

Lucan Community College



Junior Certificate 2016

Parent/Student Information meeting

Tuesday 22nd September 2016

The Secret to Getting Ahead is Getting Started...



Students

What can you do
to achieve your potential?



How to Organise your study for the next year

- There are **3 main factors** which may help you reach your full potential
- **Time Management**
- **Note Taking**
- **Study Skills**



Time Management



- **Prioritising** your tasks such as homework , study practice or revision is very important
- Tackle the **difficult areas** of each subject **early** in the revision- leave the subjects you like best until later.

**Manage
your time
effectively
and
efficiently**

Taking Notes

- Rewrite in your own words, to help you understand
- Ask your teacher for suggestions on note taking in each subject
- Use your own words
- Use headings, key points, diagrams, etc.
- Note what you have difficulty remembering/understanding
- Organise your notes



Studying



- **SKIM:**
Read through whatever you want to learn to get an idea of what it is about
- **QUESTION:**
Ask yourself what you expect to understand from this?
- **READ:**
In detail
- **RECALL:**
Try to remember the main points and write them down in note form
- **REVIEW:**
Check what you want to learn to make sure that your recall was correct.

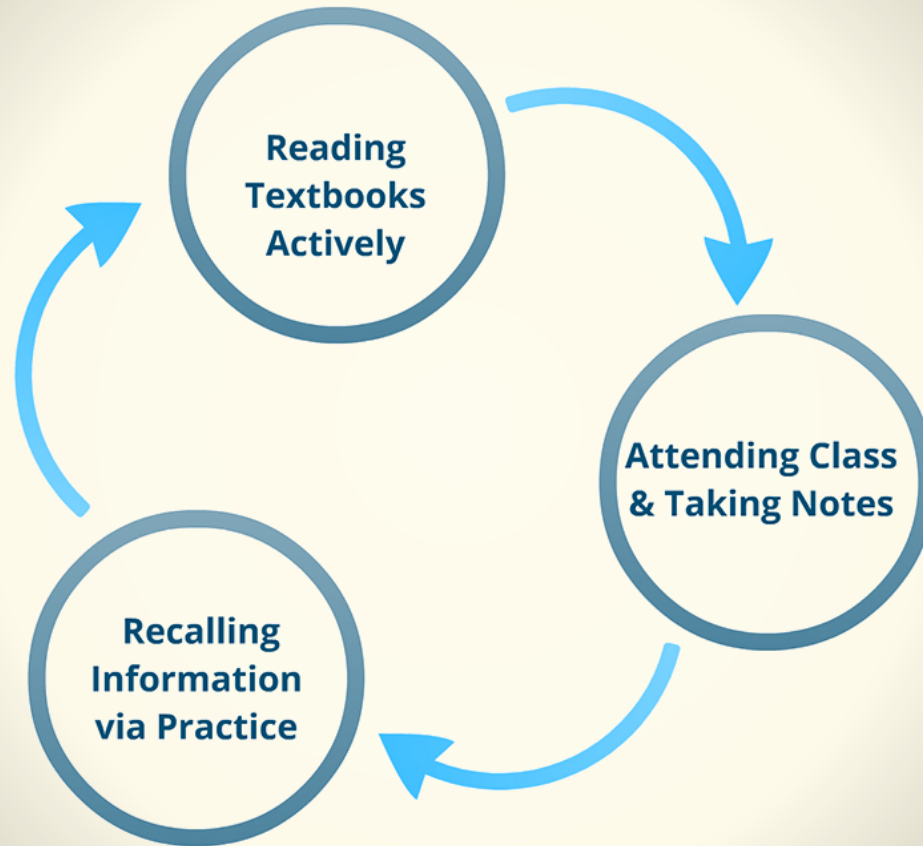
Revision

Revise Early – Revise Often

- Your homework before an exam should involve mostly revision
- Revision should be done continuously. Make a revision timetable
- Be active – write, draw, notes, tests
- After studying, close book/copy and try to do it yourself



How to Organise my Study Time Effectively?



We have organised a sample study timetable for students to use.

Lucan CC – Personal Study Plan 3rd Year (SAMPLE ONLY) Time 2.30 Hours per night

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Maths Religion Technology English Home Economics Science	French English Religion Maths History CSPE Gaeilge Geography	Pe Geography Gaeilge French Maths	Science French Gaeilge Home Economics Technology History	Geography PSHE English Religion Gaeilge Maths French	Students should spend min 2 hours over the weekend (Sat/Sun) on H/W/Study
Finish 4.00pm	Finish 4.00pm	Finish 4.00pm	Finish 4.00pm	Finish 4.00pm	
Dinner 4.30 H/W 5.00- 6.15 Personal time 6.15-7.45 H/W/Study 7.45 - 9.00					
Subjects to Study Geography Gaeilge French	Subjects to Study	Subjects to Study	Subjects to Study	Subjects to Study	

Homework each evening consists of:

- 1. Revision of each subject covered that day**
- 2. Written and non-written homework**
- 3. Study of specified subjects**

Habits of Successful Students



Report on discussion forum with TY students who achieved high results in the Junior Certificate

Motivational factors

- How can students motivate themselves to put the time and effort into doing well?
 - Self-motivation - the satisfaction you get from doing your best
 - Avoiding the feeling you get when you go into an exam unprepared
 - Parental encouragement rather than pressure



"I just followed the examples of older brother and sister"

"It was like a challenge - I wondered how well I could do if I tried hard?"

"I really wanted to do well in my exams, so I knew I had to study as much as I could"

"Making sure I had great attendance in school really helped me when it came to study"

Effective Time Management

- Vary of amounts of, and approaches to, time for homework/study
- Common elements:
 - Many students tended to do **1** hour extra after homework increasing this a few weeks before the exams
 - Develop regular time slots built around own activities
 - Set a cut-off point in the evening (8 or 9 pm)
 - Many took Friday evening off but used Saturday & Sunday morning slot instead (e.g. 10-12)
 - All agreed that using holidays for study worked really well e.g. Midterm, Easter .



"Midterm was a good time to study, I'd get up early and work until 1, then I could spend the day with my friends"

"I'd always stop studying about an hour or two before I went to bed, then I could have some "down-time" and listen to music, or chat to friends"

Choosing the best
time to study



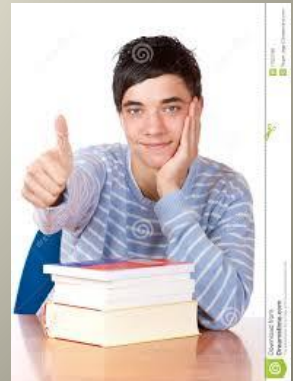
Teacher/school-led habits

- **Regular testing/assessment**
 - Delivers students feedback on learning
 - Provides an incentive for students to revise/study/learn
 - Encourages gradual production of notes and summaries
- **Using exam papers/revision books**
 - Consulting websites for notes, tips etc.
 - Exam papers online - checking answers
 - Shorter versions of information in revision books/chapter summaries
- **Teachers revising topic**
 - Blackboard summary
 - Teachers' notes/summaries
- **Workshop on Study Skills (Yesterday)**



Student-led habits

- Have good attendance, its difficult to catch up when time is missed
- Listen/ be alert in class
- Keep activities well balanced
 - Sports, fresh air good
 - Relaxation good
 - Importance of healthy diet and enough sleep



Student-led habits

- Use of a timetable
 - Different people prefer different approaches
 - Most think it is good to have some schedule/timetable of what subjects to study each night
 - Usually tried to study one aspect from 3 subjects a night
 - Avoids wasting time trying to decide what to do first or spending too much time



Study tips

- Get rid of distractions
 - Gadgets - mobiles, Facebook etc.
- Have a set place to do school work where you have everything you need available to you
- Take short breaks every so often
- Set intermediate deadlines –
e.g. classroom tests, Christmas tests
- Get enough relaxation and sleep





Junior Cert 2016



November Exams

Know what you have covered / still to do

Mock Exams – Jan '16

Learn from mistakes, work on your weaker areas and move forward

Orals /Practical's –
March- May '16

Work hard and keep to deadlines for projects and practicals

J.C. exams –June '16

Full time revision


Be confident in your own ability – and realistic

Junior Certificate examinations

Subjects	Levels	Structure of the Exam
Irish	Higher level	2 papers + Tape test 10% + Oral 40%
	Ordinary level	1 paper + Tape test 10% + Oral 40%
	Foundation level	1 paper + Tape test 10% + Oral 40%
English	Higher level	2 papers
	Ordinary level	1 paper
	Foundation level	1 paper
Maths	Higher level	2 papers
	Ordinary level	2 papers
	Foundation level	
C.S.P.E.	Common level	Action project 60% + Exam in June 40%.
French	Higher level	1 paper 52% + Tape 28% + Oral 20%.
	Ordinary level	1 paper 52% + Tape 28% + Oral 20%.
German	Higher level	1 paper 52% + Tape 28% + Oral 20%.
	Ordinary level	1 paper 52% + Tape 28% + Oral 20%.
Religion	Higher level	Project & journal combined 20%. + Exam in June 80%.
	Ordinary level	
Science	Higher level	Project 25% and lab journal 10% + Exam in June 65%.
	Ordinary level	Project 25% and lab journal 10% + Exam in June 65%.
Geography	Higher level	Exam in June.
	Ordinary level	

Junior Certificate examinations

History	Higher level Ordinary level	Exam in June.
Business studies	Higher level Ordinary level	2 papers in June. 1 paper in June.
Art	Higher level Ordinary level	Project 70% + drawing exam 30% completed in May.
Technology	Higher level Ordinary level	Project 50%+ Exam in June 50%. Project 60% +Exam in June 40%.
Technical Graphics	Higher level Ordinary level	Exam in June.
Woodwork	Higher level Ordinary level	Project & project book 50%+ Exam in June 50% Project & project book 60%+ Exam in June 40%.
Metalwork	Higher level Ordinary level	Project 37½% +Practical test in May 37½%+Theory exam in June 25%. Project 75% + Theory exam in June 25%.
Home Economics	Higher level Ordinary level	Project craftwork 15% + Cookery exam 35% + Exam June 50% Project 15% + Cookery exam 45%+ Exam 40%
Music	Higher level Ordinary level	Practical 25% (4 activities needed) + Listening paper in June 75% Practical 25% (2 activities needed) + Listening paper in June 75%



The road ahead waits for your journey...

...you just got to take the first step.

You have **BRAINS** in your **HEAD**.
You have **FEET** in your **SHOES**.
You can **STEER** yourself any
DIRECTION you **CHOOSE**.

~ Dr. Seuss

Guidance Counsellors

- Ms. O’Gara – Class Roosevelt & Beethoven.
- Ms. Mc Manus – Class Hawking, Edison & Keller.
- Student support – one to one counselling/referral.
- Students can make appointments or be referred by Year Head/Tutor.
- Confidentiality.

Levels in Core Subjects

- English, Irish, Maths & Language.
- Challenging to go from Ordinary Level at Junior Cycle to Higher Level at Senior Cycle.
- Some third level courses have requirements e.g. HL C3 or above in Irish, Primary School Teaching.
- Apart from core subjects and languages, subjects break into specific areas – e.g. Business Studies becomes Business/Accounting/Economics. Possible to take Higher Level in this case if not taken at Junior Cycle.

New Points System

- 25 bonus points for Maths H6 above
- More points awarded for HL subjects.

Wellbeing

- 9 months – work consistently.
- No harm in a **little** stress.
- Students should organise daily and weekly reviews of study and exam material.
- Adequate sleep and eating well are crucial.

Wellbeing contd.

- Hobbies/Balance very important.
- Taking breaks, getting fresh air and exercising will help: apart from helping you to relax it's also good for the brain.
- Learn [a good relaxation technique](#) and practice it well ahead of the exam so that it will come easy to you on the day. (Breathing)

Wellbeing contd.

- Surround yourself with a calm environment before the exam.
- Don't overdo caffeine (especially energy drinks or coffee).
- Keep things in perspective. Grades are not a measure of your value as a human being, nor do they measure intelligence or creativity.
- Be realistic, do your best, but don't set goals like "9 A's or I'm not happy".

Around Exam Time

- Know exam schedule.
- Pin a copy of the examination timetable on the kitchen notice board. You should also note the date and time of each paper.
- Make a checklist of daily requirements, based on each day's papers. Give yourself time to prepare.
- When you finish a paper – it is over!!! Don't spend time analysing something you cannot change.

Around Exam Time contd.

- Deal with the day ahead and focus on that.
- Maintain a balanced daily routine.
- Prioritise a good night's sleep.
- Don't overhype the importance of any examination.
- Continue to mix with friends and family.
- **Seek support if required. This is extremely important.**