

Leaving Cert SOS Course Helps Students Max Points

The Leaving Certificate can be a difficult process for any student, but now there is help at hand with a new course to aid learning.



D ID YOU KNOW THAT AFTER 24 hours, people forget 70 per cent of what they have learned? Against this stark reality for students sitting the Leaving Certificate, National Learning Network has developed a unique study skills course – Leaving Cert SOS – which aims to help students achieve more points and, ultimately, the third-level courses that they want.

Leaving Cert SOS – the SOS stands for Study-Oriented Skills – is designed to enable students to identify their unique learning style, to learn new study techniques that match that style, to develop an individual study plan and to identify targets to maximise their points.

According to Dawn Duffin, Head of Learning and Assessment Services, National Learning Network, “Learning is a different process for everyone. Students have to find the best learning method for them whether visual, auditory, or kinaesthetic, which is the use of movement and touch. Knowing which style suits a person best will help them to maximise their efforts, their time and, ultimately, their results.”

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Cian Donohoe undertook the Leaving Cert SOS course in the lead-up to his Leaving Certificate in 2008. He says, “It completely changed my outlook on the studying process. I had eight subjects and thousands of pages of books to go through. What the facilitator did was to break it all up into individual bits so that it was much more manageable. We organised my notes, set out tasks for

the week ahead, had a special study room in the house – the rest of the house was for relaxation – and took plenty of breaks. It’s important not to overdo it and to take time for yourself. It was like a mental thing and once I overcame the fear and got the help I needed, I just got down to it, and it wasn’t that bad after all.”

In his mock examinations, Cian scored 295 points. And after Leaving Cert SOS, how did he do? “I got 405 points, all of which I put down to the course. Beforehand, I had no idea how to study. Afterwards, I was much better equipped and knew what I was doing. I got the result I was looking for and my first course choice of a music technology degree in NUI Maynooth. I’m now living my dream.”

Each course is facilitated by an educational psychologist

and costs €150 per student. Each participant is provided with a personalised study skills manual at the end of the course. Leaving Cert SOS courses are available countrywide on request and can be provided to a class or group of friends up to a maximum of 15. ■

Who to contact

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