



## Study Skills Group

This group is for 1<sup>st</sup>- 3<sup>rd</sup> year students and has been specifically designed by our Occupational Therapists to address the following areas:

- Study skills in terms of:
  - Study methods and techniques
  - Writing essays or assignments
  - Improving memory skills
- Organisational skills in terms of:
  - Time management
  - Revising for exams
  - Preparing for and taking exams
- Health & wellbeing
  - Improve confidence in academic ability
  - Learning relaxation techniques to cope during the high stress periods
  - Importance of maintaining leisure and interests

If you are interested in attending the group, please contact us at the Stepping Ahead Clinic on 021 4304822

## Schedule

Weekly for the following six weeks:

- Thursday 5th October
- Thursday 12th October
- Thursday 19th October
- Thursday 26th October
- Thursday 2nd November
- Thursday 9th November

Time: 17:30pm-18:30pm.

Cost: €240