



# **STUDY SKILLS & WELLBEING PROGRAMMES**

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# ABOUT US

## Welcome to Brainbox!

At Brainbox our mission is to help students lead happier, healthier lives. We are passionate about inspiring and empowering teenagers to reach their potential and we work closely alongside schools to realise that goal.

This brochure is an overview of our study skills and wellbeing programmes for all year levels for this academic year. We deliver our programmes in person at your school or online via Zoom.

For more information or to book a programme, please visit our website [www.brainbox.ie](http://www.brainbox.ie) or email [info@brainbox.ie](mailto:info@brainbox.ie). We look forward to working with your school and your students.



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Evan Costigan is a guidance counsellor and psychologist with a keen interest in learning and wellbeing. He has worked with thousands of students in over 500 schools and colleges at all levels of the education system.



## 1st years: Headstart programme



This dynamic programme ensures 1st years get off to the best possible start in secondary school. Covering topics such as organisational skills, note making, how to study and revise, friendship, and much more, this highly interactive workshop will build your students' confidence during the pivotal first stage of their secondary school journey.

Each participant receives our *Headstart* booklet packed with study and organisational tips.

### Topics

1. Being organised for class
2. How to make notes
3. Making an evening plan
4. Exams: how to study and revise
5. Healthy friendships
6. Digital wellbeing

### Practicalities



**Length:** 2 hours  
in person or 80  
minutes online (live  
presentation)



**Available:** Year-round



**Class group:** 1st year  
students



**Price:** Based on  
student numbers



*"This was fantastic. The students really engaged with this programme and I would highly recommend it. I will definitely be getting Evan back again. All staff members that were present for the talk commented on how good it was!"*

Ms Bateman, Guidance Counsellor,  
Coláiste Cois Siúire, Co. Kilkenny.

*"It was great fun and the teacher was brilliant. I would love to do the course again as it taught me lots of great tips starting secondary school."*

Mia, 1st year student,  
Loreto Community School, Co. Donegal.

**To book this programme for your students:**  
contact us on 089-6007760 or email [info@brainbox.ie](mailto:info@brainbox.ie)

## 2nd & 3rd years: Learn Well, Be Well programme

The *Learn Well, Be Well* workshop is a bespoke junior cycle study skills programme. It equips 2nd and 3rd year students with effective strategies to ensure they realise their academic potential while maintaining a healthy balance between work and play.

This highly interactive workshop covers ways to build resilience and a winning game plan for study, homework and CBAs. Other topics include: note making; time management; the importance of sleep; and proven methods of study and revision.

Each participant receives a booklet with a wide range of practical tips on study and wellbeing.



*'A brilliant course that has encouraged me to have a healthier lifestyle and improve myself. Really helpful, engaging and interesting. The best workshop I've had in school!'*

Aidan, 6th year student,  
Edmund Rice College, Co. Cork.

*'It was an excellent workshop and I enjoyed how practical it was. Everything was very well explained and I gained a lot of confidence from the note making and study strategies sections of the course!'*

Amanda, 5th year student,  
St Mary's Holy Faith, Co. Dublin.



### Topics

1. Building resilience for exams
2. Note making strategies
3. How to learn diagrams
4. Time management
5. Study and revision methods
6. Sleep for success

### Practicalities

 **Length:** 2 hours in person or 80 minutes online (live presentation)

 **Available:** Year-round

 **Class group:** 2nd & 3rd year students

 **Price:** Based on student numbers

**To book this programme for your students:**  
contact us on 089-6007760 or email [info@brainbox.ie](mailto:info@brainbox.ie)

## TY, 5th & 6th years: Boost Your Wellbeing programme



### Topics

1. Wellbeing questionnaire
2. Why sleep is your superpower
3. Fighting spirit: ways to build resilience
4. Calming down: breathing exercises
5. Balance: a winning work and play routine
6. Connections: with ourselves, with others

### Practicalities

 **Length:** 2 hours in person or 80 minutes online (live presentation)

 **Available:** Year-round

 **Class group:** TY, 5th & 6th year students

 **Price:** Based on student numbers

This innovative programme empowers senior students to take good care of their health and wellbeing. Informed by the latest findings from positive psychology, this popular course will leave your students re-energised and better equipped to cope with the demands of modern life, exams and adolescence.

We share the latest research on the importance of sleep followed by a range of strategies to build resilience and deal with anxiety. Students also learn effective methods to strike a healthy balance between schoolwork and recreation to fulfil their potential inside and outside school. Each student receives our *Boost Your Wellbeing* booklet filled with helpful information and practical advice.



*'A brilliant course that has encouraged me to have a healthier lifestyle and improve myself. Really helpful, engaging and interesting. The best workshop I've had in school!'*

Fiona, 6th year student,  
Edmund Rice College, Co. Cork.

*'Incredibly enjoyable – 10 out of 10! It has motivated me greatly.'*

Shane, 5th year student,  
Oatlands College, Co. Dublin.

**To book this programme for your students:**

contact us on 089-6007760 or email [info@brainbox.ie](mailto:info@brainbox.ie)

## 5th & 6th years: Elevate Study Skills programme

The *Elevate Study Skills* programme provides 5th and 6th year students with proven strategies to ensure they perform to the best of their ability in exams. We cover a range of motivational techniques so that students take charge of their own learning, start early and maintain their work rate throughout the year. This is a fast-paced workshop where students have opportunities to learn about and put into practice effective note making systems and time management tools.

We teach students our unique study method and also cover revision tips so that information is retained in long-term memory. During the final part of the programme, we explore how to maintain a healthy balance between study and hobbies. Each participant receives a booklet with a comprehensive range of practical information.



*'Evan gave a truly inspirational seminar to our 6th year boys that will be invaluable in the months ahead. Definitely the best study skills seminar we have ever run in Glenstal.'*

Ms. Hanly, Guidance Counsellor,  
Glenstal Abbey School, Co. Limerick.

*'It was an excellent workshop and I enjoyed how practical it was. I gained lots of confidence from the note making and time management sections of the course!'*

Amanda, 6th year student,  
St Mary's Holy Faith, Co. Dublin.

**To book this programme for your students:**  
contact us on 089-6007760 or email [info@brainbox.ie](mailto:info@brainbox.ie)



### Topics

1. Motivational strategies
2. Planning your workload
3. Note making
4. Time management
5. Study and revision strategies
6. Exam wellbeing

### Practicalities

 **Length:** 2 hours  
in person or 80  
minutes online (live  
presentation)

 **Available:** Year-round

 **Class group:** 5th & 6th  
year students

 **Price:** Based on  
student numbers

## 6th years: Worry Buster Workshop



### Topics

1. Understanding stress
2. Overcoming anxiety
3. Breathing exercises
4. Exam techniques
5. Mental relaxation: guided imagery
6. Exam wellbeing: 10 ways to stay positive

### Practicalities

 **Length:** 2 hours in person or 80 minutes online (live presentation)

 **Available:** Year-round

 **Class group:** 6th year students only

 **Price:** Based on student numbers

Are your 6th year students stressed by upcoming exams? Afraid they'll run out of time or forget everything they've learned? Anxious that they'll be a nervous wreck when exam day comes around? If so, our *Worry Buster Workshop* will blast their worries away. Our teacher specialises in working with groups hampered by performance anxiety.

During this practical workshop your students will identify causes of stress in their lives and engage in relaxation strategies and visualisation exercises to calm those nerves and channel their energy into a worry-free exam performance. Our innovative exam techniques will further boost their confidence. Highly recommended for 6th year students coming up to mock exams or the Leaving Certificate. Each student receives our *Worry Buster* booklet packed with practical tips to combat exam stress.

*'I feel much more prepared for the next 3 months in school. I'm going forward with a better mindset because of the techniques I learned. It was very positive and I liked how interactive the teacher was with everyone.'*

Grace, 6th year student,  
Coláiste Raithín, Co. Wicklow.

*'The Worry Buster Workshop went down extremely well with our Leaving Cert groups. One of our highest achieving students said, "It was exactly what I needed at this time". It is one of the best received talks that we have organised.'*

Mr. O'Doherty, Guidance Counsellor,  
CBS Roscommon.

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 (East) Bretigan, Cadamstown, Broadford, Co. Kildare.  
(West) Tishmane, Carraroe, Co. Galway.

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