

STAFF IN SERVICE COURSES

(Choice of Half Day or 2 Hour Seminars)

Course 1. "Help Your Students Succeed in Exams!"

Our most popular workshop! By understanding how students process and learn information, teachers can enhance their teaching techniques and ensure that their students maximise their learning potential. (If we have visited your school to talk to the students, this is the workshop for you! It will help teachers back up the techniques their students would have learnt in the SES study skills seminar).

Course 2. "Discipline/ Practical Strategies"

This session aims to provide schools with information on how to minimise discipline problems, thereby helping to prevent these from escalating. Its aim is to assist in creating a safe and positive environment conducive to learning.

Personality types and teaching styles are examined. A possible Code of Discipline, outlining realistic reward schemes, is explored. Proactive techniques and strategies on dealing with confrontation are also discussed.

Course 2. "Too much stress, less success!!"

A teacher's job has never been more stressful. Changing curricula, school evaluations, discipline issues and a changing society have increased workloads and stress levels.

This workshop outlines the emotional and physical effects of stress. Teachers explore how good Time Management strategies will help to reduce stress (reference is made to 'The Six Thinking Hats', 'Force Field Analysis', Prioritising, Procrastination, 'The need to say No!', etc.). Those attending this entertaining and thought provoking seminar have responded very positively.

Course 4. "Differentiated Learning"

Teachers face the challenge of teaching to mixed ability groups, while creating an environment that supports students of differing abilities and learning types. This workshop aims to help teachers recognise the different learning styles and assist them in developing practical techniques suitable for a wide range of ability levels.

We examine Direct Instruction Vs Differentiated Learning; Howard Gardner's Multiple Intelligences; Carl Jung's Personality Types; The Myers- Briggs Type Indicator. The course explores practical ideas for the classroom, (including Mapping Methods of Notetaking, Spider Diagrams, Graphic Organisers plus a variety of innovative ideas).

Course 5. "Team Building"

As you are aware, teamwork plays a vital role in the dynamics of the staff room. For this fun activity, the staff is broken into small groups and each is allocated a simple building task (all materials are supplied). Each team must complete the task in a set time limit. This activity helps to reinforce the main qualities of teamwork and good leadership.



TALK FOR PARENTS

"Study Skills and Your Child"

An informative one hour talk for parents of secondary school students (followed by Q&A session)



This talk has been extremely well received by all those who have attended. It is an amusing and fast moving address, outlining many practical ideas that parents can use to assist their children with their studies.

The presentation, which lasts one hour, has been used very successfully as a keynote address at an AGM or parents' meeting. An opportunity is given at the conclusion of the evening for questions to be addressed to the speaker.

It has proven most beneficial when used in conjunction with the Study Skills seminar for the students. In this way, parents are made aware of what their child has been taught and the expectations that have been set. Parents are therefore in a better position to support their child and to offer help and encouragement when the need arises.

Student Enrichment Services Ltd.

Student Enrichment Services Ltd., was established in 1985 in Brisbane, Australia, by Rory Mulvey, a graduate of University College Dublin. Rory returned to Ireland in 1994 and has since continued to develop this unique study skills programme. SES is now widely regarded as the market leader in this specialist area of education. SES has been invited into more than 380 schools and colleges to instruct their students in these unique learning methods.



Ongoing research by teachers and educational administrators ensures that this course continues to be recognised as the most effective seminar available in this specialist field.

RORY MULVEY, DIRECTOR



Visit our website to see an extensive list of schools visited.

www.studentenrichment.ie

or Phone (01) 4947927

Contact Us

214 Whitecliff, Rathfarnham, Dublin 16.

Phone (01) 4947927 Fax (01) 4947175

email: info@studentenrichment.ie

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All our presenters are fully qualified, experienced school teachers selected for their ability to motivate and communicate effectively with students.



We have worked for 25 years to produce this exceptional course. This seminar will deliver long term, sustainable improvements by providing students with the tools they need for success.

Discover why more than 380 schools invited SES to instruct their students in our unique learning techniques.

Why invite us to come into your school?

We are aware that many students receive tuition in Study Skills at school. We feel confident however, that our course proves very effective as the students feel they are being instructed by "specialist outsiders".

Regularly updated research ensures maximum benefit for those who attend. When looking for help with study skills, you can get lost in a sea of confusion. Turn to the people who have been helping students for 25 years.

The learning atmosphere of a condensed and intensive seminar also makes the student more receptive to the instruction received.

Each student receives a booklet which summarises the main points covered and is useful for later reference.

The students' response sheets make it clear that the skills learnt benefit them greatly with their studies.



"Success in School !"

Study skills seminars for all year levels in secondary school. Students will discover the seven "SES Steps to Success".

Topics covered include:

Depending on the year level being addressed and the duration of the seminar (full or half day) a selection of the following topics will be covered:

Your personal Learning Style:

Students complete our Questionnaire to help identify areas where improvements in their study techniques could be made. It will also help them to identify their preferred learning style.

Goal Setting:

We stress the importance of setting realistic, achievable goals and assist students in setting up their individual Goal Charts. This session deals with confidence building and overcoming self limiting beliefs.

Time Management:

Students learn to save time, energy and needless stress! The essential fundamentals of good time management techniques are outlined. Students learn to construct a workable study / homework timetable.

"A dream is just a dream, a goal is a dream with a plan and a deadline"
H. Mackey

Note Taking:

By working with us through our sample exercises, the students will learn the basic skills of note taking, thereby saving hours of wasted study time! A variety of styles will be examined – Outline Method, Spider Diagrams and an innovative, visual Mapping Method.

"Motivation is when your dreams put on work clothes"
Benjamin Franklin

Exam Techniques:

We show students how to prepare for, and sit, exams and how to construct Revision Planners. We point out common pitfalls and explain what the examiner requires.

Essay Writing:

This entertaining and popular session outlines the basic concepts of good creative writing.

Stress Management:

We outline some straight forward techniques to help cope with stress.

Memory Improvement:

Simple, effective techniques are demonstrated. Students are amazed at how helpful these fun methods can be when preparing for exams.

The "SES Test" Study Method:

Perhaps the most important session of the course! Most students have no idea how to study effectively and how to retain the information they have learnt. Their response to this proven seven point method of study has been remarkable! By using this method, their confidence rises and their performance in exams can show a really significant improvement.

"It's not much good knowing what you want to achieve in six months or a year if you don't have a plan for tomorrow"

Each student will receive a booklet summarising the main points covered.

SEMINARS FOR STUDENTS

STUDY SKILLS SEMINAR

CLASSES NOT LECTURES!
All our courses are presented by **FULLY QUALIFIED, EXPERIENCED SCHOOL TEACHERS.**

Course 1. "Introduction to study skills"

– a half day course specifically designed for students in First & Second Years in secondary school. This is a fun, fast moving seminar, covering the fundamentals of good note taking and learning skills. It is a "hands on" course, allowing the students to see for themselves how quickly they can improve.

Course 2. "Success in School!"

– choose either a full or half day course. Caters for students in Third to Sixth Years. This very successful seminar is designed to assist students achieve to their full potential by improving their study and organisational techniques and their motivation to succeed.

Course 3. "Follow-on" seminar:

- a "refresher course" designed for students who have previously attended our "Success in School!" seminar.

Course 4. "Final Revision" workshop:

- a two and a half hour session for Third and Sixth Years as they approach their public exams. (Available March – May). Revision planning, exam techniques, confidence building and a method of rapid revising are covered. We reinforce the fact that they can still make a big difference to their exam result in the last few months!

A suggested combination of courses chosen by many schools:

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| "Introduction to Study Skills" | - (two & half hours) | First or Second Year. |
| "Success in School!" | - (full or half day) | Third or Fifth Year. |
| "Follow-on" seminar | - (half day) | Sixth Year. |

OTHER COURSES

Course 1. "Leadership & Team Building":

A stimulating and fun half day workshop ideally suited to Prefects, Mentors and Student Councils. The activities involved incorporate an element of fun and competition which the students thoroughly enjoy! Designed to help develop team players into team leaders. Students are given the opportunity to display a full range of leadership skills in order to achieve their set goals. This course has also proven very popular with TY classes.

Course 2. Creative Writing:

Innovative tips on how to construct a short story. A combination of examples and writing exercises help students discover and use their writing skills.

Course 3. Visual Notes & Memory Skills:

Students learn a wide range of note making skills, including a visual mapping method – colourful and creative. They also learn simple, imaginative memory skills and are amazed at how it can help them to recall information!

Course 4. L.C.V.P. (Enterprise/ Link Module):

This activity can be used for the Leaving Cert. question on the preparation of a business plan. The components of their plan would include: aims; production time; personnel; evaluation methods. They evaluate themselves under the headings of teamwork; success of activity; ability to carry out assigned tasks. It is a fun, half day activity which the students enjoy.

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Class sizes must be strictly limited or the effectiveness of the course is greatly reduced. All courses are adapted to the year level and ability range of the students attending.