



Mulroy College

Steps to Success



Mock Examinations

All 3rd and 6th year Mock examinations will take place from Friday 31st Jan - Friday 14th Feb.

Timetables issued before Christmas to help everyone plan for study over the Christmas break!

Countdown to Success

6 weeks of student teacher contact time.

8 weeks of student study time - start your countdown to success now

Start with Good Habits



- Optimize your study Environment - well lit, organised, quiet
- Get rid of all distractions including all devices
- Sleep well, eat well, MOVE!!!!
- Take regular breaks every 50 minutes at least and move about during your break.
- Regular exercise and movement helps your memory and brain function too
- Make a study timetable and start with the hardest subject when you are most alert
- All students have free access to Studyclix plus, login at studyclix.ie



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:45	English	Maths	Science	History	Art	Music	Physical Education
11:00 - 12:45	German	Chemistry	Maths	Physics	Art	Music	Physical Education
13:00 - 14:30	French	Maths	Science	History	Art	Music	Physical Education
15:30 - 17:00	German	Chemistry	Maths	Physics	Art	Music	Physical Education
17:15 - 19:00	Spanish	Maths	Science	History	Art	Music	Physical Education
19:15 - 21:00	Light	Complex Numbers	Evening Off	Evening Off	Evening Off	Evening Off	Evening Off





Do not just re-read, take notes, draw diagrams

Instead:

TEST yourself, use exam papers, time yourself when answering questions, create mind maps for each topic, use post-it notes, make flash cards, learn the breakdown of each exam paper.

Maximize Study Session Efficiency



Quiz yourself

Take practice quizzes to determine what topics to spend more time on.



Avoid multitasking

Remove distractions so you can focus on studying.



Be an active reader

Take notes, highlight text, or create concept maps to get the most out of reading.



Hold yourself accountable

Join a study group if you struggle with motivation to study alone.



Determine your learning style

You might be a visual, auditory, reading/writing, or kinesthetic learner.

