

## Leaving Certificate time-line!

### Context of this Document

The Guidance Department normally engage with LC's to offer perspective for exam preparation, encourage, motivate and offer context (roadmap) to students at this time. This year we present this differently...! This is to support the approach of breaking preparation time for LC exams into smaller chunks of time segments, to aid time and emotional management.

Dates	Activity	Effort work-rate levels	Motivational challenges
20 <sup>th</sup> April-4 <sup>th</sup> May	<ul style="list-style-type: none"><li>On-going classes, on-line.</li><li>Consolidating learning of new topics</li><li>Completing project work</li><li>Completing summary of subject topics</li></ul>	<p>Using the driving metaphor, at this point, it's useful to be in 5<sup>th</sup> gear (in a 6 gear car!) at this point.</p> <p>When working your attitude needs to be purposeful focusing on high productivity.</p>	<ul style="list-style-type: none"><li>Confusion about actual exam dates</li><li>July seems so far away</li><li>It's been a long school</li><li>My wifi is not reliable</li><li>The sun is shining and I'm fed up being inside....</li></ul> <p><i>We have to accept that there are things we can't control and carry on regardless.</i> Make a decision to 'keep on keeping on going'</p> <p>Remember -your LC goal-there is a long term gain for all this effort</p>
5 <sup>th</sup> – 29 <sup>th</sup> May	<ul style="list-style-type: none"><li>Continuation of learning new material</li><li>Summarising and creating notes</li><li>Exam question practice</li><li>Focusing on subject topics from 5<sup>th</sup>/6<sup>th</sup> year your struggling with</li><li>Apply for SUSI grant (open 23<sup>rd</sup> April)</li></ul>	<p>Still operating in 5<sup>th</sup> gear... Another metaphor!! – you're currently climbing the lower perks far from base camp – looking at Everest which is within your sights</p>	<ul style="list-style-type: none"><li>It's now May , I should be looking forward to finishing in CBS, planning the school Grad and going down memory lane with the the teachers!</li><li>It wish this was all over!!!</li><li>I don't feel confident about the LC exam – we haven't covered the whole course yet!</li></ul>

	<ul style="list-style-type: none"> <li>• Apply for college accommodation</li> <li>• Apply for scholarships and grants</li> </ul>		<p><i>Remember every LC student in the country is in the same boat! Your fears are shared with many across the country! Are you thinking cup half full or empty?</i></p> <p>Remember -your LC goal- there is a long-term gain for all this effort</p>
June Bank Holiday – 12 <sup>th</sup> June	<ul style="list-style-type: none"> <li>• Hopefully LC exam time-table will be out!!!! Around this time</li> <li>• Take a break completely for the Bank Holiday weekend</li> <li>• Spend a couple of hours planning your approach to the final 6 weeks before the exams</li> <li>• Look at videos or online resources you may not have checked out up to now, on topics you find a challenge....</li> <li>• Look at your CAO choices and organise your order according to preference</li> </ul>	<p>Metaphor You've set up your own temporary camp on the second last perk before the final ascent to Everest.</p> <p>You are still in 'goal orientated frame of mind' connecting in with why LC is NB for YOU! (When we are in touch with meaning &amp; purpose, we have the seeds for good motivation levels..)</p> <p>Allow yourself to take in the view, smell the scents of nature and looking after your body and spirit for the final push....</p>	<ul style="list-style-type: none"> <li>• I will never feel ready for this LC exam!</li> <li>• I'm fed up!</li> <li>• This has been going on too long- it's not fair!</li> <li>• I can't sleep properly</li> <li>• It's too late now to start studying!</li> <li>• I don't need the LC for what I want to do!</li> <li>• I'm sick too my stomach about LC</li> <li>• If I switch off a little now – it will be harder to get back on track....</li> </ul> <p><i>Just think of the great story you can tell your children – how you did a great LC during a pandemic!</i></p> <p><i>How impressive on a CV to have a good LC in 2020, it'll show GRIT and RESILIENCE to future employers</i></p> <p><i>This is a great personal achievement in its-self. A positive goal and challenge for you.</i></p> <p>Remember -your LC goal- there is a long-term gain for all this effort</p>
15 <sup>th</sup> June – 24 <sup>th</sup> July 2020	<ul style="list-style-type: none"> <li>• Practice exam questions</li> <li>• Revise study notes</li> <li>• Practice exam questions</li> <li>• Revise study notes</li> </ul>	<p>Metaphor You can see the path ahead clearly and with a fortified heart, and full preparation done you take on the final ascent! You have a heightened sense of alertness, mindful of the challenges of complacency and loss of concentration.</p>	<ul style="list-style-type: none"> <li>• Its too late to start!</li> <li>• I should be in Ibiza now!</li> <li>• Everyone else is on holidays</li> <li>• The weather is too good to be indoors for much of the day</li> <li>• When will I get a break from all of this?</li> <li>• When will colleges open and will I get a break beforehand?</li> <li>• How safe will it be to my and my family's health to sit the exams?</li> </ul>

		<p>Your now in 6<sup>th</sup> gear and cruising ahead!</p>	<p><i>Its NB to heed the social interaction guidelines presented by the CMO and DES.</i></p> <p><i>Sometimes doubts come alive at the last hurdle. Some people experience and fear of success , some people experience a fear of failure... They are both fears and are best faced head on for what they really are...FALSE EVIDENCE APPEARING REAL Reframe these fears into a positive realistic personal goal you have set yourself ...and for which you have prepared</i></p> <p><i>Accept graciously the support offered by teachers and loved ones</i></p> <p>Remember -your LC goal- there is a long-term gain for all this effort</p>
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