

Subject Choice for Second Year

Plus overview of good study practise

Preparation in School

- All First Year students have Guidance classes about making their subject choice and can clarify any issues in Guidance classes.

In First Year Students “taste” all 17 Subjects:

- Irish, English, Mathematics, Religion,
- CSPE (Civic Social and Political Education)
- SPHE (Social Personal and Health Education)
- PE (Physical Education)
- History, Geography,
- French, German,
- Art, Business, Home Economics, Music,
- Science
- Technology.

In Second and Third Year the Core Subjects are:

- Everyone studies:
- Irish
- English
- Mathematics
- Religion (Short course in Philosophy)
- History
- Geography
- P.E. (Short course for Junior Cert)
- C.S.P.E.
- S.P.H.E.

There is a choice about other subjects

- Chose any four of the following:
- Art
- Business
- French
- German
- Home Economics
- Science
- Technology
- Music

Date to decide by:

- 2nd February 2018

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Where to get information:

- Guidance class on Subject choice
- Christmas Reports
- Information Meeting Monday 15th January
- First Year Parent Teacher Meeting Thursday 18th January 4.15 pm to 6.45 pm in Sports Hall

Guidelines for Choosing cont.

- A student will do better at a subject she finds interesting.
- Choose the subjects the student is good at - look at the student's record in the subject e.g. homework and class tests.
- Speak to subject teachers at the Parent Teacher Meeting on Thursday 18th January.

Necessary subjects for courses

- Apart from the core subjects the main subject which might be necessary for particular courses is science.
- Unless a student finds this subject too difficult it is a good idea to keep it on until Junior Certificate level at least.
- If a student finds this subject very difficult in First Year it is likely to be very difficult for her in Second and Third Years also.
- More information to follow about courses where science is necessary.

Some Careers where Science is necessary:

Beauty Therapy (most courses),
Dental Hygienist, Dental Nurse (some courses), Dentist,
Dietician,
Engineer
Food Scientist,
Doctor, Pharmacist, Radiographer,
Nurse, Paramedic
Occupational Therapist, Speech Therapist,
Optometrist, Physiotherapist,
Vet, Veterinary Nurse.

Third /European Language (French and German)

Passing a European language at Leaving Cert level is necessary as an entry requirement for many courses.

For this reason unless a student finds languages very difficult in First Year, it is important to keep on one European language.

Apart from this it is a real advantage in the workplace to be able to communicate in another language.

A European Language

- **Necessary for all courses except Nursing and some Science/Engineering courses in the following:**
- University College Cork
- University College Dublin
- NUI Galway
- Royal College of Surgeons in Ireland
- St. Angela's College of Education, Sligo
- National College of Art and Design
- Shannon College of Hotel Management
- NUI Maynooth (However not necessary for Business and Law)

Link Modules/LCVP

- Extra subject in Fifth Year
- Practical subject relating to the workplace and enterprise.
- Cannot be taken unless student is studying either French or German in school.

Some Useful Subjects for Various Careers

- **Art** – Graphic Design, Architect, Architectural Technician, Interior Designer, Art Therapist, Primary Teacher.
- **Music** – Music Technologist, Performer, Primary Teacher, Music Therapist.
- **Business** – Accounting, Management, Economist, Marketing, Human Resources.
- **Home Economics** – Hotel Management, Chef, Food Science, Social Work/Sociology
- **Technology** –Engineering, Science, Apprenticeships.

Languages spoken at home

- It is possible to sit the Leaving Certificate in certain languages if students speak them at home and prepares for the exam at home.

These languages are:

- Arabic
- Bulgarian
- Croatian, Czech
- Danish, Dutch
- Estonian, Finnish
- Hebrew Studies, Hungarian
- Italian, Japanese
- Latvian, Lithuanian
- Modern Greek, Polish, Portuguese
- Romanian, Russian
- Slovakian, Spanish, Swedish

Study Skills

- Students learn about study skills in SPHE class

Important to consider!

Students need:

- Quiet Place
- No distractions – TV, Phone, Social Media
- Organisation - desk, shelf or cupboard
- Good lighting
- Temperature, not too cold or too warm

It is vital to be organised

- Use the school journal to write homework and decide which books to take home.
- Use the school journal as reminder for PE clothes, Home Economics ingredients etc.
- Good idea to have a copy of the timetable at home as well.
- It is a good idea to start homework as early as possible and so avoid doing it when the student is tired.

Read more, understand more!

- Reading improves general knowledge.
- It improves vocabulary and spelling.
- It develops concentration.

Healthy Balanced Lifestyle

- Healthy food
- Enough sleep (at least 8 hours – probably more for teenagers)
- Fresh Air and exercise
- Recreation and breaks
- Keep up an interest in extracurricular activities in a moderate way.

A Good Study Method

- S Scan
- Q Question
- R Read
- R Remember
- R Read Again

Scan

- **Scan** – the headings, bold print and parts underlined from class.
- This is a reminder about the material that is to be studied.
- This gets the brain focused on the task.

Question

- **Question** – ask as many questions as you can think of about the main headings.
- Your mind engages and is more active when it is trying to answer questions.
- This promotes interest rather than an attempt to “learn off” material.

Read – also make notes

- **Read** – Read the text trying **to learn** the material and answer the questions you have come up with.
- It is better to read **small sections** and go back over them than to read through the whole text.
- Read a number of times until you feel **you have a good knowledge of the piece.**
- Make notes as you learn. These notes can be kept for revision.
- Notes can be bullet point, spider diagrams, mind-maps or flash cards.

Remember – test how much you remember

- **Remember** – Test how much you can recall.
- One can test oneself by writing out brief notes or orally.

Read again

- **Read again** – are there gaps in your knowledge? Go back and fill them in!
- Most people will not remember all the information and will have to go over particular points again.

Mistakes to avoid

- Rewriting large sections of information - This takes too much time.
- Just “looking over” material without making any notes or testing yourself
- Trying to “learn off” without understanding or engaging with the material.

Recap

- Try to study in a suitable room with a desk etc.
- Eat healthy food and take enough rest
- Plan time for interests as well as study.
- Rest and take full breaks during the holidays.
- Become independent and responsible.
- Use a good study method and make notes.

Thank you for your time and attention!

Be accepting of your own efforts and results. Every girl is different and if you are doing your best then that is good enough. It is not possible for every student to achieve an A and it is not necessary in order to do well in life.