

Junior Cert Study and Examinations

May/June 2019

Study Rules

- Strict supervision – begins 9
- 3 classes, break, 3 classes, lunch, 3 classes
- No late comers admitted
- No disturbance of any kind tolerated

This Week.....

- Classes as normal until Wednesday
- Options and Levels checked-when roll comes
- Mass for J C exams-today
- Study starts Thursday @ 9 sharp

Study Plan

- 13 Evenings Study ($2 \times 13 = 26$ Hours)
- 13 days Study ($6 \times 13 = 78$)
- 104 hours = 11 hours / subject
- Follow this – be prepared
- Have pens, exam papers, notes, writing material, calculator

Study Week

- Recommended
- Supervised
- Thursday to Thursday
- At home...at desk ..No music, phones

Divide the Day

- 9 classes
- 9 subjects
- 1 class per subject per day
- Be disciplined/ Move on
- Don't just sit and read.. **Active**
- Underline/ Highlight/ Cards
- Make Notes **all the time**

Study in Evening

- Take a good break / Food
- Physical Exercise...
- **NO PHONE / SOCIAL MEDIA....**
- Finish by 9.... **SLEEP**
- 2 Hours study per evening
- ½ hour blocks =4 Subjects

Help yourself by...

- People who fuss or are nervous
- Stress is contagious
- Can you do something?
- Tell you they have nothing done
- Heard rumours of papers
- Students say they don't care or seem to not care

Junior Cert Exams

- Start 5th June
- Have a copy of the timetable at home
- **Parents**.... Check night before
- Check exams and time
- **Not allowed in after first half hour**

Exam Rules

- Mobiles left outside (smart watches)
- Exam Number.. Know it
- Levels ..already decided
- No notes... Check
- Copying/ Talking.... Don't !!
- Superintendent has to report
- Listen to Instructions

Best Practice for Exams

- Ready night before
- Check pens, calculator, pencil, ruler, Maths set
- Breakfast / Bring food/ water
- Uniform... avoid confrontation
- Arrive on time – ½ hour

What's Provided/ Not?

- Exam stationery /Graph Paper
- Maths tables
- **Not Provided** :Maths sets, Pens, compass, calculator
- Can't borrow
- Booklet sealed and collected
- Enclose all Parts

Best Practice

- **Read** Questions x 3
- Don't start writing straight away
- **Underline** important words
- Explain/ Discuss/ Compare
- Check time per question
- Going to toilet – exam booklet signed...Attendant
- **Toilets checked**

Exam Rules

- **Do not leave** until end
- Supervised Study until end of exam
- **Some stress** to be expected
- Practise mindfulness/ relaxation techniques

Number each part of each question

- Q1 (a) (i) Q1 (a) (ii) Q2(a) etc
- Use biro and ruler to underline
- Write slowly and legibly
- **Examiners not paid to decipher**
- Leave plenty Space
- Go back and check again + Extra

Exam Rules

- Downtown at lunchtime only with written permission-return tomorrow
- Accidents...
- No canteen...bring Food
- Lot of time between exams.. 2 hours !!

Check!

- Tick off each part of the question to ensure you have completed every part of the question

Exam Rules

- Avoid post mortems with parents and friends
- Last exam is as important as the first one
- Think positively

How can parents help?

- Stressful time/ Tired / Media
- Listen / Avoid confrontation
- Don't expect a post mortem
- Encourage a balanced life
- Collect students if possible
- Take breaks with student...

Diet /Food/ Exercise

- Breakfast
- Healthy Food ..lunch.. no junk food
- Watch intake of caffeine
- Chicken
- Nuts/ Fruit
- Aid cognitive function

Emergencies

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