



WELCOME

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How to Support your child & yourself in the coming months

- Introduction
- Common Difficulties
- Household Approach needed
- Strategies to Support your Child and Yourself
- Key Messages
- Conclusion



Common Difficulties

Accept stress for a defined, known period of time



The Presenting Issues:

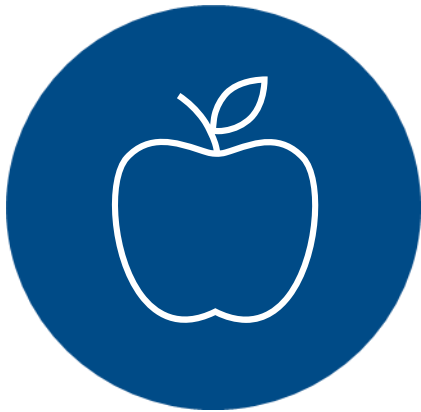
- Increased levels of stress among students & parents
- Changes in behaviour
- Increased irritability with shorter fuses
- Physical: Sweaty palms, knots in the stomach, more frequent trips to the toilet
- Increased heart rate
- No appetite or overeating
- Dry Mouth
- Miscommunication with parents and friends

Strategies

- Be a source of support
- Results do not define who they are
- Strive for a personal best
- Building emotional resilience is part of life's journey
- Go over mock results
- Be aware of oral exams



Healthy Habits



Diet

- **Balanced Meals**
- **Breakfast**
- **Water**
- **Limit Caffeine**



Exercise

- **Daily Fresh Air**
- **Nature**
- **Nighttime Routine**



Phones

- **Connection with Friends**
- **Music**
- **Learning Tool**
- **Affects Sleep**

1 to 1 Communication Time

- Setting time aside for dedicated attentive listening
- Do not over police their study, allow ownership
- Do not try to match other student's study plans
- Reduce catastrophizing to avoid the 'fear of failure'
- Have fun and enjoy treats
- Celebrate milestones



Short Mindfulness Exercise

○ **Minute 1:**

Close your eyes - awareness of thoughts, physical sensations

○ **Minute 2:**

Focus on breathing with one hand on your chest and one hand on your tummy (7 seconds in & 9 seconds out)

○ **Minute 3:**

Awareness of the body (15 seconds for each of our four limbs – or body scan)



Resources

Health Service
Executive website



Allow autonomy



School Resources:
Pastoral & Guidance
counsellors



Local GP



Notes For Students

- Reward yourself
- Be honest with yourself
- Reflect and change as needed
- Build in some flexibility in your study timetable & be realistic
- Don't be a perfectionist

Study & Learning Styles

Effective Study Techniques

- Getting the balance right – not too much (burnout) yet enough
- The 'Goldilocks' approach
- Allow the student to put together their own 'flexible' study plan
- Capacity to build in additional time on other days so they can see a film, match

Everyone learns differently, what revision style works best for them?

- Visual
- Oral
- Reader
- Kinesthetic (learn by doing)

June Exams

**Be Organised:
Know the exam
timetable**

**Get everything ready
the night before**

**Don't Rush:
Take your time getting
there & when you open
the paper**

**Don't give up &
dwell on the exam**

**Refrain from
parental post-
mortems**

**Focus on the next
exam**

After School Pathways

- Many different pathways
- Central Applications Office
- Change of Mind: Opens on May 7th ,Closes July 1st (5pm)
- Check the CAO Statement of Record in May
- Pendulum effect after the Leaving Cert
- Check exemptions & Leaving Cert number (ensure previous Leaving Certificate number is included if you have taken a previous LC)
- Family holidays in late August when results and offers come through (e.g. Accommodation Search)



Key Messages

- **Accept that a certain level of stress is inevitable**
- **Parental Support – ‘I am proud of you and your efforts’**
- **One-to-one communication time**
- **Important to always keep a perspective**
- **Be alert and connect with school resources**
- **Other resources: HSE website (tips and services for younger and older people)**

Additional Resources

- Up to date information available on **HSE website** at:

<https://www2.hse.ie/mental-health/services-support/supports-services/>

- **Teenline** 1800 833 634
- **Jigsaw** dublincity@jigsaw.ie
- **Childline** free text 50101
- **Aware** (depression and anxiety) 1800 804848
- **Bodywhys** (eating disorders) 012107906
- **Pieta House** (suicide and self harm) 1800 247 247
- **The Samaritans** 116123
- **SpunOut.ie** (youth information website) Spunout.ie
- **BeLonGTo** (supporting LGBTI+) Belongto.org
- **Crisis 24.7** text line text 50808 to start

If you or someone you know is at risk of suicide or self harm, you should speak to a responsible adult immediately and ask them to make contact with either GP or A&E.



THANK YOU

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84

