



WELCOME

THE INSTITUTE OF EDUCATION

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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 and Q&A



Framework of Understanding

Accept additional stress as it is for a defined, known period of time and prepare for it



- Awareness of the link between our thoughts (thinking) which affect our
- Feelings/Emotions which affects our
- Behaviour (doing) and is connected to our
- Physiology/Body

Interconnected – loop

Common Difficulties

Accept additional stress as it is for a defined, known period of time and prepare for it



The Presenting Issues:

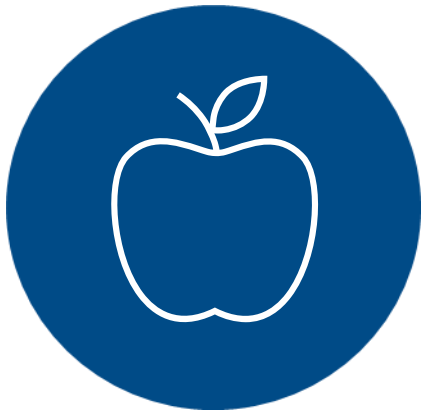
- Increased levels of stress among students & parents
- Increased irritability with shorter fuses
- Physical: Sweaty palms, knots in the stomach, more frequent trips to the toilet/Increased heart rate/chest pains
- Changes in behaviour
- No appetite or overeating
- Dry mouth
- Miscommunication with parents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

Some 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 – learnings, adjustments
- Oral exams
- Take note of familiarity from mocks and orals



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'
- Awareness of other siblings, and differences
- Have fun and enjoy treats
- Celebrate milestones



‘RALLY’ is a helpful framework

- **R**ecognise
- **A**cknowledge
- **L**isten
- **L**et someone know, if necessary (supports slide later)
- **Y**our approach (calm, self care)



Short Mindfulness Exercise

○ Minute 1:

Close your eyes - awareness of thoughts, emotions or physical sensations. Do not try to change – just being aware.

○ 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)



Notes For Students

- **Be honest with yourself – reflect and change as needed**
- **Build in some flexibility in your study timetable and be realistic**
- **Take note of the familiar (mocks, orals) – confident mantra – true and encouraging thoughts for yourself.**
- **Try not to compare yourself to others - it is the ‘thief of joy’**
- **Enjoy your breaks, and try to leave ‘worry’ time to when you are sitting down planning and adjusting your schedule**

Study & Learning Styles

Effective Study Techniques

- Getting the balance right – not too much (burnout) yet enough
- The 'Goldilocks' approach
- Allow them to put together their own 'flexible' study plan
- Structure in the window between school finishing and start of exams
- 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)
- Practice exam papers, time allocation and marking schemes.

June Exams

**Be Organised:
Know the exam
timetable,
layout and
timings**

**Get everything
ready the night
before**

**Double check
instructions when
you open the paper
and start with what
you know
(breathing)**

**Don't give up &
dwell on the
exam except
for learnings**

**Refrain from
parental post-
mortems**

**Focus on the
next exam**

After School Pathways

- Many different pathways
- Central Applications Office -Change of Mind: Opens early May, Closes July 1st (5pm)
- Check the CAO Statement of Record in May
- Beware of 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)
- PLC/National Tertiary Office/Apprenticeship Options
- Family holidays not in late August when results and offers come through (e.g. Accommodation Search)



Resources

Health Service
Executive website



Allow autonomy



School Resources:
Pastoral & Guidance
counsellors



Local GP



Key Messages

- **Accept that a certain level of increased stress is inevitable, and prepare for it**
- **Parental Support – ‘I am proud of you and your efforts’. Positivity, Praise and Provision of Support (3 Ps)**
- **Create the space for One-to-One communication time, when they are ready**
- **Important to always keep a perspective - there are many options**
- **Be alert and connect with school resources if needed**
- **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.

The background of the entire image is a collage of numerous small photographs depicting various educational scenarios. These include students working at desks, a teacher speaking to a class, a large group of students posing for a photo, and individuals holding up certificates or diplomas. The scenes are set in classrooms, libraries, and other educational environments, creating a sense of a vibrant learning community.

THANK YOU

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