



Presentation Secondary School, Wexford

“Simple, Slow, Steady & Sustainable”

Student Resources

Remember all students are in the same position. Everyone is trying to do their best by learning remotely all over the country. Everyone is unsure and uncertain in these changed times about exams.

Focus on TODAY -doing your best today -what you can do today.

Stay safe, stay well, stay connected

Keep to your Routine and have structure in your day

We have been at home now for a number of weeks and we hope that you have all managed to establish a new daily routine. Remote Learning and Teaching is not easy, it can be frustrating and difficult to balance all the daily demands of family, our physical space at home, teachers and revision for exams and looking after ourselves both physically and emotionally.

Remember:

- . **Get up early each day**
- . **Have a good breakfast-you need food and water to nourish and feed your braincells.**
- . **The place where you study is important -a proper table and chair if possible (not the bed!) If studying in your bedroom, please take regular breaks and get out of the room!**
- . **Plan your day -Be ready each day for whatever subjects are timetabled for that day – have all your resources ready**
- . **Plan your break time & lunch time and make sure you eat well -not too much junk!**
- . **Talk to your friends by phone, social media during the breaktimes or go outside for some fresh air.**
- . **Plan to get exercise each day -keep fit**
- . **Plan doing something to look after your wellbeing**
- . **Get your work done and have ‘me time’ to relax.**
- . **Get sleep**
- . **Plan your revision - Stick to what works for you!**



Stay connected

Keep in touch with friends and family. Remember talking things through with someone can help lessen worry or anxiety. If you want to check in with myself or Mr Nugent please email.

Stay informed

Set limits for news and social media. Avoid the constant speculation on social media about exams and updates about covid-19. Don't let other people's worries become your own or let it add to your own worry and stress. Consider limiting how much time you spend on social media discussing exams etc.

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS
FOLLOW THE
RULES OF SOCIAL
DISTANCING

THE AMOUNT
OF TOILET
PAPER AT THE
STORE

I CAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS
OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

MY OWN SOCIAL
DISTANCING

PREDICTING
WHAT WILL
HAPPEN

MY KINDNESS &
GRACE

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES



Clipart: Carrie Stephens Art
The Counseling Teacher.com

HOW STUDENTS CAN LOOK AFTER THEMSELVES AND OTHERS DURING SELF ISOLATION



1 Stay in regular touch with friends through skype, facetime or google hangout. Staying connected can help reduce stress and anxiety



2 Make sure you engage in regular exercise. You can make this fun and do it online at the same time with friends or family



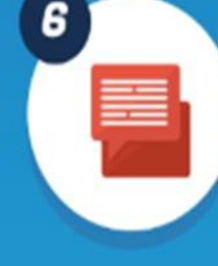
3 Don't be afraid to check in with your friends or family. Ask them how they are doing and see if you can help them in anyway



4 Challenge yourself each day to be curious about how well you can stay focused on the present moment



5 Reduce the amount of time you spend on social media and checking the news. Regular checking can increase worry



6 Schedule a time each day where you can sit down with your family and talk about what you are thinking and how you are feeling



7 Take care of your physical health. Maintain a good sleep routine and make sure to eat a well balanced diet



8 Slow down what you are doing and breathe. Deep breathing is a great way to calm your mind and body



9 If you are struggling do not be afraid to reach out for help. Speak to your friends, family or teachers and ask for support



12 WAYS TO DE-STRESS



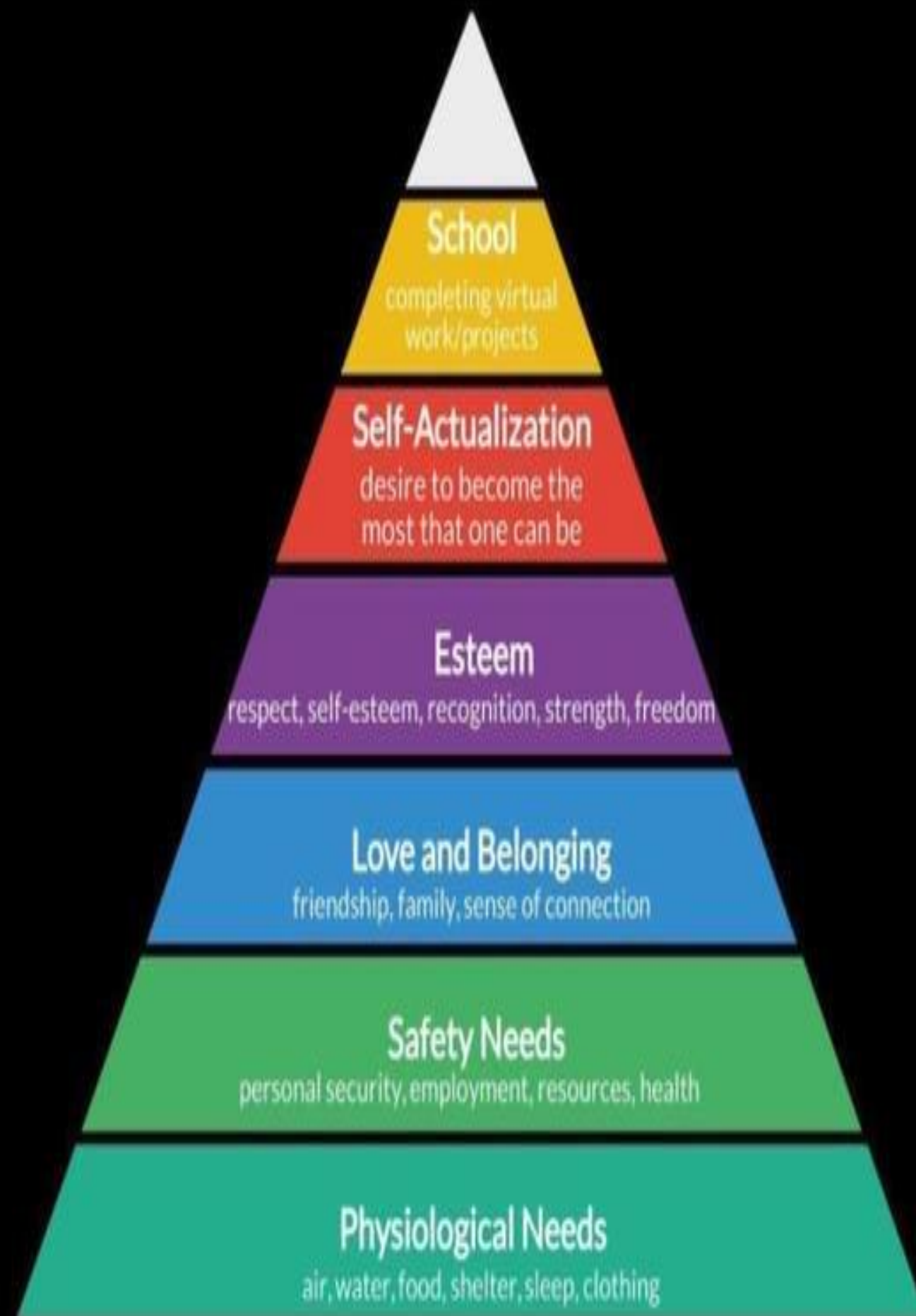
COVID-19 HIERARCHY OF NEEDS FOR SCHOOLS

Based off of Mazlow's Hierarchy of Needs

**SCHOOL IS
IMPORTANT DURING
THIS CRISIS**

BUT....

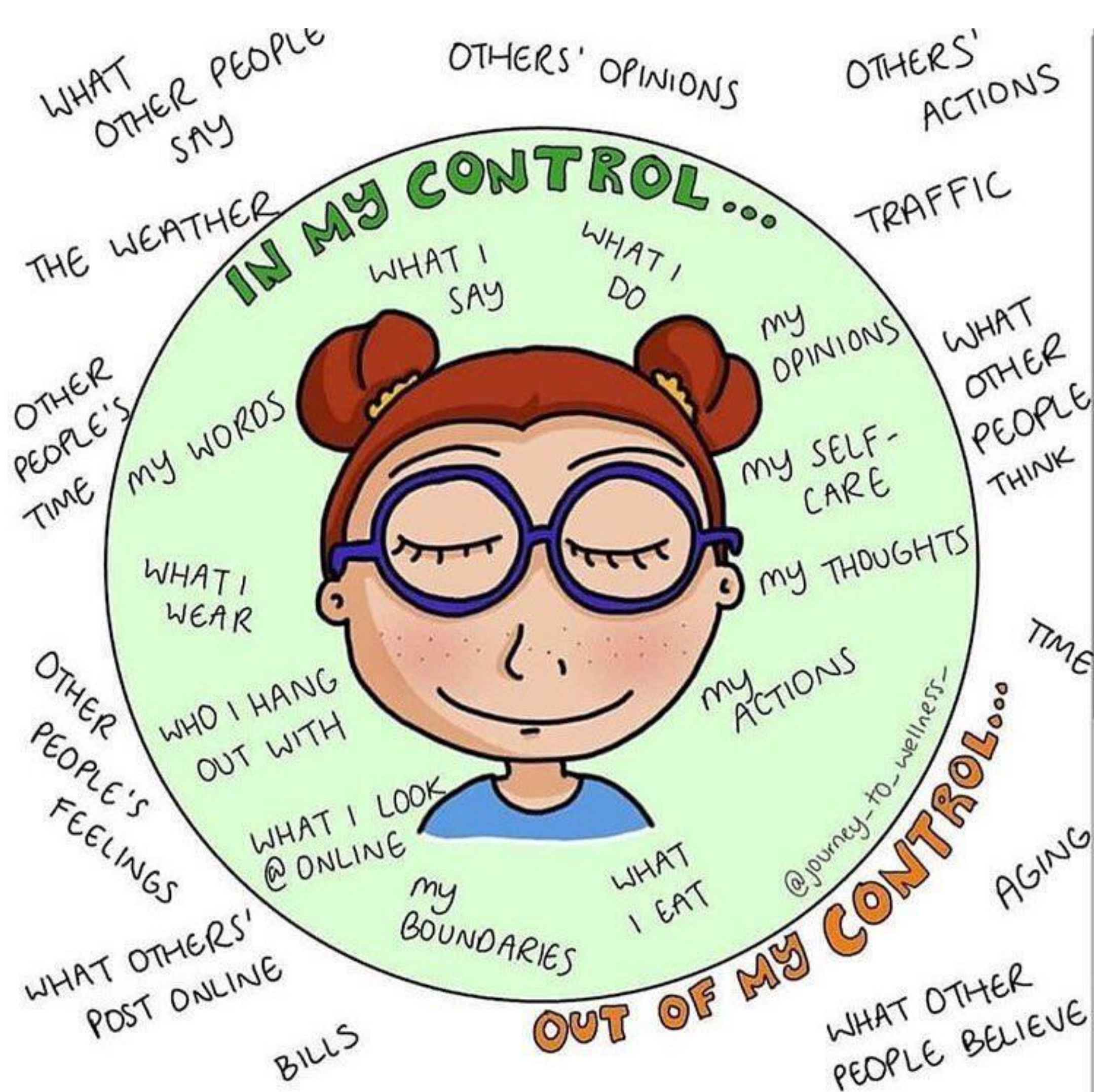
**NOT AS IMPORTANT
AS THE NEEDS OF
OUR FAMILIES WHO
ARE EXPERIENCING
ANXIETY AND FEAR
AS WE DEVELOP OUR
NEW NORMAL**



Our kids and families need us more than ever to model social and emotional learning before content.

@jaydostal





Well-Being

11 Little Mental Health Tips That Therapists Actually Give Their Patients

<https://www.self.com/story/11-little-mental-health-tips-that-therapists-actually-give-their-patients>

The National Educational Psychological Service and @Education_Ire advice on relaxation techniques for students

<https://www.education.ie/en/The-Department/Announcements/relaxation-techniques.pdf>

‘Keep calm, stay focused’: Expert tips for State exam students studying at home

<https://www.irishtimes.com/news/education/keep-calm-stay-focused-expert-tips-for-state-exam-students-studying-at-home-1.4206151>

Wellbeing Support services available

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>

Dealing with anxiety

<https://www.youtube.com/watch?v=vzGp0DJGAQk&feature=youtu.be>

Simple Breathing exercise

<https://www.youtube.com/watch?v=oRYuWL413cU>

Coping Strategies

The Mind Gym Physical Distance Activity Ideas

<p>Self-Care Activities</p> <p>Take time out for yourself Check in on yourself regularly Do some yoga every day Wear something nice Relax in a warm bath Have a massage Watch a favourite television programme Do a hair/face mask Cook food I love Put on make-up, do hair, get out of PJs Buy something small for myself Listen to a meditation Set a goal, make a plan</p>	<p>Recreational Activities</p> <p>Go for a walk Listen to music Read a novel, magazine or newspaper Go for a jog Garden Swim (Brrrr!) Watch an old favourite sports event Play a game – hurling, footie, rounders, etc Visit the countryside Plan a holiday (this too will pass) Get out in the fresh air Play a board game</p>
<p>Social Activities</p> <p>Write a letter (remember those?!) Telephone a friend for a chat Text a friend you're thinking of. Send a little present to someone you miss Do things together – games, walks, movies Do something nice for somebody else Have a good conversation Check in on family / neighbours via text, facetime, etc Help out if you can – shopping, meds collections, phone calls for those who need them Get back in contact with old school friends</p>	<p>Creative Activities</p> <p>Write a poem Paint a picture Cook a new recipe Decorate a room Play an instrument Do some DIY Sewing or knitting Make a model Write a diary/journal Sing a song</p>
<p>Educational Activities</p> <p>Access the library Enrol on an online course Read a non-fiction book Read an autobiography of someone you admire Do a crossword or puzzle Learn a new skill – YouTube is your friend! Learn a new language</p>	<p>My Own Ideas....</p>



@BelievePHQ



16 TIME



MANAGEMENT TIPS FOR STUDENTS



**Create a
schedule**



**Make time
for yourself**



**Get yourself
in a routine**



**Write down
goals**



**Have scheduled
breaks**



**Avoid
procrastination**



**Stick to your
plan**



**Allow time for
fun activities**



**Make a to
do list**



**Study in a
regular pattern**



**Work when
you are at
your best**



**Exercise to
relieve stress**



**Reward yourself
when you complete
something**



**Keep stress to
a minimum**



**Work a set
number of
hours a day**



**Don't panic
if you fall
behind**



Take a moment to think about today.



Acknowledge one thing that was difficult: let it go.



Consider three things that went well today.



Check in with your friends: are they ok?



Are you ok? Your teachers are here to listen and support you.



Now, switch your attention to home: REST and RECHARGE.

End of Shift Checklist for Learners

THANK
YOU

Adapted by [@terSonya](#) from the [NHS Going Home Checklist](#)
Icons by [Smashicon](#) from [Flaticon](#)

Online Learning Resources

Free month's premium subscription to their online study platform.

<https://irevise.com/ie>

YouTube clip showing students how to snap. a picture of their work and how it then digitises it into a word document.

<https://www.youtube.com/watch?v=jzZ3WVhgi5w&feature=youtu.be>

Alison has a full free suite of maths courses for Junior & Leaving Certificate

<https://alison.com>

Keep an eye on this page for updates on new Scoilnet resources and collections associated with Modern Foreign Languages.

<https://www.scoilnet.ie/go-to-post-primary/mfl/>

Maynooth University Vifax is a fantastic resource for students to keep up to date with the news through Irish. Worksheets also provided.

<https://www.scoilnet.ie/search/resource/entity/show/Lre/29775/>

General Resources

Studyclix.ie (free/paid)

An essential exam-focused tool. Past exam questions are broken down by topic, mock papers, exam papers, maths video solutions. Various free and premium options

available, highly recommended for all students. **Discount code: HOMESTUDY for €10 off**

625points.com (free/paid)

A website with free resources (study plans, predictions, high-quality sample answers) along with paid notes that cover the whole course. All great content, well worth looking at, and samples are available before purchasing.¹

iRevise.com (free/paid)

A general purpose tool for helping with revision, including past papers, video tutorials, sample answers, multiple choice quizzes. They also have been providing free honours maths grinds every morning at 9:30. A free trial is available so it's worth

giving a try.

HomeSchool.ie (paid)

Online grinds substitute featuring videos covering the entire subject syllabus for Junior and Leaving certificate subjects. Each subject costs money but can be a

cost-effective solution for revision courses and long term guides.

Jump-a-grade (paid)

A modern online grinds/personal tutoring service. Students are assigned tutors, are assigned work weekly and then personalized feedback videos are given. Starts at €25 per week, with discounts for additional subjects. They are also beginning to offer remote revision courses.

Khanacademy (free)

An absolutely amazing free resource with thousands of lessons on many subjects. The website isn't targeted at leaving certificate students but you can find the course content among the videos. Make sure to check this one out.

Edco EBooks (free)

For any students that use Edco books (or may have left them in lockers...) Edco is currently offering access to Junior and Leaving Certificate books for free.

Account Details - Username: jcedcobooks or lcedcobooks, Password: edco2020

Quizlet (free/paid)

An easy to use platform for flashcards. Using flashcards can help avoid the inefficiency of needlessly writing notes. Popular amongst students and many card decks are easily available. While a premium version is available, the free version suits most people.

Dublin Academy of Education YouTube (free)

This YouTube channel features videos on many topics. Recently, they have begun to post even more course content, so there is likely something you will find useful on this channel. There's also videos with general study tips, podcasts etc. Worth checking out.

Shmoop (free/paid)

With study guides for many subjects and topics, including both leaving cert and further learning and other resources for college preparation, there is likely to be something you find worthwhile.

Crash Course (free)

This youtube channel is not Leaving Certificate focused, but has great videos that cover broad areas of various subjects in an intuitive way. Watching these videos is a great way to become familiar with courses at a high level, before getting into the specifics with notes, textbooks or exam paper questions (particularly for physics and chemistry).

Surviving The LC (free)

This blog is a collection of past student's study notes in subjects such as Spanish, English, Geography, Biology, Economics, Maths and other general exam advice.

Dundalk Study Academy Instagram (free)

Hosting a wide range of study techniques, subjects specific advice, and tips for how to keep your motivation going, this account is worth a look especially if you are finding it hard to keep yourself focused and organised during this disruption.

Subject Resources

[TheMathsTutor.ie](#) (mostly paid)

An online platform for Leaving Certificate mathematics including videos, automatically graded exercises, and worked past paper solutions which covers the entire course. This website is primarily a paid service with some free resources. Discount: currently there is 50% off full membership.

[MathsPoints.ie](#) (paid)

A website with cheat sheets for the Leaving Certificate Maths and Applied Maths course. Also includes solutions to past exam paper questions, and [free resources](#) for the proofs and constructions.

[ExamLearn](#) (free/paid)

A Studyclix alternative that has some good quality videos on the Leaving Certificate Maths course, which are freely available on their Youtube.

[Miss Keegan's Math Videos](#) (free)

Another YouTube channel featuring free videos about a wide range of Leaving Cert Maths questions. Make sure to look at the playlists to find videos grouped by topic.

[ProjectMaths.ie Activities](#) (free)

A set of resources and activities for the project maths course, most likely more suitable for teachers, but you may find something of use if stuck.

[Molloy Maths](#) (free)

A website with a variety of resources for Leaving Cert Maths, most useful are the past paper solutions and some of the video lessons. A lot of the resources from projectmaths.ie are uploaded here also.

[ExamRevision](#) (free/paid)

The entire Junior Certificate/Cycle course is complete in short video tutorials which make it easy for the students to understand.

[eMaths](#) (free)

A variety of resources including notes, flashcards, questions, videos and more. The website design/interface is a little hard to use but there is some good quality content regardless.

Biology

[The Conical Flask \(Biology\)](#) (free)

A website covering the entire Biology course, featuring slideshows, notes and task sheets with questions and solutions. I highly recommend this resource for both students and teachers.

[Mr C Biology](#) (free)

Another incredibly comprehensive website containing notes, videos, mind maps, short questions, quizzes, mind maps, experiment videos and more. Make sure to have a look at this resource

[LeavingCertBiology.net](#) (free)

Covering the whole Leaving Certificate Biology course, this website has high quality notes for every topic in the syllabus, along with interactive revision questions.

[Biology Bugbears](#) (free)

This YouTube channel is aimed at Leaving Certificate students and covers the whole course. This is a popular resource, and has lots of great videos.

[Complete Leaving Cert Biology Definitions Quizlet](#) (free)

[KayScience.com](#) (free)

A new website with really good quality biology and chemistry videos, along with quizzes. (This was released only days ago, so some content is missing). Mainly aimed at A-Level students but there is a lot of overlap.

[Mandatory Practicals](#) (free)

An illustrated set of notes for all mandatory practicals on the biology course, created by Declan Cathcart.

[Leaving Cert Biology Study Notes](#) (free)

A complete set of notes for the Biology course. The full document is only 55 pages, so the text and wording is very condensed. You might be able to get some useful information from it.

[Short Questions by Topic](#) (free)

This is a Google Drive folder containing short questions on almost all topics and it contains hundreds of questions per topic. Great for doing active revision of a topic after reading notes/watching videos.

Geography

9. [The Geography Page](#) (free)

This website has some very high quality sample essays and notes and is an essential resource for geography

10. [Eoin Hughes' Geography Videos](#) (free)

Great videos about leaving certificate physical geography showing formation of features and processes involved. Also contains videos about the Investigation coursework project

11. [Eoin Hughes' Geography Drive](#) (free)

This is a geography teacher's personal drive that they have shared containing all of their teaching notes. Some content is teaching focused but it is a good resource all the same.

12. [Precision Revision](#) (paid)

This is a great resource for students looking for an alternative and exam focused approach to Leaving Certificate Geography. They have a comprehensive field work guide, sample answers for past paper questions and guides on exam technique. They also have freely available podcasts which can be found on popular podcast apps.

13. [Educate.ie 2010 - 2014 Paper Solutions](#) (free)

Some sample questions to past papers with essays of a moderate standard. Good for trying to find where to begin when writing an essay

14. [Rochestown College - Sample Answers from Students](#) (free)

Here is a selection of essays written by students, they are quite mixed in terms of quality but are worth a look through all the same

15. [SRPs Model Answer Book](#) (free)

This book contains some lists of SRPs for various essays which can help you when you are writing an essay you haven't done before

16. [ExamRevision](#) (free/paid)

The website covers the entire Junior & Leaving Certificate course in short video tutorials.

History

10. [LeavingCertHistory.net](#) (free)

A pretty comprehensive website for Leaving Certificate History. Contains notes, information about the research project, revision guides and more. NOTE: at the time of writing, this website was down so I have linked to an archived version.

11. [History Matters 365](#) (free)

Another decent resource but more of a coalition of other resources from around the internet. Might be more useful as an accompaniment to other exam preparation materials.

Chemistry

• [The Conical Flask](#) (free)

Probably the best resource on the internet for Leaving Certificate chemistry. Every topic on the syllabus is covered in detail with videos and slideshows, along with high quality notes and questions with solutions. I'd highly recommend this website to every Leaving Cert chemistry student.

• [Chemistry Teachers Reference Handbook](#) (free)

While not suitable for everyone, for a student who wants more information about a topic or a teacher who is preparing material, this document is a comprehensive (600 page) guide to every single little bit of the chemistry course. Great if you want to dive deep into the subject whilst staying focused on the Leaving Certificate level content.

• [Mandatory Experiment Videos](#) (free)

This YouTube channel contains every mandatory experiment on the chemistry course, and was created to accompany the 'Chemistry Live' textbook. The explanations are clear and the videos are a good resource for studying for Q1 to 3 in the exam.

Physics

• [The Physics Teacher](#) (free)

This is ~~the~~ resource for Physics students. It has notes on every part of the course, and is used frequently by students and teachers all over the country. Highly recommended.

• [Loreto Balbriggan Physics](#) (free)

A list of all of the experiments and (more importantly) a large number of worked solutions to past paper questions.

• [Physics Teachers Reference Handbook](#) (free)

Just like the aforementioned chemistry handbook, this is a comprehensive guide to Leaving Certificate physics, which goes into extreme detail. If you want to know more about an aspect of the course, or maybe you're confused or want a deeper understanding, this is a great resource. However, keep in mind that this is aimed at qualified teachers!

English

- [LitCharts](#) (free)
Large poster-style documents containing almost every comparative and single text on the syllabus and is a good resource for getting information on themes, issues, some scenes and characters.
- [Connemara Community Radio English Podcast](#) (free)
A little known yet valuable resource, this is a series of podcasts covering a large amount of the material on the Leaving Certificate english course including poets, the single text and guidance on the essays. The podcasts feature teachers from the Institute of Education, and is an exam focused resource.
- [Hamlet: No Fear Translation](#) (free)
A ‘modern translation’ of Hamlet, with a study guide that includes summaries, quotes, character descriptions and an analysis of the play. The ‘translation’ explains the more complex Shakespearean phrasing in an easy to understand way.
- [Gill Critical Poetry Notes](#) (free)
An incredibly comprehensive set of notes on all aspects of the Leaving Certificate poetry course. Each poet is given a background, a general summary, and aspects of style etc. Each poem is also examined in detail, including style and various interpretations of the poem. A great resource for both students and teachers.
- [LeavingCertEnglish.net](#) (free)
While this blog is no longer active, there is a very large number of articles which serve as a great guide to all aspects of the Leaving Certificate course. If you’re looking for tips, advice, notes or answers to your questions, you’ll probably find them on this website.
- [McArdle English](#) (free)
Another comprehensive blog, there is some decent content on this website, including notes on the poetry, single text, and comparative. Some of the poetry resources are particularly detailed.
- [Thinking Quilt Language Styles](#) (free)
The syllabus, exam papers, chief examiner’s reports and marking schemes all make frequent reference to language styles. This document contains examples of the language styles needed for all parts of paper 1.
- [Mr Tobin Leaving Cert English](#) (free)
This YouTube channel is only a few days old but contains good notes on Wordsworth, and I expect that videos will continue to be added. Keep an eye on this one. NOTE: the ‘two stars’ reflects the small amount of content, this may be changed as more is added.
- [Educate.ie Exam Solutions 2016 - 2009](#) (free)
These exam solutions (if there exists such a thing for English) are written by Aoife from aoifesnotes.com. They serve as sample answers that can show you the types of things you need to be looking out for in the exam.
- [How to Memorise a Poem](#) (free)
Nice resource with memorisation techniques for poetry if that is something that you struggle with.

Accounting

- [The Business Guys Accounting](#) (free/paid)
Accounting resources with notes, past paper solutions, questions grouped by type. There are also worked video tutorials available for €55, but there’s plenty of great content.
- [EGS Accounting](#) (free)
This website contains past paper questions broken down by topic from 2019 to 1991. all past questions broken down. Notably, this contains more papers than studyclix, and so is a useful resource.
- [My Study Mate Accounting](#) (free/paid)
A series of videos covering various aspects of the Accounting course. The videos focus on showing the completion of exam questions.

Business

- [The Business Guys](#) (free/paid)
An exam focused website with notes, exam help (with tips, timing, answering questions etc) along with solutions to many questions. While most content is free (and there is a lot of it), there is some paid content available.
- [ExamRevision](#) (free/paid)
The website has all Junior & Leaving Certificate video tutorials for students studying Business. The videos are short and condense lots of information in a few minutes.
- [SGC Business](#) (free)
A popular resource featuring a large collection of well made and freely available notes and powerpoints on the entire course.

Politics And Society

- [Pol Soc Podcast](#)(free)

This is a great resource for exam candidates, with podcasts and blog posts for students about Politics and Society with notes on each podcast available also.

Irish

- [2020 Sraith Pictiúr Notes by Studyclix](#) (free)

Comprehensive notes for the Sraith Pictiúr created by Studyclix. These notes are at a H1 standard and are very clear, great for preparing for the oral

- [Gaelport Eolas](#) (free)

A YouTube channel best known for it's high quality videos of the poems on the Irish course, which you have to read in the oral. Watching these videos can help you get a handle on the pronunciation, so you can get full marks in this part of the exam.

- [McCGaeilge.com](#) (free)

Resources on all aspects of the Leaving (and Junior) Cert Irish course, suitable for both higher and ordinary level. Everything from poetry to prose to phrases is on this website, definitely worth a look.

- [AN TRIAIL le Máiréad Ní Ghráda](#) (free)

An amature production of An Triail in video format, available on YouTube, created by a group of fifth years. Some may enjoy and some may dislike the style, so your mileage may vary.

