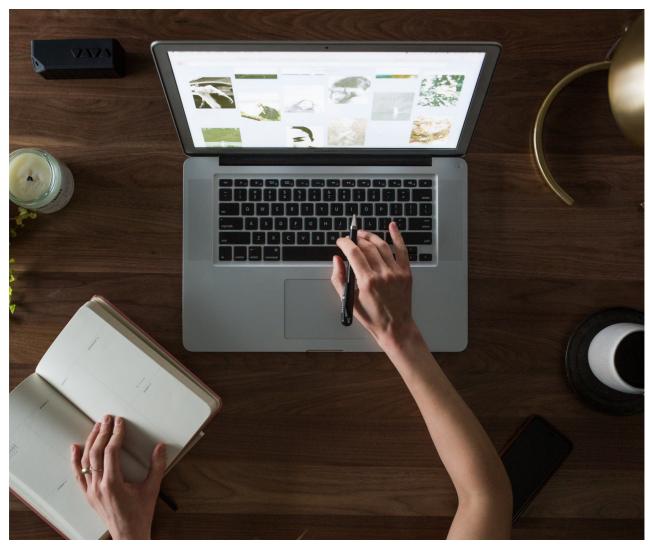
STUDY PLAN



Study Skills and Organisational stratagies



1. ORGANISING MYSELF



Organising myself over the summer.

Preparation is key and will make
next year much easier.

Each subject needs its own system.

Each subject has different sections and chapters, when planning our subject system it is important to know so that each topic gets regular attention throughout the year.



Here is an example of what a subject system looks like. Having a broken down topic section allows you to choose a topic for your study plan while keeping awareness of all of the other topics. This example is Leaving Certificate HL math, but one should be made for all subjects. (Do this in the summer.)

Subject Area (Paper One)	Topics to cover (Mark each topic every time you study it)
Number	 3.1 Number Systems Irrational Numbers Complex Numbers (also 4.4) Induction Limits Patterns, Sequence and Series 3.2 Indices (and Logs) 3.3 Arithmetic (Financial Maths)
Algebra	 4.1 Expressions Add, Subtract, Multiply, Divide Factorising Expressions Simplify Rational Algebraic Expressions Binomial Theorem 4.2 Solving Equations Linear Equations Quadratic Equations Simultaneous Equations

Subject Area (Paper One)	Topics to cover (Mark each topic every time you study it)		
Algebra	 4.2 Solving Equations Cubic Equations Index Equations Exponential Equations 4.3 Inequalities Linear Inequalities Quadratic Inequalities Rational Inequalities Modulus Inequalities 4.4 Complex Numbers (also in 3.1) Add, Subtract, Multiply, Divide Conjugate Roots Argand Diagram Polar Form De Moivre's Theorem for Expansions, Roots, Trigonometric Proofs Prove DeMoivre's Theorem 		
Functions	 5.1 Functions Graph Cubic, Exponential, Logarithmic θ Trigonometric Functions Injective, Surjective and Bijective Inverse of Function Quadratics in Complete Square Form Limits and Continuity of Functions 5.2 Calculus Differentiation First Principles Differentiation by Rule Rates of Change Max θ Min Integration Anti-differentiation Average Value Area Bounded by Curves 		

Subject Area (Paper Two)	Topics to cover (Mark each topic every time you study it)		
Probability and Statistics	1.1 Counting Permutations & Combinations 1.2 Concepts of Probability Mutually Exclusive Independent Events Addition & Multiplication Rules 1.3 Outcomes of Random Processes Bernoulli Trials Normal Distribution 1.4 Statistical Reasoning 1.5 Collecting & Organising Data 1.6 Representing Data Graphs Mean & Standard Deviation Correlation 1.7 Analysing Data Margin of Error Hypothesis Testing		
Geometry and Trigonometry	 2.1 Synthetic Geometry Constructions Theorems 2.2 Co-ordinate Geometry Line Circle 2.3 Trigonometry SOH CAH TOA & Pythagoras Sine and Cosine Rules Sectors and Arcs 		

Subject Area (Paper Two)	Topics to cover (Mark each topic every time you study it)		
Geometry and Trigonometry	 2.3 Trigonometry 3D Problems Graphs Trigonometric Equations Derive 8 Trigonometric Formulae Apply Formulae (Solve Identities) 2.4 Transformations & Enlargements		
Number	 3.4 Length, Area and Volume Polygons Nets Composite Shape Problems Trapezoidal Rule 		

= Study Tip =

Each topic can be searched on Studyclix.ie and multiple exam paper questions for that topic emerge.



Once you have created your subject systems it is easy to pick and choose topics for your study plan. You should have three separate study plans, for which you can use the Study Plan Timetables.

TOP TIPS FOR CREATING YOUR STUDY PLAN

- Set clear goals
 Identify what you want to achieve through your study plan.
- Create a schedule

 Determine how much time you can dedicate to studying each day and create a schedule that works for you.
- Prioritise tasks
 Figure out which tasks are the most important and focus on those first.
- Break tasks into smaller parts
 Divide larger tasks into smaller, more manageable ones to avoid feeling overwhelmed.
- Take breaks

 Take breaks regularly to avoid burnout and maintain focus.
- Use Exam Papers

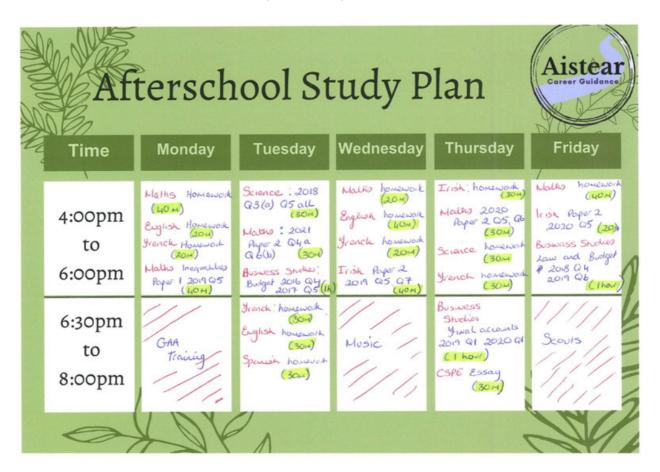
 These will keep your study focused and relevant.
- Track your progress

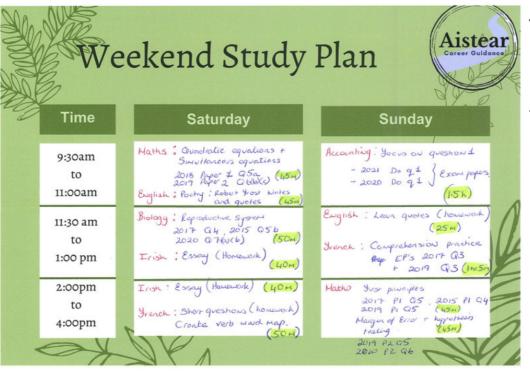
 Keep track of your progress to stay motivated and adjust your study plan accordingly. Put a red tick beside each topic after you have studied it. Keep an eye on the areas that are rarely ticked.
- Stay motivated
 Remind yourself of your goals and the benefits of achieving them.
- Clear your study space from distractions

 Put your devices away and only use them on your breaks.
- Create your study plan the night before Don't leave it until the morning/day of.
- Keep on top of your homework

Commit to your study plans but make room for your hobbies and extra curricular activities too. Your time after school should reflect your commitment to your desired results, extra curricular and hobbies are important but they should not take up the majority of your time.

Here are some examples of what your study plans could look like:



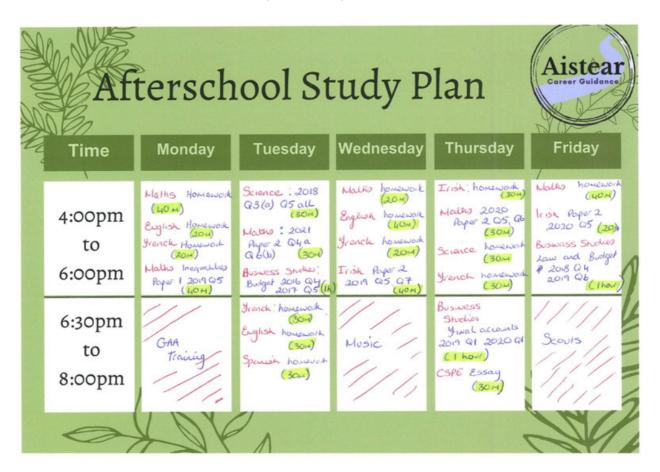


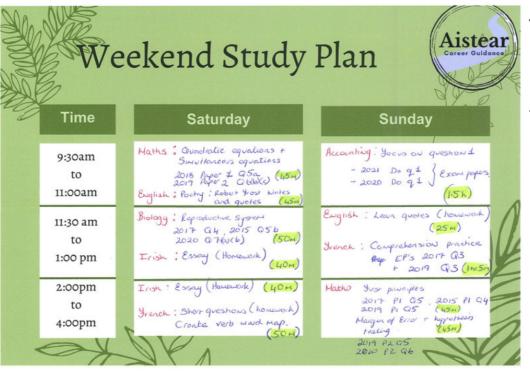
You should make Study Plans for holidays, weekends and for after-school.

There are templates available at the end of this booklet, and templates with time guidelines are available on request.

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You should make Study Plans for holidays, weekends and for after-school.

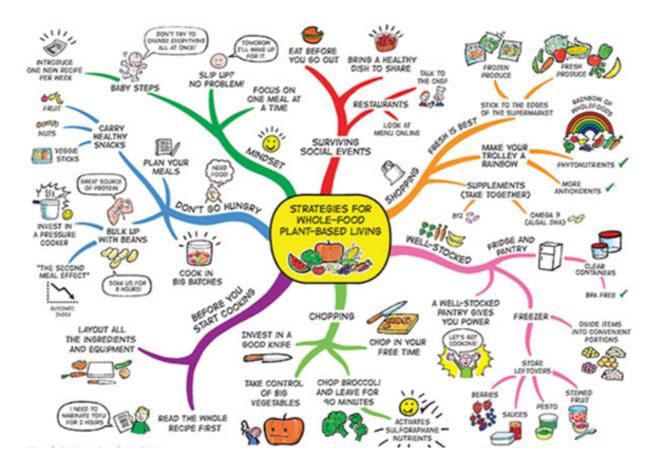
There are templates available at the end of this booklet, and templates with time guidelines are available on request.

Z. STUDY TECHNIQUES

MIND MAPPING

A mind map is a visual tool that helps to organise and generate ideas. To create a mind map, follow these instructions:

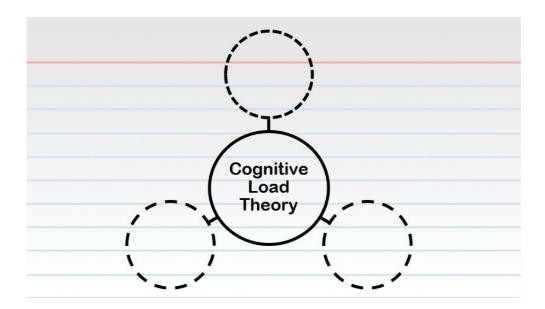
- 1. Start with a central idea and write it in the center of a blank page.
- 2. Draw branches from the central idea, and write related ideas or subtopics on each branch.
- 3. Continue to add branches and ideas, creating a web-like structure.
- 4. Use colors, symbols, and images to make your mind map more visually appealing and memorable.
- 5. Review your mind map and use it as a reference for any project or task.



FLASHCARDS

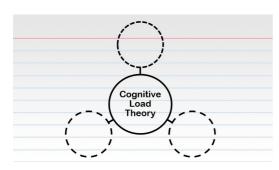
Using flashcards is one of the most common study methods, and it is the one many students are most familiar with. Flashcards help students to engage in active recall or a process wherein students actively engage in learning by stimulating our memories and creating lasting connections to the material.

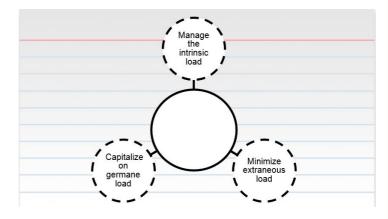
When you create flashcards, you should incorporate images as well as words to help improve your active recall. Here's an example:



You should also review flashcards in both "directions." Often, students will study one side of the flashcard, either the "question" or "answer" based on how they think the test will be structured. In order to help you truly learn the information and create meaningful connections, you should study both parts of the flashcard.

Here is an example:





TIPS FOR MAKING AND USING FLASHCARDS

Learn; don't memorise. Flashcards can be dangerous if only used to regurgitate facts rather than actually learning the material. Make sure your flashcards are engaging with more than simple definitions. You might even put in a few that ask an application question to help you actively learn the concept.

Create your own cards. There are plenty of programs that will help you with creating flashcards; however, you will lose the benefits of manually writing them out and the repetition that process creates. Moreover, if use someone else's cards or cards created by publishers, you won't be able to put them in your own words. By creating your own, you get all of the benefits of using the process (not just the product!) as a study aid.

Involve your senses. The more senses you involve in your study habits, the more apt you are to actively engage with the material. By creating your own cards, you involve touching and seeing. If you study with a friend or say your answers aloud, you involve hearing and seeing. If you flip through the cards during a break, you involve touching, hearing, and seeing. All of these sense will help you move the material to your long-term memory.

Make them fun! No one said that using flashcards had to be boring. Use different coloured index cards and markers to help you visualise the information. Determine a reward system based on correct responses. Create a flashcard game with your study group: divide into teams and keep score.

SPECIFIC RECALL

- 1. Choose a subject
- 2. Focus on the exam papers
- 3. Choose an exam question and work backwards. Even if you have no clue of the answer find the answer in your textbook and start on the question.

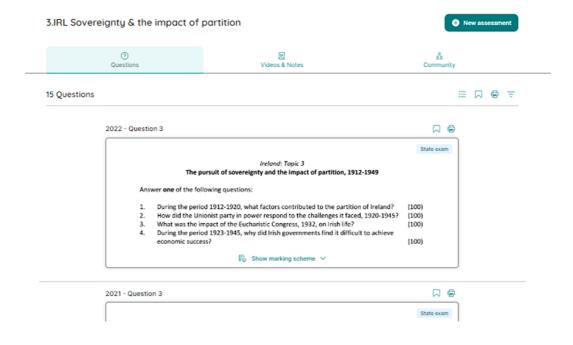
Using Specific Recall, you can:

- Avoid reading endless pages of information not knowing which parts are important or not
- Cut out a lot of work and unnecessary 'chapters' in textbooks
- Get used to exam paper layout, marking schemes and answering questions
- Get your brain used to reading a question and recalling the specific information, just like in an exam

Repeat this technique over and over again in all subjects, until you have completed all your exam paper questions.

An example of using specific recall for Leaving Certificate History

My topic is 'The persuit of sovernty and the impact of partition' I generate exam paper questions on this topic from study clix. A QR code for the StudyClix webiste is available in the 'Organising Myself' part of this booklet.



ESSAY LEARNING INSTRUCTIONS

- 1. Use the Aistear 'Essay Learning' template.
- 2. Write your essay in paragraphs
- 3. Identify the key terms/key points from each chapter and put them in the key point margin (use single words or expressions.)
- 4. Highlight the key terms. Use different colours to link key points/themes among chapters.
- 5. Use bullet points to summarise each page. Use highlighters to show links between key points in the summary.

Look to the next page for an example using the Essay Learning Template.



English : Poetry

ESSAY LEARNING

Essay Title: Sylvia Plath Key **Points** mtio chalanging + personal issuen osuchialaic Sullerina portuism deniordina Boldina and Silence tuxiet Molhoshood personal ISSUDS Violence + Summary ISSUED , deprossion Chalangery + noisonal -anxiet Spritulish distress Motherhood

3. TIMING STRATAGY AND SFTTING THE SCENE

THE POMODORO TECHNIQUE

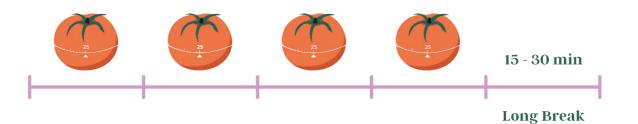
The Pomodoro Technique is a time management method that involves breaking work into 25-minute intervals separated by short breaks. It was developed by Francesco Cirillo in the late 1980s and is designed to improve productivity and concentration.

Some students will manage a 40 minute task or even up to an hour on a long question (like accounting question 1) Others find their mind drifting after 20 minutes. If you find your concentration levels dipping try the pomodoro technique.

One pomodoro: 25 minutes + 5 minutes break



Complete 4 Pomodoros then take a longer break



SETTTING THE SCENE: LOOKING AFTER YOURSELF

It is essential that you look after both your physical and mental well-being while you study. There are several things you can do to help:

Sleep:

Having a good night's sleep will mean you are feeling rested and full of energy for the study you take part in.

Aim for 8 hours of sleep, and if you are feeling tired, don't be afraid to rest or take a nap. It could be the perfect recharge you need to get back on top of your game.

Eat well:

Completing exams that can take up to three hours, coupled with the fact that there may be more than one in a day, means you need endurance. Ensuring you have the right food and drink will mean you are energised, alert and ready to tackle the exams head-on.

Schedule regular breaks and time off:

Everyone's study plan will look different. Students will choose what works best for them. What won't work is studying for hours upon hours on end. You will end up burnt out. Take time to clear your head, rest and catch up with friends and family. You will feel the benefit of it.

Stay active:

One of the most common things I hear students say in the lead-up to exams is that they have put their training to the side until exams are over. The hours spent training could be used for studying instead, but there are significant benefits of exercise that will actually help with the study.

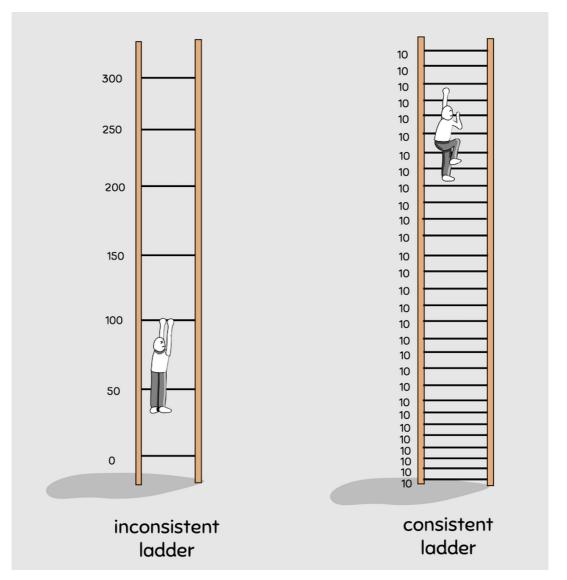
So, rather than give it up, you should stay active. Staying active while studying has been shown to strengthen memory, lead to better concentration and increase energy levels, all of which will lead to more productive study!

Support:

As you get closer to the exams, you may start to feel anxious or overwhelmed. You are not alone in how you feel because there are so many people in the same boat as you.

Don't suffer in silence. Reach out and chat with someone. It can be a friend, family member or teacher.

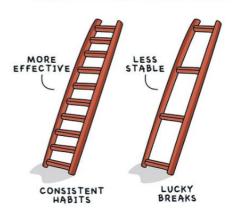
CONSISTENCY IS KEY



There is no substitute for consistency when it comes to reaching your goals. The reason is simple: consistency leads to momentum. The more consistently you do something, the easier it becomes, and the more momentum you build up.

Eventually, what was once a struggle becomes a habit, and habits are hard to break. That's why consistency is so important- it is the key to progress and making lasting change. So if you're looking to achieve a goal, remember to be consistent (no matter what), and eventually, you'll reach your destination.





4.A TEMPLATES



ESSAY LEARNING

Essay Title:	
	ļ
Key Points	
Points	
	L
Summary	
	

CONTENTS

1. Organising Myself

- Subject Systems
- Effective Planning

2. Study Techniques

- Mind Mapping
- Specific Recall
- Essay Learning
- Using Graphic Organisers

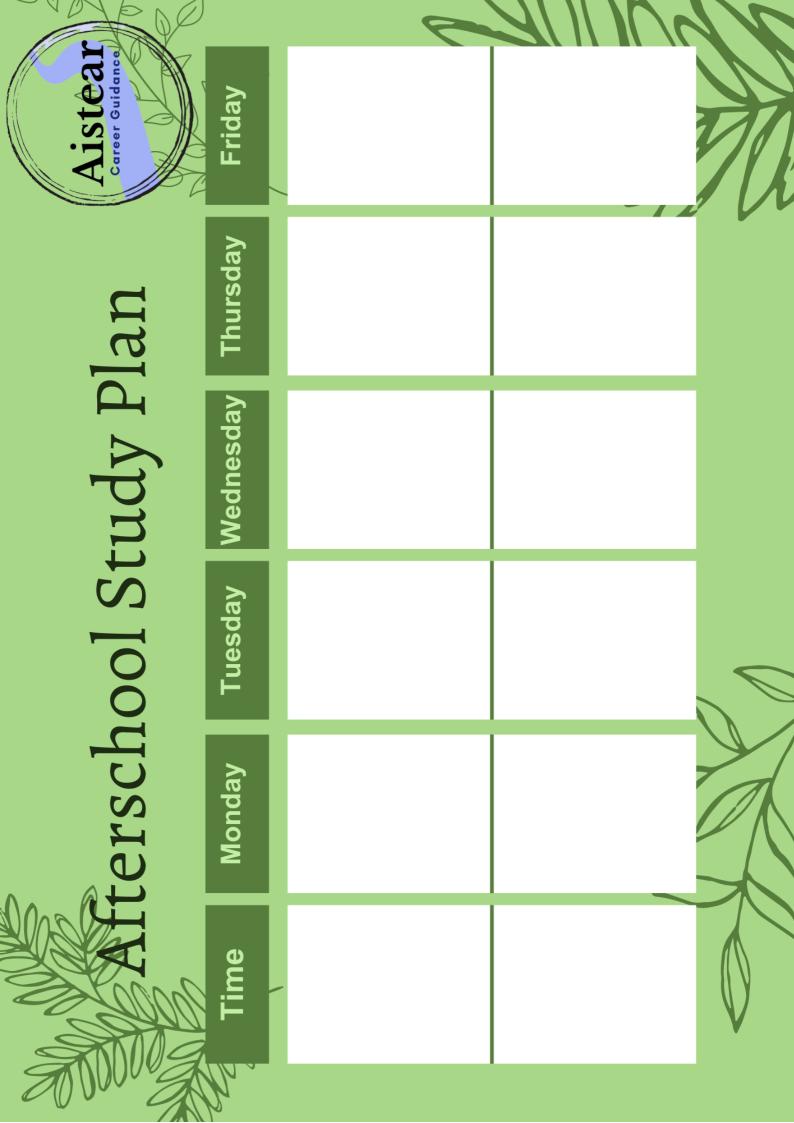
3. Timing Strategy and Setting the Scene

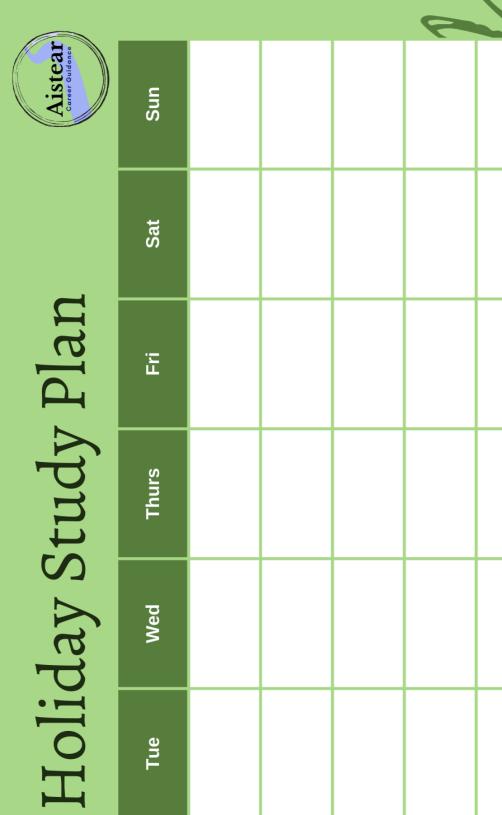
- The Pomodoro Technique
- Looking After Yourself

4.A Templates

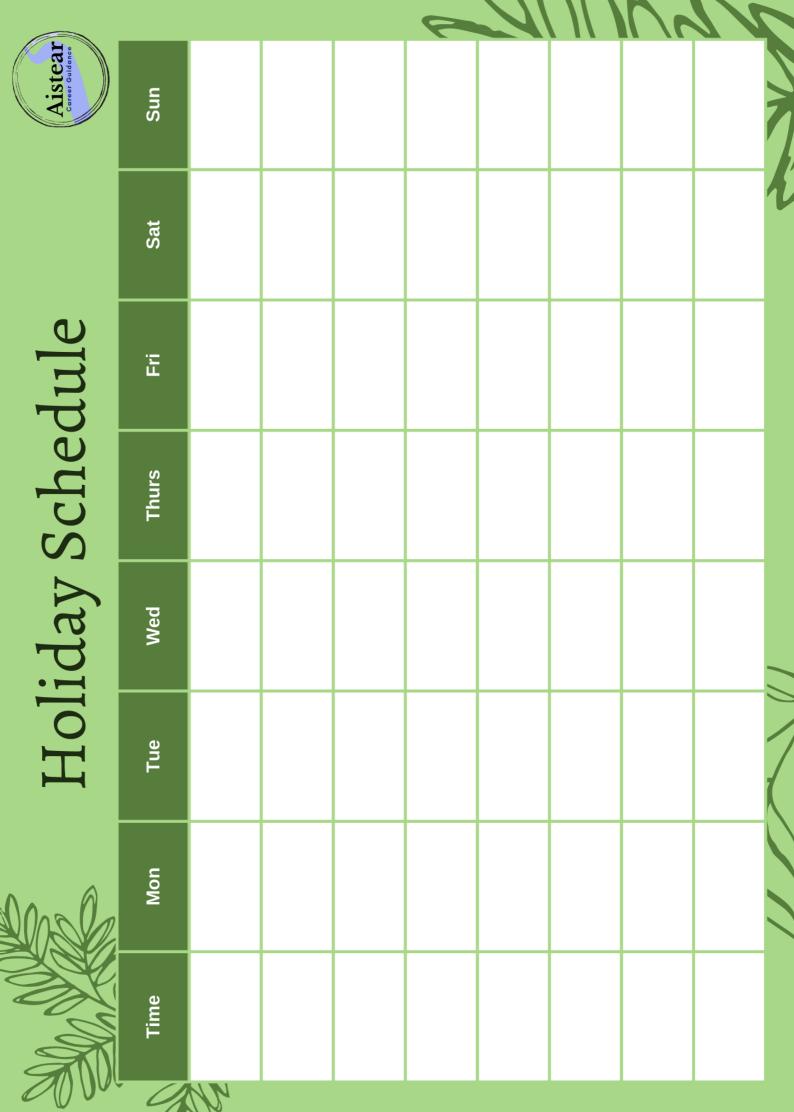
- Essay Learning Templates
- Study Plan Templates

4.B Template Examples





				77	4
Sun					7
Sat					1
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Thurs					
Wed					
Tue					
Mon					
Time					



Ranking Ladder



Most Important

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1.			
2.			
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8.		_	
9.			
LO.			

Least Important

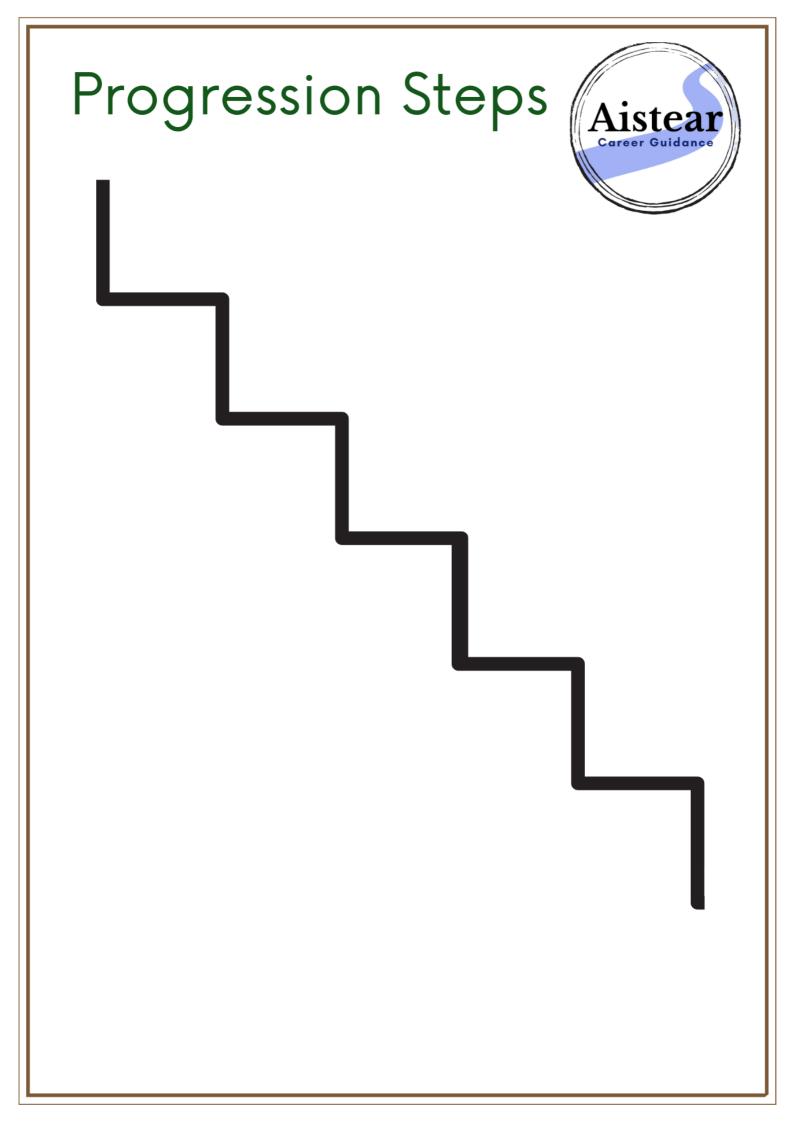
Diamond 9



Most Important

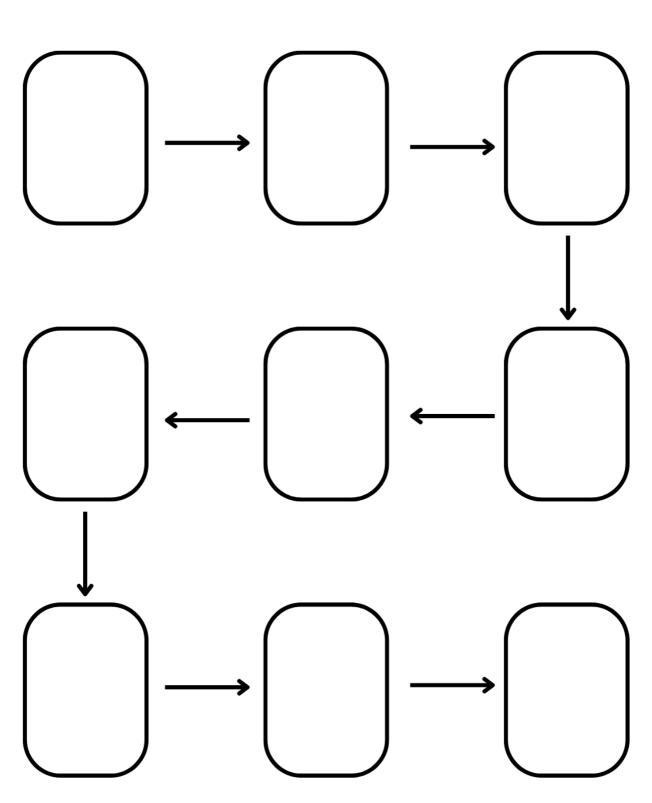
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Least Important



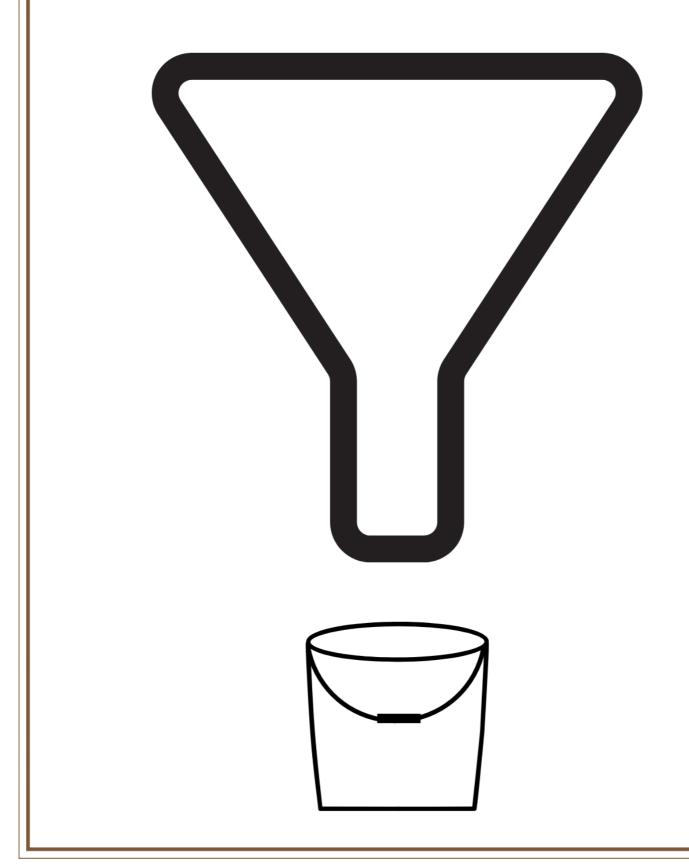
Sequence Chart

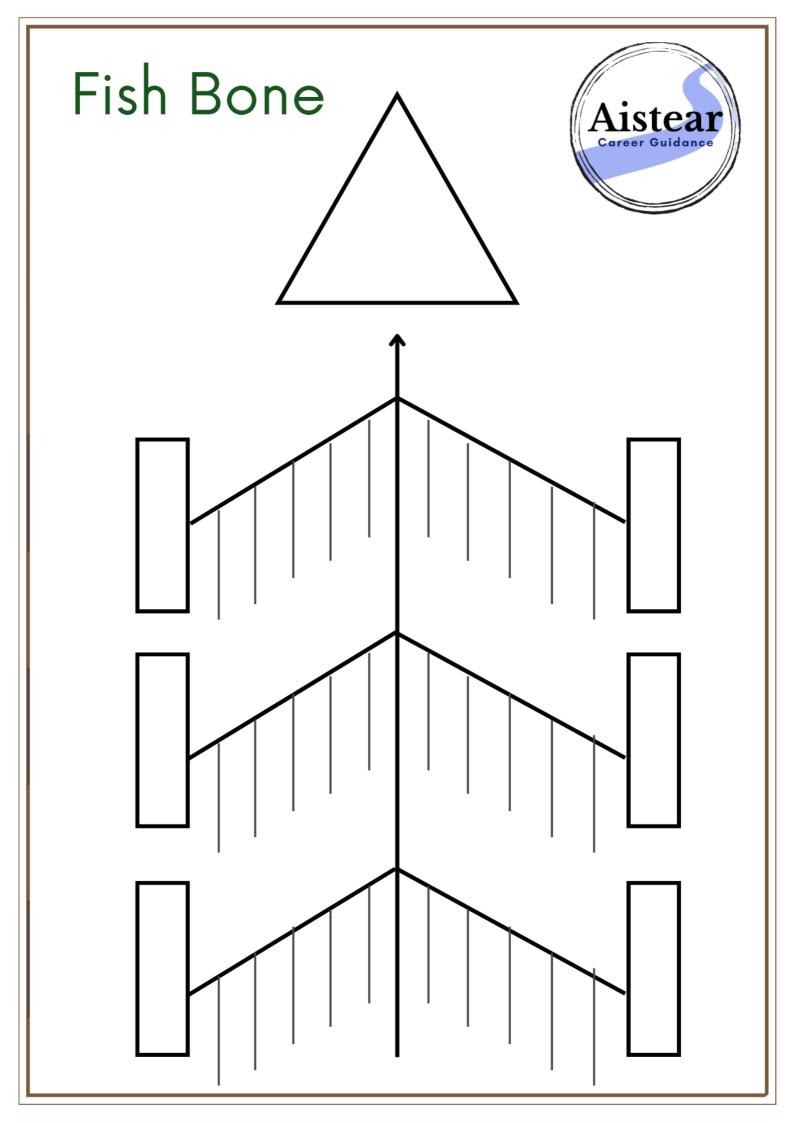


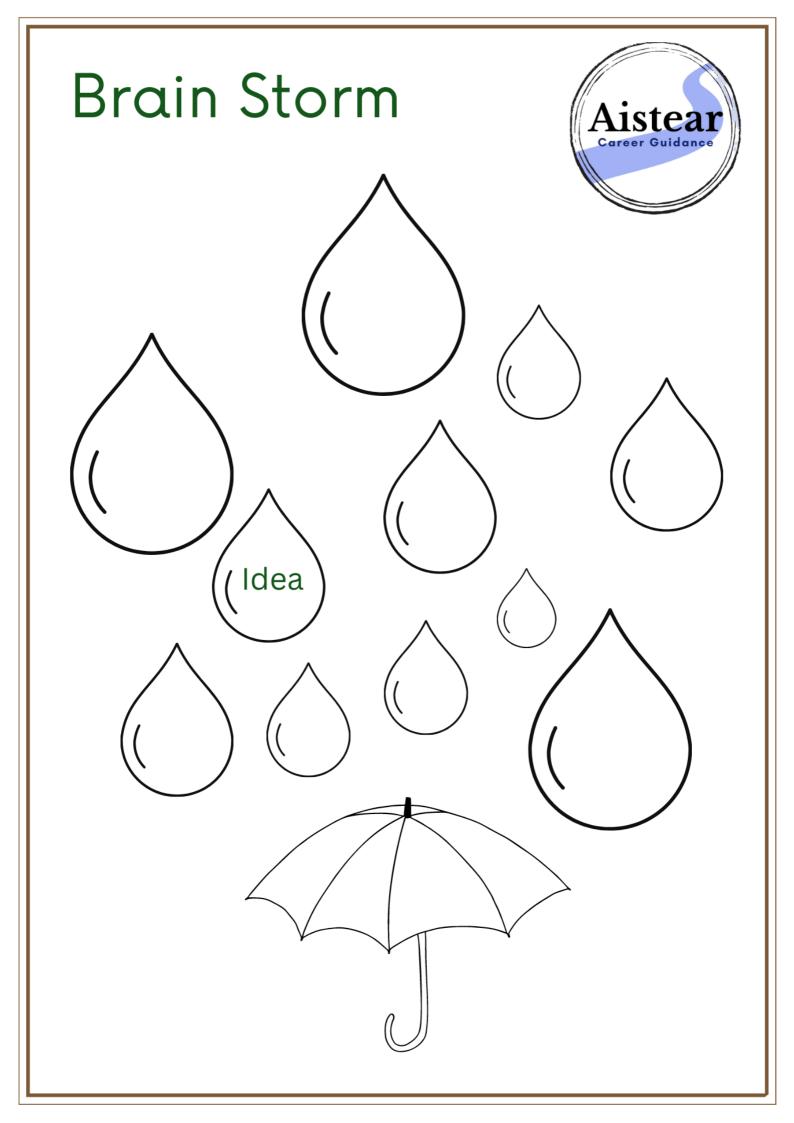


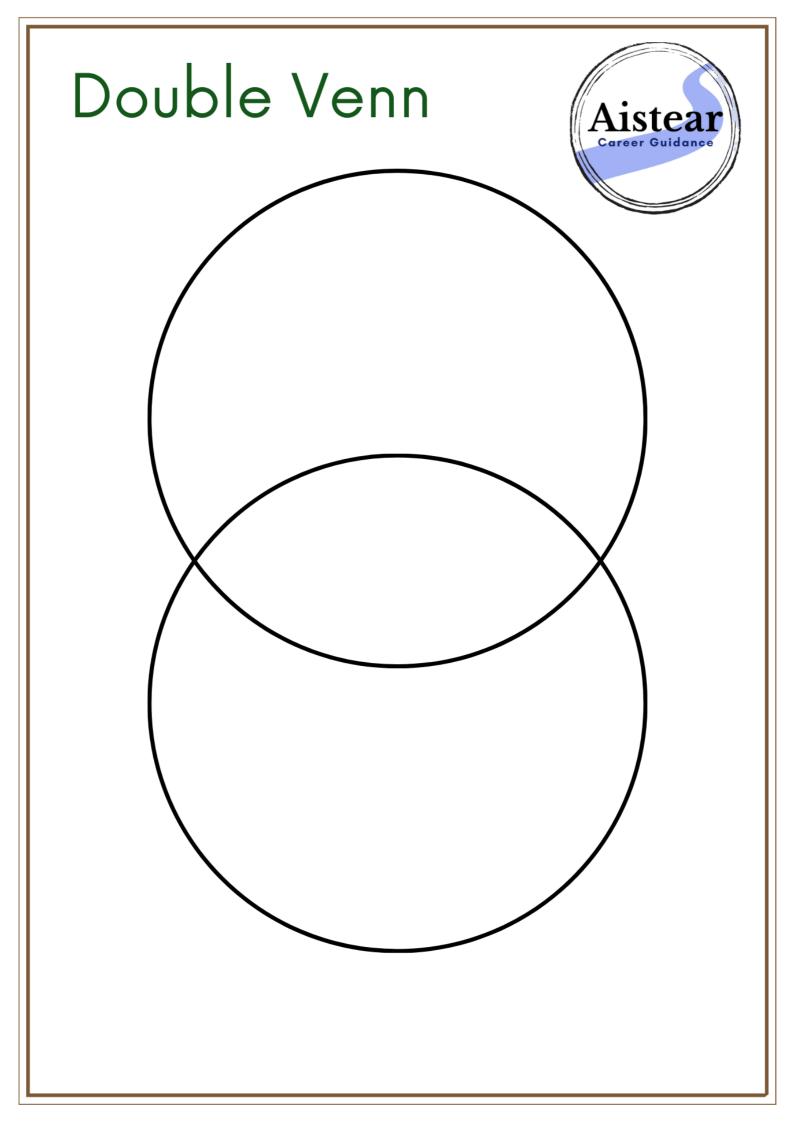
Funnel



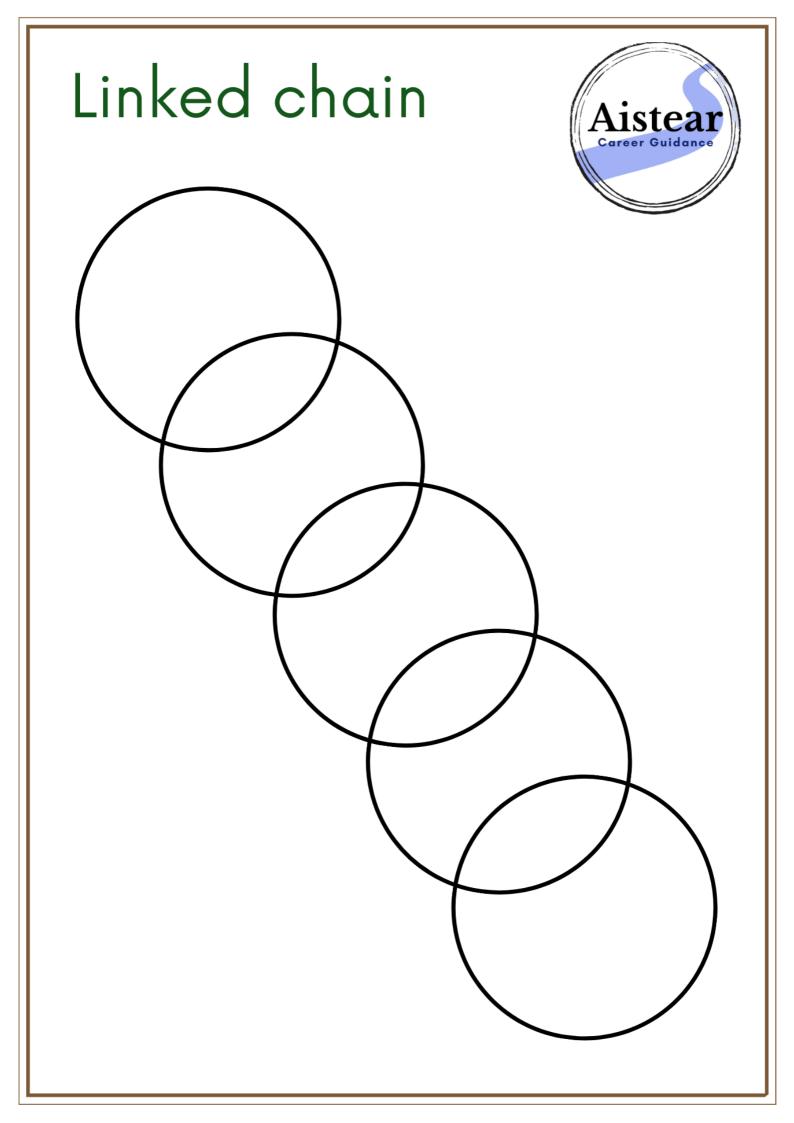






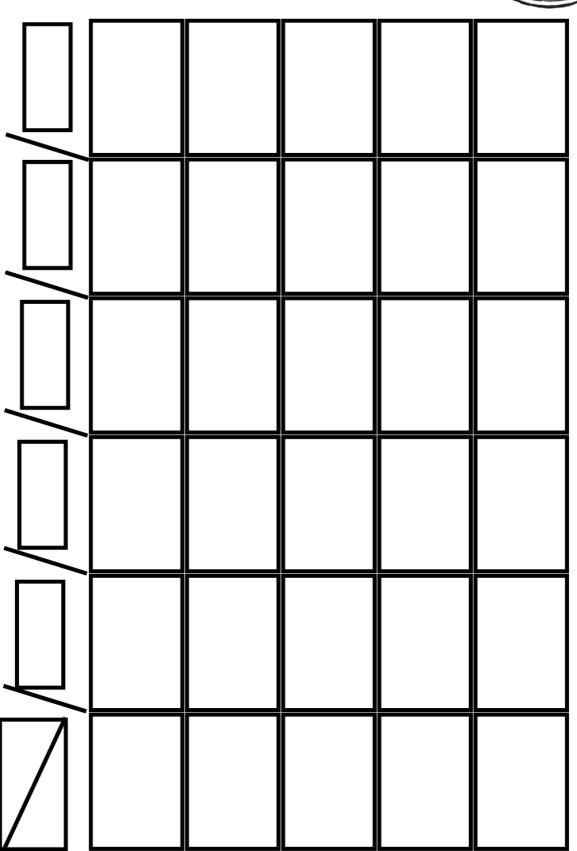


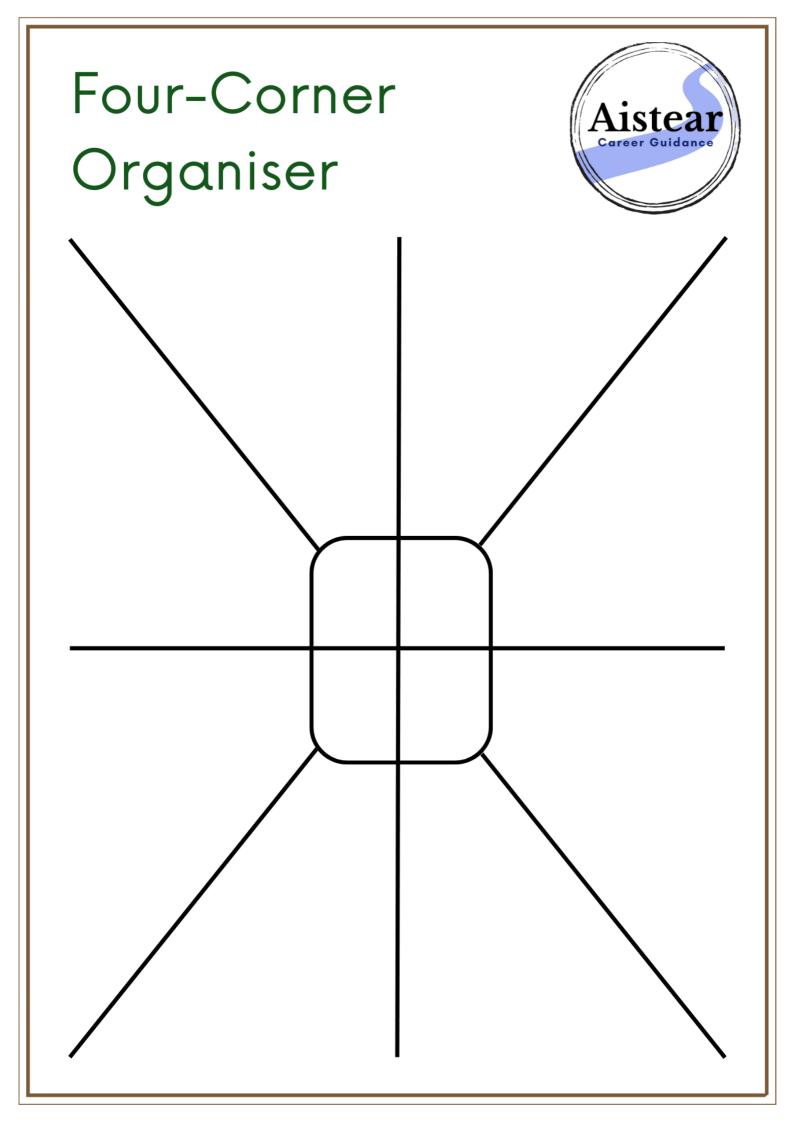
Triple Venn



Cross Classification Chart

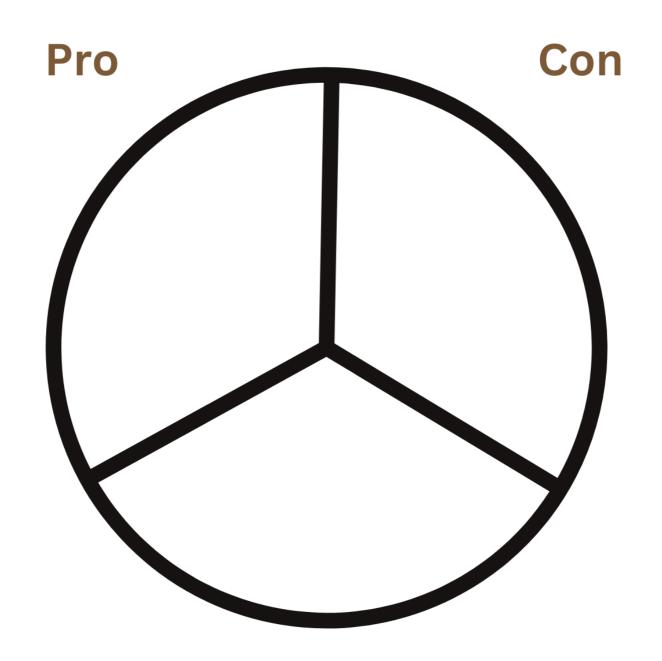






Tri Pie





Grey Area

Star Diagram

4.B TEMPLATE EXAMPLES



English : Poetry

ESSAY LEARNING

Essay Title: Sylvia Plath Key **Points** mtio chalanging + personal issuen osuchialaic Sullerina portuism deniordina Boldina and Silence tuxiet Molhoshood Delsonal ISSUDS Violence + Summary ISSUED , deprossion Chalangery + noisonal -anxiet Spritulish distress Motherhood

Weekend Study Plan

Aistear

Career Guidance



Saturday

9:30am

to

11:00am

11:30 am

to 1:00 pm 2:oopm

t 2 4:00pm

Maths: Quadrotic equations + Simultaneous equations 2018 Paper & QSa (45M) 2019 Paper & QKWKS (45M)

English : Poetry : Robert Grost Notes (45

Biology: Reproductive system 2017 GH, 2015 OSB 2020 OTEVICE) (50

Irish; Essay (Homework)

Irish : Rosay (Honowork) (40M)

Greate verb wind map.

Sunday

Accounting: Yours on question 1

- 2021 Do 9,4 { Exam papers.

- 2020 Do 9,1 }

English: Lean quotes (howeverly

Grench: Comprehension practice

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2017 PI QS 2015 PI Q4 2019 PI Q5 (454) Harger of RID + hypothops testing:

terschool Study Plan

Monday

Tuesday

Natto homenonk

Science; 2018 93(a) 95 all

Maths Homework

(HOH)

4:00pm

(20M)

Paper 2 OHa Matin: 2021

English Homework

Budget 2016 QH(IN) Business Studies

Halto Inequalities

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POPOS 1 2019 QS (40M)

Grench Howavort (204)

2019 05 07

Irish Paper 2

Grench! howework English howawork (30H)

MUSIC

Specusia housevert (30m)

Wednesday

Thursday

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Nouth 2025 Paper 2 05, Gb (30M)

English however

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(204)

Science howeverth (30m yearch howarded

2019 41 2020 41 y wat accounts Business Stuction

(30M) CSPE Essay (1 hour)

Career Guidance Aisteal

Friday

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2020 05 (20) Irish Poper 2

Law and Brolget Business Studies 2018 04

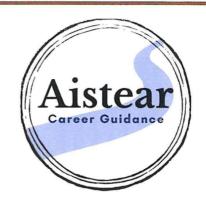
Scouls

6:30pm

GAA

8:oopm

Ranking Ladder



Most Important

- 1. The Scientific Method
- 2. <u>Cell Structure</u>
- 3. DNA and RNA
- 4. The Cell Cycle
- 5. Protein Synthesis
- 6. The study of an Ecosystem
- 7. <u>Kingdom</u> Plantae
- 8. The Human Digestive System.
- 9. <u>Viruses</u>
- 10. Diversity of Cells
- 11. Respiration

Least Important

Diamond 9



Most Important

Microbiology

Cell Biology

Ecology

Genetics

Botany

Biochemistry

Anatomy

Pharmacology

Taxonomy

Least Important

Progression Steps



Forming and Analysing Conclusions.

Collecting and Interpreting

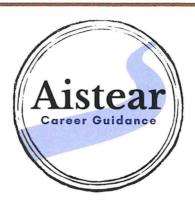
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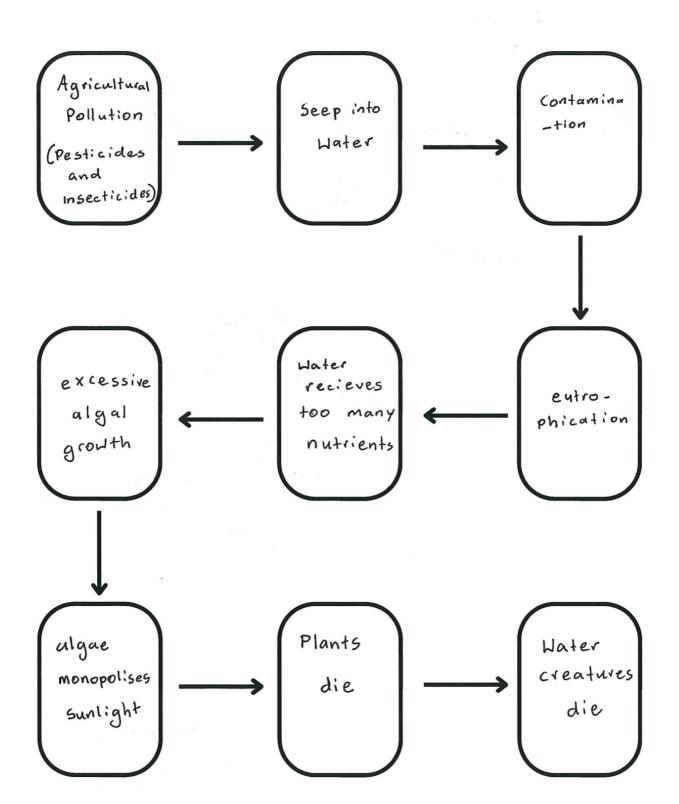
Experimentation

Hypothesis

Observation

Sequence Chart



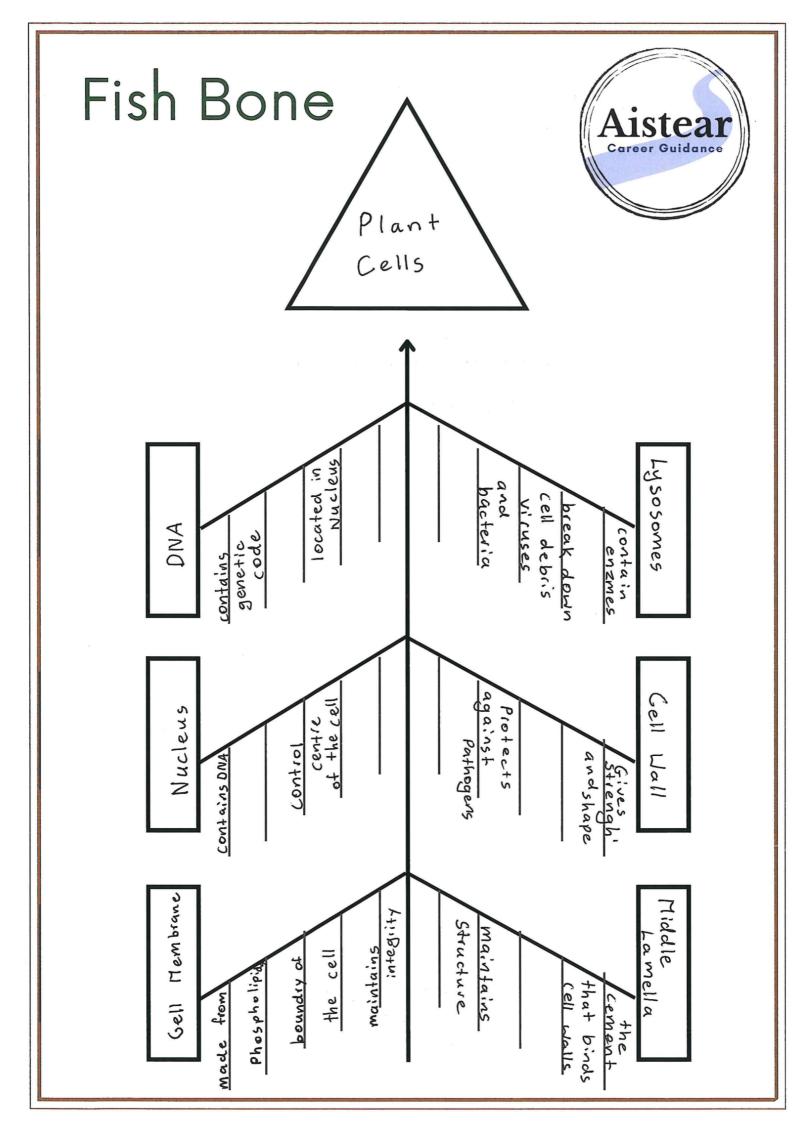


Funnel



Calcium Magnesium Iron Copper

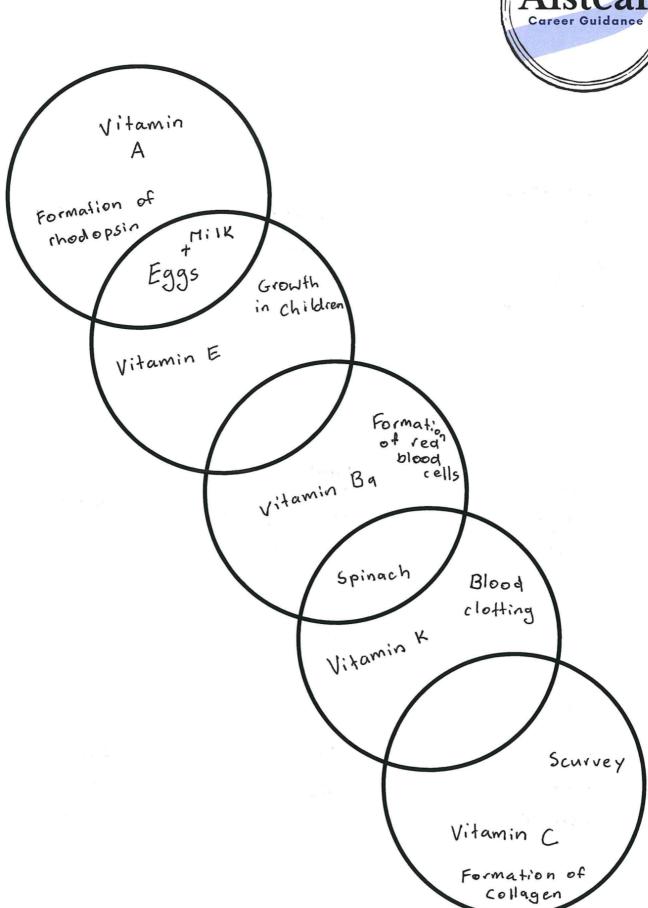




Brain Storm Metabolism sum of chemical reactions Temp. respiration Active site Cellular Energy Idea Pepsid PH Penatured Enzyme photo Cata -bolism synthe Enzymes

Linked chain





Double Venn



Equipment for studying woodland

Beating tray

Soil PH meter

Sweep net

Cryptozoic

tape measure

Quadrat

Equipment studying Seashores

Electrofishing equipment

Spirit level

trap

Plankton net

Sand Sieve

Triple Venn



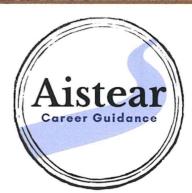
Gas Particles can move far Liquid away from each other evapor Particles -ation to till every space move and or flow a Condinsation little. Takes the going Contain shape of Straight atoms, from solid their are matter confainer. to gas melting Csublimation solid if ying Keeps same shape particles can't be seen moving Solid

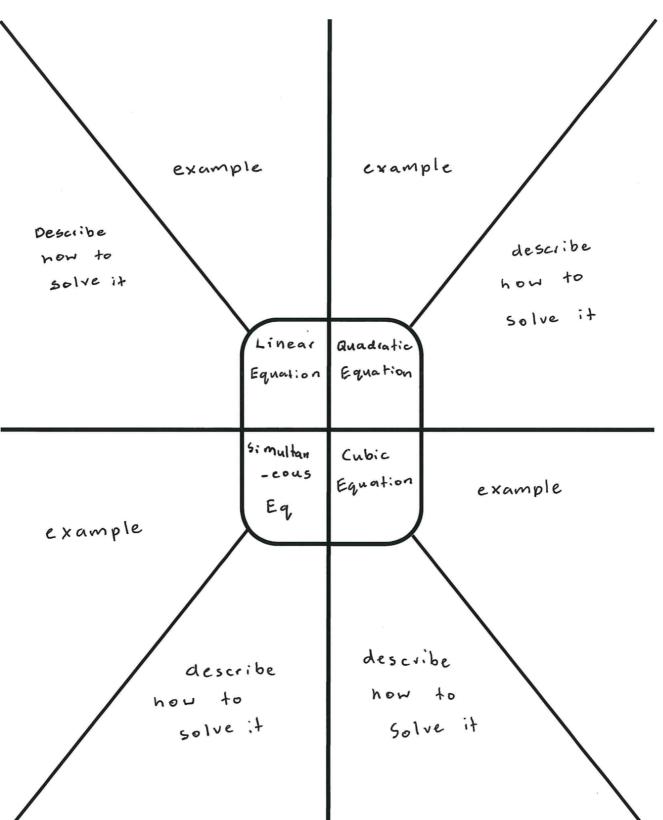
Cross Classification Chart



Mickness	3mm to 25mm	12-25mm	9-25mm	רייים – מייחל	lm m
Uses	Kurniture Halls ceitings	Furniture manutacture, no framing	Ornamental Surfaces for artificial boards.	furniture backs, drawer bettoms	Furniture panels, doors
Character -istics	Visible grain 5trong available in 1arge sheets	No Grain unless veneer ed. Easy to decorate	Distinct wood grain, very thin, weak	Doesn't Split. No giain Lithout	visible grain 5trong. No warping
Raw Haterial	Hardwood 8 Softwood Veneers	Lloodchips and Sawdust	Thin sheets of	a Pulp reduced from wood chips	Strips of wood and vancer
Board	Plymood	Chipboard	Veneers	Hardboard	Stip-core board.

Four-Corner Organiser





Tri Pie

Social Media Essay,



Pro

Con

Connection

Up to date info

Educational

promotion and
advertising.

Entertainment

Cyberbullying
INOCCUTATE NEWS
TIME CONSUMING
LONDINESS
Distraction

Social Hedia, in the right hands can be beneficial, however someone who is loviey, or self conscious can see Social media as a compartive tool

Grey Area

Star Diagram





- -rod
- round
- Complex

Replication

- -Attachment
- Entry
- Replication
- Assembly
- Release

Viruses

Genetic engineering

- _ SVHO virus
- adeno associated Vivus

Harmful to Humans

- HIV
- Flu
- Paramyxovirus
- Polio
- Varicella Zoster

Harmful to plants

- tobacco mosaic
- tomato mosaic
- lettuce mosaic



