



SCOIL CHRÍOST RÍ

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Catholic Education
An Irish Schools Trust

EXAM FOCUSED STUDY /REVISION SKILLS SEMINAR

11th November 2020

Dear Parent/Guardian,

As your daughter continues with 6th year, the school has organised a Study/Revision Skills seminar for the year group. The 5 Steps to Exam Success seminar is being delivered by Amazing Brains who have worked with over 350,000 students, parents and teachers throughout Ireland. The following areas will be covered:

- **Self-Belief & Success Visualisation**
- **Memory Techniques and Revision Strategies relevant to student learning preferences**
- **Exam Techniques**
- **Planning and Time Management**
- **Impact of Social Media & Technology on Revision**
- **Physiological and Psychological preparation in the run up to exams and coping with anxiety/stress.**

We plan to hold the workshop on Friday, November 27th and we are asking for a contribution of €7 from each parent. Payment can be made online via Parents VShare under the tab **Amazing Brains 6th Year Study Skills Seminar**.

All students will receive a Learning Resource Guide with follow-up activities and an A3 Exam Countdown Planner.



We very much appreciate your support on this and assure you that we will continue to provide the very best opportunities for your daughter.

Yours sincerely,

Ms Carleen Egan

Guidance Counsellor

Principal:
Ms. Helen O'Donnell

Deputy Principals:
Mr. Bill Coolahan
Ms. Anne Dollard
Ms. June O'Brien