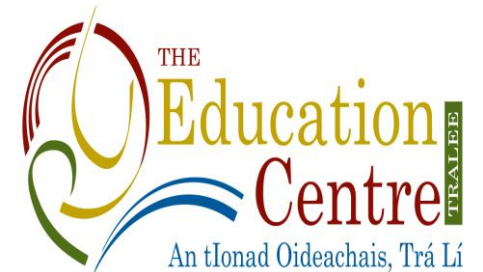
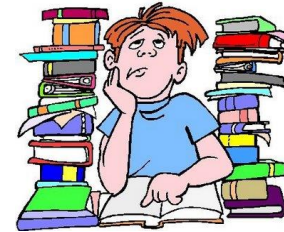


## STUDY SKILLS – FOR JUNIOR CERT AND LEAVING CERT STUDENTS

**Venue:** The Education Centre, Tralee  
**Date:** 9<sup>th</sup> December 2019  
**Times:** 6-8pm  
**Tutor:** Brenda Morgan  
**Registration:** [www.edcentreralee.ie](http://www.edcentreralee.ie)  
**Cost:** Free – early booking advisable due to demand



Even the best students can find Secondary School overwhelming from time to time. Often parents are at a loss as to how they can provide the right kind of support. During this presentation Brenda Morgan will show students how to introduce a learning approach which will guarantee a smooth journey through to their Exams.

Brenda will cover the following topics:

- The difference between homework and study in Secondary School
- How to increase focus and concentration
- Studying Smart vs Studying Hard
- The importance of diet, sleep and exercise in maintaining academic progress
- Approaches to memory to increase learning