

Plan your Study



Use your study planner to help with this! Try to stick to the plan.

Instead of spending hours on one subject, start off with 45 minute time slots and work from there to find what's best for you.



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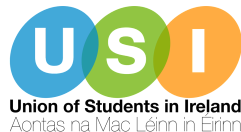
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Déan Plean Staidéir



Bain úsáid as do dhialann staidéir le cuidiú leis seo!

Déan do dhícheall cloí leis an bplean. In ionad na huaireanta a chaitheamh ar ábhar amháin, tosaigh le sliotáin ama 45 nóiméad agus ansin faigh amach cén bhealach is fearr duitse.



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Take Regular Breaks



Make sure to take breaks from studying; stretch, get some water or have a snack, but also making time to do something you enjoy in between study sessions and exams to take your mind off things for a while.



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Tóg Sosanna Rialta



Déan cinnte go dtógann tú sosanna ón staidéar, sín do chorp, ól uisce, nó ith greim bia, agus faigh am le rud spraoiúil a dhéanamh idir na seisiúin staidéir agus na scrúduithe le d'intinn a ghlanadh.



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Stay hydrated!



Keep a bottle of water close to you while you're studying.

Slight dehydration can lead to a lack of focus and concentration, so it's important to drink enough water when you're studying.



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Ól Uisce!



Coinnigh buidéal uisce in aice láimhe agus tú ag déanamh staidéir.

Is féidir díhiodráitiúchán laghdú a dhéanamh ar an díriú agus ar an aird, mar sin tábhachtach uisce a ól agus tú i mbun staidéir.



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Ask for help



If the pressure of exams is getting to you, talk to someone you trust, like a parent, guardian, or another trusted adult.

You can also speak to your counsellor, Students' Union or classmates about your exams, and ask if they can help you find ways to manage the stress.



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Iarraidh ar Chúnamh



Má tá tú faoin iomarca brú leis na scrúduithe, labhair le duine a bhfuil muinín agat astu, bíodh tuismitheoirí, caomhnóir nó duine fásta eile iad.

Is féidir labhairt le do chomhairleoir, Aontas na Mac Léinn nó comrádaí ranga eile chomh agus iarraidh orthu cuidiú leat déileáil leis an mbrú.



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