



THE
KING'S
HOSPITAL
SCHOOL

EXAM FOCUSED STUDY & REVISION SKILLS SEMINAR
Form 6 - Friday, 4th December, 2020

24/11/2020

Dear Parent/Guardian,

As the students are now working towards their mock exams, at the end of January, we have organised a Study and 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.

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

This workshop will be held on **Friday the 4th of December**.

We encourage you to discuss this workshop with your son/daughter before and after it takes place, reinforcing the importance of the continuation of schoolwork outside the classroom. As the students begin to receive their Christmas exam results this week, it is an ideal opportunity to discuss their learning goals and results expectations, in conjunction with this workshop.

We include some tips here on how to discuss the upcoming Leaving Certificate exams and your son/daughter's preferences for their college and career choices.

Our career counselling team is committed to supporting your son or daughter in whatever way we can, so do remind them to email us with any questions or make an appointment for an in-person meeting.

Kind regards

The Careers Team

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