



# ***STUDY SKILLS & WELLBEING PROGRAMMES***

***[www.brainbox.ie](http://www.brainbox.ie)***



# 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.



## 1<sup>ST</sup> 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. Classwork strategies
2. How to make notes
3. Homework hacks
4. Making an evening plan
5. Exams: study and revision
6. Friendship

### 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, 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)

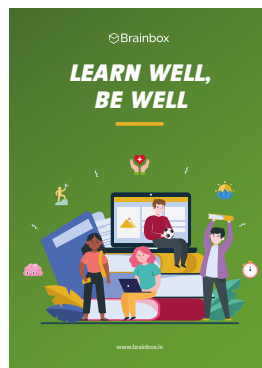
## 2<sup>ND</sup> & 3<sup>RD</sup> YEARS:

### 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 game plan for study, homework and CBAs. Other topics include: note making, the importance of sleep, and proven methods of study and revision.

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



*'It was an excellent workshop and I'm looking forward to practising the skills picked up today. Really motivating!'*

Trevor, student,  
Castleknock College, Co. Dublin.

*'Evan has a great way of connecting with all students and they really respond to and work well with him. He delivered programmes to our 2nd year groups this year and the feedback was overwhelmingly positive – I couldn't recommend Brainbox workshops more highly!'*

Ms. Murrihy, Guidance Counsellor,  
Ennis Community College, Co. Clare.



#### TOPICS

1. Exam resilience
2. Note making strategies
3. How to learn diagrams
4. Managing homework, study & CBAs
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:**  
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## 3<sup>RD</sup> YEARS: READY, SET, REVISE! PROGRAMME



Help your students ace their Junior Cycle exams with our *Ready, Set, Revise!* workshop. This exam-focused programme zeroes in on the topics that matter most during the final months. We cover a range of revision methods, exam tactics using past paper questions, effective memory techniques and wellbeing tips to ensure your students turn exam stress into exam success in June.

Our *Ready, Set, Revise!* booklet consolidates the workshop topics and includes insightful advice on how to prepare the night before and on the morning of the Junior Cycle exams.

### TOPICS

1. Junior Cycle grading
2. 10 ways to revise
3. Revision notes
4. Exam tactics: past paper questions
5. Memory techniques
6. Exam wellbeing

### PRACTICALITIES

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

 **Available:** November-May

 **Class group:** 3rd year students

 **Price:** Based on student numbers

**Note:** This is an exam-oriented revision programme. For 3rd year study skills, please refer to our *Learn Well, Be Well* workshop.



*'We were thrilled to have Evan deliver a workshop focused on revision and examination techniques to our 3rd years. It has equipped them with important tools to revise effectively at a really important stage in their Junior Cycle Programme.'*

Mr. Flynn, Year Head,  
Franciscan College Gormanston, Co. Meath.

*'The workshop came at the right time just after my mocks. I'm feeling confident that I can improve my results because of the tips and techniques we learned today.'*

Orla, student,  
Loreto College, Co. Cavan.

**To book this programme for your students:**  
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## TY, 5<sup>TH</sup> & 6<sup>TH</sup> YEARS: BOOST YOUR WELLBEING PROGRAMME

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, student,  
Edmund Rice College, Co. Cork.

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

Shane, 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)



### TOPICS

1. Why sleep is your superpower
2. Fighting spirit: how to combat stress
3. Building mental fitness
4. Calming down: breathing exercises
5. Finding balance

### 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

## 5<sup>TH</sup> & 6<sup>TH</sup> YEARS: ELEVATE STUDY SKILLS PROGRAMME



### TOPICS

1. Motivational strategies
2. Planning your workload
3. Gearing up for AACs
4. Note making
5. Energy management
6. Study and revision strategies

### 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

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 and an A3 wall chart to track study goals.



*'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, student,  
St Mary's Holy Faith, Co. Dublin.

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## 6<sup>TH</sup> YEARS: WORRY BUSTER WORKSHOP

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.

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 actionable tips to combat exam stress.

*"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.

*"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, student,  
Coláiste Raithín, Co. Wicklow.



### TOPICS

1. Turning exam stress into success
2. Exam techniques before the exam
3. Breathing exercises
4. Exam techniques in the exam
5. Guided imagery
6. Exam wellbeing

### 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

**To book this programme for your students:**  
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## PARENTING TEENS: A ROADMAP FOR LEARNING AND WELLBEING

The journey through adolescence can be a challenging one for young people and their families. Being a teenager coincides with the increased influence of peers and social media, the pressure of exams and a range of other issues. Young people need our guidance, now more than ever, to cope with the stress of their online and offline worlds, and to look to the future with optimism.

Brainbox helps parents and guardians support their children by providing a roadmap for learning and wellbeing informed by evidence-based research.

**Note:** This one-hour evening talk must be booked in conjunction with a student workshop.

### TOPICS

1. Communication: talking to teens
2. Building emotional resilience
3. Study skills & revision strategies
4. A game plan for exam wellbeing



*'Superb practical advice for parents that anyone could try. It was a great reminder about the important things in a teenager's life. I enjoyed your positivity!'*

Celine, parent,  
Ballincollig Community School,  
Co. Cork.

*'Excellent content and tone of presentation, very practical info and real-world examples. It gave us plenty to think about. Engaging, informative and above all else encouraging!'*

Sharon, parent,  
Loreto Secondary School,  
Co. Dublin.

## WE WORK WITH PRIMARY SCHOOLS TOO!



## MOVING ON UP: TRANSFERRING TO SECONDARY SCHOOL

The *Moving On Up* workshop equips 6th class pupils with the skills and knowledge to make the transition to secondary school as smooth as possible. Covering a range of social, emotional and organisational tips, this highly-interactive programme boosts pupils' confidence and ensures they get off to the best possible start in secondary school.

### TOPICS

1. Dealing with change
2. Making friends
3. Organisational skills
4. How to make notes, study & revise
5. An evening plan for homework
6. Digital wellbeing



*'The Moving On Up programme would be a significant addition to every primary school's transition practices. It rewarded our 6th class pupils with the very best guidance and expertise as they prepare to graduate to the next stage of their learning journey.'*

Mr. Byrne, Principal,  
Holy Family NS,  
Rathcoole, Co. Dublin.

*'Brainbox provided a wonderful programme covering organisational, social and emotional skills. It was a very interactive session and a lovely way for the pupils to prepare for the transition to post-primary. I have no hesitation in recommending this programme to other schools.'*

Ms. Cradock, Principal,  
Donaghpatrick NS,  
Co. Galway.

### For more on this workshop:

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

**Check out our website for an overview  
of all our programmes for students,  
parents and staff**



**[www.brainbox.ie](http://www.brainbox.ie)**





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



089-6007760



info@brainbox.ie



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