

THE ACK-START AIT

Your 7-Day Study Plan to kick-start your study and achieve exam success.

By Ray Langan

DOES YOUR SON OR DAUGHTER NEED A KICK-START?

Recently, I got a text from a parent that said

'Looking for your help! I have junior cert student with zero belief, zero study started and zero tolerance for school. She hates school and can't study! Can you help?'

Maybe you are in a similar boat and you need some inspiration.
That is why I wrote this guide. I have this type of conversation all the time with parents and teachers.

Alternatively, you might have a well-intentioned teenager who wants to do well but struggles with time management and you know they could be a lot better at organising themselves and can achieve better exam results. This guide will help you too and hopefully give you some guidance to help your son or daughter kick-start their exam and school success

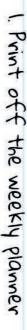


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RAYSE THE GAME #Motivating Teenagers

YOUR 7-DAY STUDY PLAN

If your son or daughter is struggling with study or anxious about exams, this 7-Day Study Plan will be a useful tool to help you Kick-Start your Study and achieve exam success.



- 2. Write down your tasks for the day e.g. school, homework, study, sport, dinner, chill
- 3. Break your day into blocks and allocate each task
- 4. Start with a 30-minute study session (this is not to say you only study for 30-minutes but start with the minimum tolerable amount)
- 5. Start with your favourite subject
- 6. Create 1-Page summaries
 (I teach a technique called WHIZGRIOZ which show you how to break down chapters into summaries)
- 7. Use saturday mornings and free up the rest of your weekend

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THE KICK-START KIT - WEEKLY PLANNER

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Who is Ray Langan?

Since launching RayseTheGame in 2017, the programme has become the most popular motivain a high energy innovative manner. experiential, entertaining and fun for teenagers whilst delivering strong and important messages programme. Schools hire me because I specialise in EDUTAINMENT. I make education tional study skills programme in Irish Secondary Schools with over 35,000 students completing the

children achieve their potential is my passion. also completed the Assist Course on suicide intervention and Tusla's Children First Programme. Working with teenagers, speaking in schools and helping parents help their l am a qualified NLP Practitioner; Life coach and Counsellor and Psychotherapist (IACP). I have

Wishing your every success, Ray

