- Make your own notes
- More extra-curricular = higher points!

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How Parents can help

- Be kind, but firm
- High expectations
- Good study environment
- Watch out for stress
- Stay in touch with the school
- Little treats show you care!!

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The Environment...

Does your son/daughter have the best possible conditions in which to study?

- ✓ Regular Time
- ✓ Regular Place

NO PHONE
No TV, No disturbances,
No work outside the home

Regular Sleep

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Support Structures

- Form Teachers (Ms Byrne, Ms Coonan, Ms Marron)
- Head of Senior School (Ms Coonan)
- Guidance Counsellor (Mrs O'Callaghan)
- Chaplain (Ms Evans)
- Principal or Deputy Principal
- Parents and family

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6th Year Term by term

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What we will be doing

Term One:

- Homework of some sort each night
 - Monthly reports
 - C is for Cruising
 - November: planned Parent-Teacher Meeting – students too
 - No Christmas Exams – working right through til the end of term: mocks are looming
 - Christmas Holidays – rest **and** study
 - The bulk of the work will be put in this term
- Also:* Many practical exams begin

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What we will be doing

Term Two:

- Mock Exams: 1-12 February
- Half term: 12-22 February
- Easter break: 26 March-12 April

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What we will be doing

Term Two:

- Focus on Practical and Oral exams
- Past papers and extra study needs to go in at this stage – you need to get a “helicopter view” of each subject
- A decent, long term, and a crucial period
- Oral and Practical exams

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What we will be doing

Term Three:

- 30 or so school days left: **use the Easter holidays wisely**
- Tiredness and nerves can lead to distraction
- Stay in school: opportunity for private study when term is over
- 9-29 June: Leaving Certificate exams

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Art and DCG

- Project work with specific time requirements
 - DCG – January deadline
 - Art – January starts 10-week project

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NCCA Changes

- Course stays the same
- More choice on papers to relieve pressure
- Individual teachers will work with students on this

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CAO process

Mrs O'Callaghan

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Promoting Positive Mental Health

- School commitment
- Resilience
- This **will** be hard – and it will pass

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Promoting Positive Mental Health

Resilience

- Speak to a friend and tell them you are nervous if a test, for example, is coming up.
- A pet is always there – no matter how much work you have to do, spend some time with a pet, at the end of the day. It is nice to look after someone/ something. A job other than school.
- Sport is a stress reliever and a distraction
- Focus on 1 objective at a time e.g. a particular test – small steps

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Promoting Positive Mental Health

Resilience

- One day at a time – today I will do my homework and study X.Y. This is easier to process. By the end of the day, mentally tick off what you have done. Take some relaxing time after this – I did the work, now I can relax.
- Escape by reading a book – empathy for the characters takes you away from your own issues.
- If you are panicking, take a break for 10 minutes and start again. Start with a fresh mind. It is the LC that counts not tomorrow’s homework.
- A meditation App

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Promoting Positive Mental Health

Resilience

- If you are studying properly, parents trust that you are studying, they will encourage and not put extra pressure on.
- Look forward to something at the weekend/ have a reward for yourself eg buying a book and reading some of it , watching a movie, meeting a
- Walk away if things are getting too much – go to a friend, have a nap, visit a grandparent. You got enough done.
- Keep something on outside school eg a Music group. Something you enjoy. Go once a week.

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Promoting Positive Mental Health

Resilience

- Have an outlet when you are annoyed – someone that you can vent at or bounce ideas off. Parents can be good to bounce ideas off.
- Don’t be tunnel-visioned into just one course that you would like to do – have other options. Have a back-up.
- Don’t get worked up over little things. Look at important things – you might have to leave homework to get a project done. The project could be most important at that time.
- Get started and do one thing. The others will follow. Don’t spend loads of time thinking, just get something done.

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