

Study Programme
For 6th Years

Motivation &
Time Management
Xmas Holidays

Dec 2010

How best to organise your time...

*“Genius is 1% inspiration and
99% perspiration”*

How can you best organise that 99% ?

“Different Strokes for Different Folks”

is definitely applicable to study.

But, there are also a few areas that are
common to everyone’s study plan

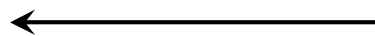
These are:

1. Motivation
2. Location
3. Organisation – Time Management

Motivation

The force that drives us to do things

Force Field analysis of Study:



Forces which hinder study:

- ♦ T.V.
- ♦ Friends
- ♦ Good weather



Forces which help study:

- ♦ Career ambition
- ♦ Goal setting
- ♦ Favourite subject

We are all driven by goals
Therefore it is important that you set goals

- ♦ Reasonable
- ♦ Reasons
- ♦ Rewards

What goals can you now set yourself over the next 14 days to achieve the best grades you can in your Leaving Cert?

Location

Where to Study

Hugh Consequences

Very important to do the following:

- * Same Place
- * Heating
- * Ventilation
- * Background Music?
- * Same Atmosphere as in Exam Hall
- * Your Surroundings as well as your thoughts must be organised
 - keep your space tidy!

Organisation

Time is a special commodity
- effectively and efficiently

Time Management is very important
as it allows **you** to **decide**
when you are going to work
and for **how** long.

Timetable

★ Must be user-friendly and take into account all that is happening in your life over the next 14 days.

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Time	27 th	28 th	29 th	30 th	31 st	1 st	2 nd
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RECOMMENDATION:

6 – 8 hours per day per subject

Make sure to include ‘downtime’ on your timetable

Be Positive. I Have Time. I Can Study.

I Can Catch Up. Believe in Yourself & Good Luck !