



# THE KICK-START KIT

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.





# THE KICK-START KIT

## 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.

**RAYSE THE GAME**  
#Motivating Teenagers



1. Print off the weekly planner
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 WHIZZGRIDZ which show you how to break down chapters into summaries)
7. Use Saturday mornings and free up the rest of your weekend

### HOMEWORK/STUDY TIMES

| YEAR           | WEEK NIGHT    | WEEKEND       |
|----------------|---------------|---------------|
| 1st            | 1-1 1/2 hours | 2-2 1/2 hours |
| 2nd            | 1 1/2-2 hours | 2-3 hours     |
| 3rd            | 2-2 1/2 hours | 4 hours       |
| 5th & 6th Year | 3+ hours      | 6-8 hours     |





# THE KICK-START KIT - WEEKLY PLANNER

| WEEKLY PLANNER | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|--------|---------|-----------|----------|--------|----------|--------|
| 6 - 7 AM       |        |         |           |          |        |          |        |
| 7 - 8 AM       |        |         |           |          |        |          |        |
| 8 - 9 AM       |        |         |           |          |        |          |        |
| 9 - 10 AM      |        |         |           |          |        |          |        |
| 10 - 11 AM     |        |         |           |          |        |          |        |
| 11 - 12 AM     |        |         |           |          |        |          |        |
| 12 - 1 AM      |        |         |           |          |        |          |        |
| 1 - 2 PM       |        |         |           |          |        |          |        |
| 2 - 3 PM       |        |         |           |          |        |          |        |
| 3 - 4 PM       |        |         |           |          |        |          |        |
| 4 - 5 PM       |        |         |           |          |        |          |        |
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| PM/AM 11 - 7   |        |         |           |          |        |          |        |



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## Who is Ray Langan?

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

I am a qualified NLP Practitioner, Life coach and Counsellor and Psychotherapist (IACP). I have 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 children achieve their potential is my passion.

Wishing your every success,  
Ray

