

12/09/2018

Dear Parent/Guardian

I hope this finds you well. Our hope for this academic year is to encourage our Leaving Certificate students to achieve their best in the exams and make well informed career decisions.

Leaving Certificate is a challenging time for students. To help them we can work together to promote healthy study habits. In school they will be given tips on how to get the most from their study, how to build a routine and track their progress. Some of the following may assist you in helping your son/daughter achieve their best in the exams.

You can help your son/daughter in many ways by participating in the creation of a routine tailored to their needs. Some examples may include creating a quiet space for your son/daughter to study in, allowing them to stick notes around the room, giving them space if they are getting frustrated and monitoring their phone usage, as this can be a big distraction.

Encourage your son/daughter to do their best, it is not always easy. Even though they may be trying their best, they may still get a grade they are unhappy with. When this happens, try to be supportive towards them, encourage them to pick themselves up and learn from the mistakes they have made.

Students study more productively if they are well rested and have healthy diets. Please ensure they take breaks during study and try to continue with some physical activity. Physical activity will help them by reducing stress levels and increasing concentration levels. Breakfast is extremely important every morning, as it prevents dizziness and loss of concentration.

Thank you for taking the time to read this. We will be holding a Mentoring information evening on Thursday 27th September for parents and guardians. This will address essential information regarding transition to higher education (CAO/PLC/Apprenticeships), finance, life as a college student, diet and exercise. We look forward to meeting you then.

Best wishes

Marianne Landers

Guidance Counsellor