





## **REVISION CHART FOR FIRST YEAR STUDENTS**

**WEEK 1: Monday 23<sup>rd</sup> – Friday 27<sup>th</sup> November**

<b>SUBJECT</b>	<b>Topic(s) for Revision</b>
<b>ENGLISH</b>	
<b>GAEILGE</b>	
<b>MATHS</b>	
<b>HISTORY</b>	
<b>GEOGRAPHY</b>	
<b>FRENCH</b>	
<b>SCIENCE</b>	
<b>OPTION 1</b>	
<b>OPTION 2</b>	

<p><b>STUDY ROUTINE</b></p> 	<ul style="list-style-type: none"> <li>• Study in the same place at the same time every evening</li> <li>• Your study environment needs to be quiet without the distractions of TV or mobile phones</li> </ul>
<p><b>TIME MANAGEMENT</b></p> 	<ul style="list-style-type: none"> <li>• Draw up a weekly timetable for each subject and set clear targets</li> <li>• Keep the plan simple and easy to follow</li> <li>• Give extra time to more difficult subjects</li> </ul> <p>Include activities and time-out.</p>
<p><b>STUDY TECHNIQUES</b></p> <p><i>STUDYING IN PROGRESS!</i></p> 	<ul style="list-style-type: none"> <li>• Learning involves reading slowly with concentration</li> <li>• Check how much you remember by jotting it down roughly or saying it aloud</li> <li>• Take a short break every 20 minutes for a few minutes.</li> </ul> <p>Ask your parent to examine what you have learned</p>
<p><b>MEMORY TECHNIQUES</b></p> 	<ul style="list-style-type: none"> <li>• Mind Maps (where an event or theory is placed at the centre of a page and you draw symbols to jog your memory)</li> <li>• Pick out the main points</li> <li>• Ask yourself questions</li> <li>• Read the passage and make notes</li> <li>• Recite the main points to test yourself.</li> </ul> <p>Revise often, by checking over your notes regularly</p>
<p><b>MIND YOURSELF</b></p>	<ul style="list-style-type: none"> <li>• Get plenty of fresh air</li> <li>• Stay positive</li> <li>• Pick a time to finish study at night</li> <li>• Get regular exercise</li> </ul> <p>Have a day off study</p>
<p><b>PREPARE</b></p>	<ul style="list-style-type: none"> <li>• Get a routine that works for you</li> <li>• Start studying early</li> </ul> <p>Prioritise your subjects/topics</p>
<p><b>EXAM TIME</b></p>	<ul style="list-style-type: none"> <li>• Take one exam at a time</li> <li>• Sleep is key!</li> <li>• Stay away from social media</li> </ul>
<p><b>REMEMBER</b></p>	<ul style="list-style-type: none"> <li>• “I can do this!”</li> <li>• “I will learn from this experience”</li> </ul> <p>Practice relaxation. Reward yourself</p>

