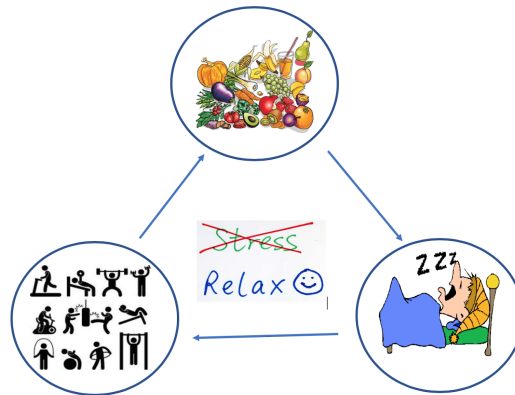




3rd Year Seminar

Best of luck in your junior certificate examinations in June. The next few weeks are very important and students can get a lot of revision done over the next month. The junior cycle examination is a test on your subject knowledge. It is also a test of your **ability to work under pressure, to remain calm and to keep positive.**



It is important to rest and get a **good nights sleep** and to eat well, on the lead up to the examinations and this begins now. A tired mind or body will not allow you to be at your best.



Study

- Study for 20-30 minutes at a time.
- Divide subjects into topics/parts/sections.
- Don't multitask while learning/studying.
- Study effectively and with a target in mind.
- Take breaks. Go outside, hit a ball/go for a walk.
- Rotate your subject and give all the subjects equal time.
- Concentrate and if you are not taking in the information, move onto something else, a different subject even and come back to it later.

Tips for excellent memory!

- Don't studying late at night, get up early in the morning.
- Do some exercises in the morning, walk, yoga, run etc.
- Keep a regular sleep pattern and ensure to get regular deep sleep.
- Eat breakfast, lunch and dinner.
- Drink water and stay hydrated.
- Control and manage your use of mobile phone, tablets, games, television.



On the morning of the Junior Cycle Examination.

- Be in school at 8.30am.
- Check what centre you are in for your examinations on the notice-board at the header.
- Please arrive on time to the examination centre with everything you need. Pencil case, blue and black pens, eraser, colours, ruler, maths set, highlighters etc. No tip-x.
- For listening examinations in languages you will need to know what room to attend for the listening test so make sure you find this out the day before the exam.

During the Junior Certificate Exam.



Approach each question calmly. Try some of the following:

- Take a deep breath and read all the questions on the exam paper. Don't rush in and start answering everything.
- Circle the exam questions you will answer.
- Highlight key words, make a plan before you start writing.
- If you have a question, put up your hand and alert the exam attendant.
- Watch your time for each question. Before each exam, work out beforehand, how much time you will give to each section/question.
- Don't panic and Don't give up – if you find a question hard, or feel you cannot answer the question, or cannot focus, take a break for a few moments or else start another question.
- Allow time at the end of the exam to review your answers. Sometimes information will pop into your head when you are re-reading your work.
- If you run out of time, bullet point as much information as possible until time is up.
- Keep writing until the very end.

After the Exam

When the exam is over, some of your next steps can include:

- Make sure you hand up everything you need to submit. Drawings, graph paper, extra paper. Write your exam number on all extra sheets of paper.
- When you get home, put the exam paper away with your notes.
- Try not to talk about how you answered questions with friends. Just because you didn't get the same answer as someone else does not mean you are incorrect.
- When it's done, it's done.....MOVE ON!!!!.
- Take a short study break, relax and unwind before studying the next subject.
- If you are feeling stressed or worried, talk to someone you trust and remember you can always contact a member of the student support team in school.





Coimisiún na Scrúduithe Stáit
State Examinations Commission

JUNIOR CYCLE EXAMINATION TIMETABLE 2022

Each candidate should note carefully the dates and hours, as fixed on this official timetable, for the examinations in the subjects in which he/she intends to present himself/herself. The Commission will not be responsible for any errors which may occur in the reproduction of this timetable by outside agencies. Candidates are required to be in attendance at least half an hour before the examination begins in the subject in which they first present themselves. There are significant changes to the scheduling of the Junior Cycle examinations this year. The start time for all Junior Cycle afternoon examinations is 1.30p.m.

JUNE	SUBJECT		TIME
	H = Higher Level O = Ordinary Level C = Common Level		
WEDNESDAY 8	English	- H & O	9.30 – 11.30
	Religious Education	- Common Level	1.30 – 3.30
THURSDAY 9	Irish T1	- H & O (incl aural)	9.30 – 11.30
	Irish T2	- H & O (incl aural)	9.30 – 11.30
	History	- Common Level	1.30 – 3.30
FRIDAY 10	Geography	- Common Level	9.30 – 11.30
	Mathematics	- H & O	1.30 – 3.30
MONDAY 13	Science	- Common Level	9.30 – 11.30
	Business Studies	- Common Level	1.30 – 3.30
TUESDAY 14	Applied Technology	- Common Level	9.30 – 11.00
	Italian (incl aural)	- Common Level	9.30 – 11.30
	French (incl aural)	- Common Level	1.30 – 3.30
WEDNESDAY 15	Home Economics	- Common Level	9.30 – 11.00
	Spanish (incl aural)	- Common Level	1.30 – 3.30
THURSDAY 16	German (incl aural)	- Common Level	9.30 – 11.30
	Wood Technology	- Common Level	1.30 – 3.00
FRIDAY 17	Jewish Studies	- Common Level	9.30 – 11.30
	Music	- Common Level	9.30 – 11.00
	Engineering	- Common Level	1.30 – 3.00
	Classics	- Common Level	1.30 – 3.30
MONDAY 20	Graphics	- Common Level	9.30 – 11.30