

## New 'learning to learn' Online programme for 2nd level & Further Education students

### 'Switching on for Learning: Becoming an Independent Learner'

'Making Learning Easier'



#### Personal Note from author, Fidelma

*'We assume that students know how to study, but experience has shown me this is not necessarily so. Encouraging and showing our students how to become independent, self-directed learners is a gift for life. It helps them alleviate stress and take more control of their own learning - something all teachers and parents want to see. I have taught this programme face-to-face at 2nd level and FE level for many years. Now, to prevent Covid19 threatening our young people's education we have developed it on a user-friendly online platform for the first time. I'm excited about the difference our programme makes in students' lives based on the feedback we have received. I would like every student to be able to avail of it. Thank you for considering it for your students'.*



To find out more about our programme view this short video  
<https://www.youtube.com/watch?v=Pc-Pk6Iu08o&feature>.

To enrol go to

<https://studyandcareers.ie/online-courses>

Please reach out to us to discuss your situation and how we can support you.

#### About the Author

Designed by experienced teacher, teacher educator and author, **Dr. Fidelma Healy Eames, PhD, MSc.(Ed), BEd.** in collaboration with students and teachers.

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#### Our Approach

Our programme brings students on a journey of self-development by enabling them to:

- Self-assess and figure out how they learn best
- Practise study, learning and mindset strategies to apply to their own work
- Build their self-belief as learners and nurture their wellbeing

#### Course Content

*Module 1:* Knowing your Brain, Learning Styles

*Module 2:* Getting Motivated, Concentration

*Module 3:* Managing your Time, Learning to Plan

*Module 4:* Reading to Learn, Learning to Summarise  
(Learning & Study Strategies)

*Module 5:* Memory & Recall, Setting up a Study-Review System

*Module 6:* Sitting the Exam, Managing Stress

## Unique features of our blended learning Online Course

- **Structured, developmental programme** of Online teaching and learning (c. 15 hrs)
- **Teaching cross-cutting skills and mindsets** essential for students at all year levels
- **Videos featuring students (ages 12 - 20)**, teachers and topic experts
- **Smart Downloadable resources for students** to complete to make their own of the work
- **Allows students to learn at their own pace** and revisit modules as needed
- **Discussion forum** attached to each module for students' questions and concerns
- **Minimum usage guidelines** for various student year levels
- **Student progress/ reminder checklist**
- Attractive **group discounts** depending on your numbers incl. Complimentary programme for teacher
- **Student enrolment lasts until June 1st**

## Recommendations - What others say about us

**Dr. Liam Harkin, Guidance Counsellor, Carndonagh Community School, Co. Donegal.**

*'Switching on for Learning' is an ideal text to prepare Senior Cycle students for Exams*

*'I have used Dr. Fidelma Healy's "Switching on for Learning" book with Fifth and Sixth Year students as a basis for dealing with study skills and exam preparation in class groups. The book is very comprehensive and provides enough material for the guidance counsellor or teacher to dip in and choose appropriate strategies for different groups of students, depending on what they need. There is enough in the book for a full term's worth of study-skills classes and no need to prepare powerpoints or use a computer room. I can recommend it highly'.*



[www.studyandcareers.ie/shop](http://www.studyandcareers.ie/shop)

**Joe Monaghan, TY Coordinator, Clarin College, Athenry, Co. Galway**

*Transition Year is an ideal time to help students to reflect and to develop effective strategies to study well and reduce unnecessary stress when it comes to future exam preparation. At Clarin College we want all of our students to reach their potential and we're delighted to be using the 'Switching on for Learning' Programme. It really helps our students to build their confidence in providing them with the skills they need to enhance their learning and study habits. It actively engages teenagers very well and teaches them to identify their own individual learning style, which is one really important strength of the programme. When they identify this, they discover study can actively be fun as they set goals and begin to see positive results.*

**Mairéad Ni Fhátharta, Príomhoide, Coláiste Naomh Eoin, Inis Meáin**

*Fidelma came out and worked with our students last year and I must say we found it highly beneficial. We did the Study Skills and the Careers programme. Her approach is highly motivational. She left our students with a zest for life with the useful skills that make them lifelong learners and able to assess their own learning practices. We look forward to working with her again.*



**Sarah 5th year student, Dublin**

*The activities that helped me were the ones that showed me whether I had left or right brain tendencies. Also the kind of learning that suited me best because now I can apply what is most effective for me to my studies in the future. I learned that I am more of a kinaesthetic learner so 'doing' is important for me to learn.*

**Sean, JC student, Galway**

*The 'Summarising' skill was very helpful. Just being able to get all the information and boil it down into certain points makes it easier to remember.*

**Diarmuid, 1st year student, Galway**

*I learned that I'm much more of an auditory and a visual learner than I would have thought. With working I've always had a bit of trouble focusing down and concentrating. With the stuff you taught us today I think it will be easier for me to knuckle down and get the work done!*