



Junior & Leaving Cert SMART Study Tips

Your SMART Study Tips are:

- **SPECIFIC**

Have a specific target in mind for each study session: what topic you are going to revise and how you are going to test your understanding of it.

- **MEASURABLE**

Measure your progress towards your goal. Use a revision checklist for each subject and tick off each topic as you study or revise it. In this way, you will SEE your progress, and, as I said last week, ticking off things on a to-do list is very satisfying!

- **ACTION-RELATED**

Break down your study-goal into a set of specific tasks e.g. background reading of research material, draw up an essay plan, and complete writing of essay. Base each study session on tasks.

- **REALISTIC**

Don't set goals that you are unlikely to achieve. Make realistic demands on yourself, with achievable targets. Otherwise, you will lose heart.

- **TIME BASED**

Set blocks of study and revision working back from the deadline. We are currently looking at nine weeks until the exams, so plenty of time to fit in those topics in your revision plan.