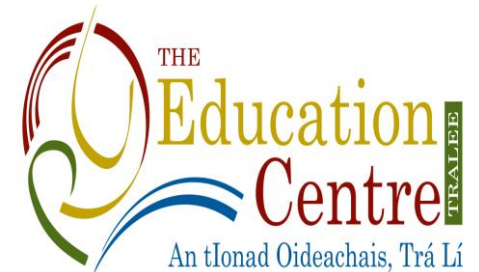
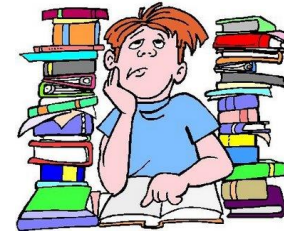


STUDY SKILLS – FOR JUNIOR CERT AND LEAVING CERT STUDENTS

Venue: The Education Centre, Tralee
Date: 9th December 2019
Times: 6-8pm
Tutor: Brenda Morgan
Registration: www.edcentreralee.ie
Cost: Free – early booking advisable due to demand



Even the best students can find Secondary School overwhelming from time to time. Often parents are at a loss as to how they can provide the right kind of support. During this presentation Brenda Morgan will show students how to introduce a learning approach which will guarantee a smooth journey through to their Exams.

Brenda will cover the following topics:

- The difference between homework and study in Secondary School
- How to increase focus and concentration
- Studying Smart vs Studying Hard
- The importance of diet, sleep and exercise in maintaining academic progress
- Approaches to memory to increase learning