



Amazing Brains specialise in helping students to optimise their study time and ensure productive studying takes place.

### **BLAST OFF – 1<sup>st</sup> YEAR**

This programme aims to help the students *gain confidence* and relax about the new academic challenges that face them in 'big school'. The children are introduced to the whole concept of learning and how it links to their brain and memory. We work through various study skills including time management, organisation and effective homework habits.



### **DRIVE FOR RESULTS – 3<sup>rd</sup> YEAR**

This programme is specifically designed for JC students and areas covered include: Learning Preferences/Multiple Intelligences and their link to Study, Memory Techniques, Revision Strategies, Time Management, the Impact of Mobile Technology and Social Media, Goal Setting and Planning.



### **5 STEPS TO EXAM SUCCESS – 6<sup>th</sup> YEAR**

This is an exam focused programme and is designed for: *the high achievers who panic on exam day or during the run up; the students who don't know 'how' to revise; the students who can't seem to get organised and the students who find it difficult to stay motivated, positive and energised.* Its aim is to take usually stressful exam scenarios and make them less daunting for the students by helping them adopt the skills, competencies and mind set required for exam success. It covers Self Belief & Success Visualisation, Revision Strategies relevant to student learning preferences, Exam Techniques, Planning and Time Management, Physiological and Psychological preparation in the run up to exams and coping with anxiety/stress.



<b>1<sup>st</sup> Years</b>	<b>Wednesday, 5<sup>th</sup> September 2018 - €10 per student</b>
<b>3<sup>rd</sup> Years and 6<sup>th</sup> Years</b>	<b>Thursday, 6<sup>th</sup> September 2018 - €10 per student</b>

