

HOW TO ACE YOUR EXAMS

Your weekly guide to help you achieve your potential



My top 10 definitive exam hacks

(PART 1)

Tips to greatly improve your chances of performing well on the big day



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OVER the next two weeks, I will discuss my top ten definitive exam hacks to help you ACE your exams. This week I will countdown hacks ten to six leading into next week's top five. This information, if used correctly, will greatly improve your chances of performing well in your exams (both at Junior Cycle and Leaving Certificate Levels):

10. SUBJECT CHOICE:

At the start of fifth year, you have a big decision to make in relation to what subjects you are going to sit for your Leaving Certificate. You need to select subjects carefully as they will have a big influence on your points total and options later. If you are interested in or like a particular subject, you will be more inclined to want to study and know more about it. I would strongly advise you to select subjects you enjoy, not just ones that your friends are doing.

On the other side of the same coin, I would say that if a potential subject is linked to a specific career you are considering and this subject is one you didn't enjoy for Junior Cycle, you should reconsider selecting this subject and possibly even your future career. If there is a specific course you wish to pursue, you need to check if there is a minimum requirement grade for a subject to be achieved on it. It is true that second level subject choice has a big influence on what you go on to study at third level.

Joe McCormack has taught Maths, Geography, ICT, Technical Graphics, CPSE, Woodwork and Science in various secondary schools in Ireland for the last fifteen years. In addition to correcting exams for the Dept of Education and Skills and Dublin Examining Board he has worked in Ireland's top school for tuition, the Dublin School of Grinds. Through his experience and research, Joe has gained a unique understanding of the struggles and obstacles students face when it comes to Junior and Leaving Cert exams.
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9. SLEEP CONSISTENCY:

Sleep is an important feature of functioning well as a human being. Sleep quality from the night before affects how productive you are the next day. Researchers from Ghent and KU Leuven Universities in Belgium recently surveyed six hundred and twenty-one first year university students about their sleep habits during exam periods. The findings showed that students who slept at least seven hours each night during the exam period did nearly ten percent better than students who got less sleep.

Eight to ten hours is the recommended amount of sleep for a teenager so this should be your goal, especially around exam time. I would recommend aiming to be in bed by ten thirty p.m. and avoid technology including TV, mobile phones, and tablets in the bedroom after that.

8. AVOID AVOIDING:

It is very easy to sit down after dinner in the evenings and start into the subjects you like. I would advise you to take on the subject you find most difficult or the one that is your least favourite first. When completed, this will give you a positive feeling as you tick it off on your 'lifestyle timetable'. You should then move on to your second least favourite subject etc.

Do whatever type of learning you don't particularly enjoy first. In other words, if you don't like reading or recalling facts, maybe start with them as opposed to writing or note taking. Treat each piece of homework as a mini-study session and try not to rush it. Homework and revising are all about tactics, planning and working smart;

quality over quantity.

7. HAVE REALISTIC EXPECTATIONS:

'This morning I'm going to go back through the Biology past papers and do every question on respiration' is your plan. A more intelligent approach would be: 'I will find one long exam question on respiration, have a go at it and if I struggle with something, I will research it in my notes or on the Internet. I will then record the information I have learned into a little notebook for this topic, which I can refer back to later'. Setting expectations too high can foster negative feelings if they are not met. You need to have short term realistic goals listed somewhere that you know are achievable.

6. QUESTION TIMING AND TACTICS:

Make sure you are familiar with the following: How long is the paper? How many questions do I need to complete in each section and how long can I spend on each question part? These are things you need to work out before each exam paper. Knowing your paper inside out and sticking to a time plan will minimise stress, especially when you reach the last thirty minutes.

Consider doing your best question first, second best second and so on. This will help settle the nerves and build your confidence.

Lastly, stick to the game plan you have for each exam paper. Great penalty kick takers over years of football always 'make up their mind and stick to it'.

EXPERT GUIDANCE TO GIVE YOU THE WINNING HAND TO ACE THE EXAMS

RECOMMENDATIONS AND MORE DETAILS ABOUT THESE TIPS CAN BE VIEWED ON WWW.ACESOLUTIONBOOKS.COM

HOW TO ACE LEAVING CERTIFICATE



ACADEMIC YEAR SEPT 2018 – MAY 2019
POST LEAVING CERT COURSES AT QQI Level 5 & 6

Healthcare and Community Care

- Applied Social Studies
- Applied Psychology *New
- Childcare/Special Needs Assistant
- Nursing Studies
- Health Service Skills
- Pharmacy Assistant *New

Pre-University General Courses

- Pre-University Arts (History)
- Pre University Liberal Arts (English) *New
- Language & European Studies
- Pre-University Law
- Pre-University Business
- Human Resource Management *New

Pre-University Science Courses

- Pre-University Science/ Agricultural Science
- Animal Care
- Equine Business & Horsemanship *New

General Business

- Tourism
- Airline Studies *New
- Legal and Medical Secretary/Office Administration
- Beauty Therapy
- Hairdressing

Food

- Professional Cookery
- Food Science

Sport

- Sports Management & Coaching
- Sports Injury Prevention & Massage Therapy *New

- Sports Coaching / Sports Science

Multimedia and Computers

- Computer Systems and Networks
- Multimedia and Computers
- Creative Media
- Sound Production

The Arts

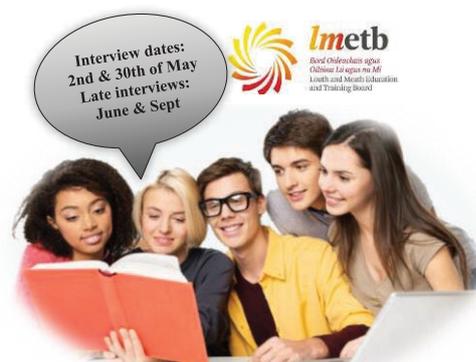
- Music Performance
- Art Portfolio

Advanced Certificates (QQI level 6)

- Beauty Therapy *New
- Hairdressing (Senior Trade) *New
- Healthcare Supervision (2 years program) *New
- Multimedia & Web Development
- Art
- Special Needs Awareness & Assisting *New
- Early Childhood Care & Education

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Interview dates:
2nd & 30th of May
Late interviews:
June & Sept



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