## Mastermind Fifth Year Seminar



## Core Activities

Senior Cycle presents different challenges and opportunities for students seeking to direct a successful path through Leaving Cert learning and towards the next stage of formal assessments. Students are expected to think and act more independently, show greater self-discipline, maturity, and responsibility for and control of their learning. Mastermind is designed to help them achieve a path to success.

The Memory System Exploring Neuroplasticity Cornell Note-taking Activity Brain Booster Crossword Piece of the Pie Time Management Challenge

During the seminar, students will self-assess and reflect on prior academic performance in order to address shortcomings and build on achievements. They will examine ability beliefs and the impact on motivation and performance. Students will also develop a personalised approach to learning after exploring a range of time management, note-taking and planning techniques. Students receive a booklet and A3 study planner.

Mastermind helps students:

- $\dot{}$  Understand more about the science of how we learn;
- Have a better grasp of how to take effective study notes;
- Develop skills to become a more independent learner.

