THE SUPER GENERATION
INSPIRING FUTURES

LEADERS IN STUDY SKILLS, WELL-BEING AND LEADERSHIP

INSPIRATIONAL **MOTIVATIONAL** EDUCATIONAL

AR FÁIL TRÍ GHAEILGE

FREE STUDY JOURNAL WITH STUDY SEMINAR

FREE

"We were delighted with the responses and positive feedback received from our students to The Super Generation and would recommend them to others as they provide a very good service meeting the needs of the school."

Beatrice, Tullamore College

Educating, inspiring and assisting young people to achieve their academic and life potential is our passion here in The Super Generation. The last number of years have been exciting for us as we continue to develop and expand the support we provide to meet the growing needs of the young people and schools with whom we work.

Last year saw the launch of our highly successful ***Train the Trainer Programme, Ways to Well-Being.*** Over 180 teachers were trained in how to teach well-being to senior cycle students and the programme is currently being delivered in over 80 schools throughout Ireland. It is the only train the trainer well-being programme equipping teachers with the skills to teach well-being at senior cycle.

This year we will be launching ***Learning to Learn, Train the Trainer Programme.*** This programme equips teachers with the skills to teach junior cycle students how to learn and study effectively and to achieve exam success.

We are of course continuing to deliver our much in demand face-to-face ***learning and study skills seminars*** directly to students, where we share with them the practical skills and mindset needed to succeed in their exams. Not only do the students learn practical study strategies, they also develop the motivation to study and learn how to reduce their stress levels.

Our popular ***leadership and well-being seminars*** are tailored to suit the needs of the individual school, providing the students with the mindset and motivation for developing personal efficacy. The aim of these workshops is to build the self-esteem, confidence and resilience of the young people to cope with the world around them and become our future leaders.

As ***teachers and parents*** are the primary educators and are key to the success of young people reaching their potential we believe in sharing our knowledge with them so that they can continue to support the young people throughout the school year.

Our delivery is lively, active and engaging. We present exciting tools, techniques and strategies for learning and studying that not only show your students how to study but also give them the motivation to learn in all aspects of their lives.

Tá ár gcuid seiméir ar fáil chomh maith trí Ghaeilge, ní gá duit ach iarriadh orainn.

We look forward to working with you, your school and your young people.

Le dea ghuí,

Feidhlim ó Seasnáin

THE SUPER GENERATION
INSPIRING FUTURES

HOW WE DO OUR WORK

WE DELIVER TO
3 AUDIENCES

Teachers *Young people* *Parents*

WE HAVE ***2 DELIVERY METHODOLOGIES***

Face to Face *Train the Trainer*

IN ***3 KEY AREAS OF EXPERTISE***

Study Skills *Well-Being* *Leadership*

WE DELIVER IN
2 LANGUAGES

English *Gaeilge*

Face to Face

LEARNING AND STUDY SKILLS

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- Learning and Study Skills for Examination Students 07
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WELL-BEING

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LEARNING AND STUDY SKILLS SEMINARS

INSPIRATIONAL **MOTIVATIONAL** EDUCATIONAL

"There was great feedback from the students. Teachers were interested and parents were very happy. All good!"

Brigid, Duiske College

LEARNING AND STUDY SKILLS

FOR 1ST YEAR STUDENTS

AR FÁIL TRÍ GHAEILGE

BENEFITS

This programme provides 1st year students with strategies and motivation that will assist them in structuring and recalling information.

The young people are shown how we learn through our senses and how learning is accelerated through using left and right brain techniques. Along with providing guidance on organisation and planning their study the young people are shown how to create effective notes using mind maps and are introduced to memory techniques.

Duration: 2 hours **Numbers:** Class groups

CONTENT

• LEARNING

Layered Learning Method – Involving your visual, auditory and kinaesthetic senses in the learning process.

Accelerated Learning – How to accelerate your learning through whole-brain learning techniques.

• STUDYING

Planning – How to break your subjects up into manageable chunks and plan your study time.

Notes – How to create notes that will accelerate your learning and enhance your memory using the mind map method.

• REMEMBERING

Story Method – How to use the story method to remember what you have learned.

Silly Sentences – How to use silly sentences to remember what you have learned.

Spelling Secrets – How to use simple memory techniques to remember the most difficult spellings.

LEARNING AND STUDY SKILLS

FOR EXAMINATION STUDENTS

AR FÁIL TRÍ GHAEILGE

FREE STUDY JOURNAL

BENEFITS

This is the core study skills seminar for examination students. The young people are introduced and brought through our unique study system – POKER. This study methodology is guaranteed to improve student performance. Each young person receives a study journal which helps reinforce their learning and organise their study after the seminar.

The content and examples used in this seminar are dependent on the student audience. For junior cycle students this seminar is scaffolded around junior cycle content, while Leaving Certificate examples are used for senior cycle students.

Duration: 2 ½ hrs **Numbers:** Up to 50 students

CONTENT

- ***ACCELERATED LEARNING***
  - Whole-brain learning
- ***PLANNING***
  - Study plan for each subject
- ***REVIEW***
  - 5 x 5 System
- ***POKER – A METHODOLOGY FOR STUDY***
  - **Note Taking**
    - Linear notes
    - Mind maps
    - One-page summaries
  - **Memory Techniques**
    - Story method
    - Roman Room method
    - Mnemonics
    - Silly Sentences

"Students were very pleased with the seminar and felt well prepared afterwards."

Caroline, Coláiste Bríde

"It really helped me to get motivated to study and taught me how to study."

Katie, Athboy, Community School

SUPPORT RESOURCES

Buy it online at www.thesuperGeneration.com

STUDY JOURNAL

Organising the study and tracking revision is one of the keys to effective, successful studying. After preparation of study notes or a mind map, students should review the topic on five occasions at short intervals to increase their retention of information. The Study Journal makes it easier for students to plan these reviews, thereby studying more effectively, and for parents and teachers to help them succeed in exams.

AR FÁIL TRÍ GHAEILGE

INSPIRATIONAL **MOTIVATIONAL** EDUCATIONAL

MAKE IT HAPPEN DAY

FOR SENIOR STUDENTS

AR FÁIL TRÍ GHAEILGE

FREE STUDY JOURNAL FREE

BENEFITS

The Make It Happen Day is a customised study skills and motivational seminar for senior students recommended for those who have previously taken the ***Study and Learning Skills Programme for Examination Students.***

The purpose of this highly motivational programme is to consolidate core study strategies along with introducing other elements such as learning styles, active reading, and well-being for examination students. The learning is supported using examples across a range of Leaving Certificate cycle subjects.

The content in this programme can be tailored to the particular needs of the young people.

Duration: 5 hours **Numbers:** Year groups **Seminar Audience:** Senior Students

CONTENT

REVIEW OF CORE PROGRAMME

- ***PLANNING***
  - Creating a plan for the year
  - Creating a weekly timetable
  - Study plan for each subject
- ***POKER – A METHODOLOGY FOR STUDY***
  - **Note Taking**
    - Linear notes
    - Mind maps
    - One-page summaries
  - **Memory Techniques**
    - Story method
    - Roman Room method
    - Number Shape system
    - Mnemonics
    - Silly Sentences
- ***REVIEW*** – 5 x 5 System

OPTIONAL EXTENSION MATERIAL

- ***UNDERSTANDING YOUR LEARNING STRENGTHS:***
  - Learning Styles, Visual, Auditory, Kinaesthetic
  - Multiple Intelligences
  - Left/Right Brain and what it means to learners
- ***READING***
  - Active Reading
  - Speed Reading
- ***EMOTIONAL RESILIENCE AND WELL-BEING FOR EXAMINATION SUCCESS***
  - 5 keys for developing emotional resilience
- ***INCREASING MOTIVATION***
  - SUPER System for Success

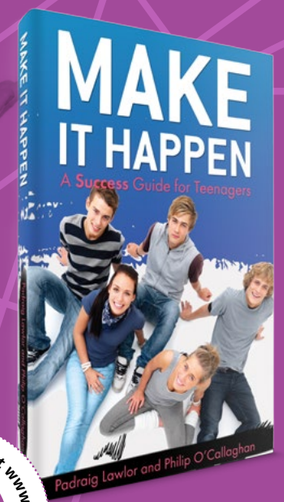
"The students were unanimous in their praise of the speaker and the methodology."

Áine, St. Augustines.

"It motivated me and boosted my confidence to study."

Make it Happen Seminar 6th year participant, Maryfield College

SUPPORT RESOURCES



Buy it online at www.theSuperGeneration.com

MAKE IT HAPPEN

Make It Happen combines true-life anecdotes with interactive techniques and exercises, in order to show just how easy it can be to make your dreams a reality. By examining the power of self-belief and positive thinking, this book encourages all teenagers, regardless of their interests, to discover their passion, purpose and joy as they embark on the road to success.

WELL-BEING SEMINARS

EMOTIONAL RESILIENCE, WELL-BEING AND STRESS MANAGEMENT

FOR EXAMINATION STUDENTS

INSPIRATIONAL **MOTIVATIONAL** EDUCATIONAL

BENEFITS

One of the key factors in the success of young people both academically and in life is their sense of emotional well-being. Emotionally strong young people cope well with stress, have a positive self-image, and are focused on achieving.

There is a tremendous amount of change during adolescence and the demands of the Leaving Certificate and the points system add to the pressure which young people experience. It is essential that young people have the emotional skills and capacity to recognise these pressures and respond appropriately. The purpose of this seminar is to help young people to recognise when they are under pressure and to learn how to respond to it and how to build emotional resilience.

This seminar is targeted at senior students who wish to enhance their coping skills in the run-up to the Leaving Certificate.

Duration: 2 ½ hrs **Numbers:** Year groups
Seminar Audience: Senior Students **Cost:** €15 per student

"It was very useful and made me feel less stressed."

Katie, Athboy Community School

"We found the presenter very approachable and empathetic to the senior students' demands and adaptable to their needs."

Fiona, Dominican College

CONTENT

- **BECOMING AWARE OF STRESS**
  - The causes of stress
  - Effects of stress
  - Recognising stress
  - Understanding
- **BUILDING EMOTIONAL RESILIENCE**
  - Express yourself
  - Nourish yourself
  - Positive outlook
  - Identify your strengths
  - Getting involved
  - Goals
  - Relaxation
- **DAILY PRACTICE TO ENHANCE PERSONAL WELL-BEING**

SUPPORT RESOURCES

Buy it online at www.thesupergeneration.com

WELL-BEING POSTERS

Designed under the theme 'Balance is Best', this series of ten charts is designed to act as a regular reminder to students of the importance of taking care of themselves, while also striving to achieve their best.
In each chart the message of well-being is conveyed through a strong visual to reinforce a particular well-being theme, e.g. diet, exercise, friendships, etc.
At a time when student well-being is a particular focus, these charts will communicate to the school community the priority that you place on student well-being, while helping to create a more open environment within the school.
The charts are A2 in size and printed on semi non-tear paper. They have a bright, modern design, thus supporting a school with a student-centric culture.

AR FÁIL TRÍ GHAEILGE

STUDENT MOTIVATION, ENGAGEMENT AND LEADERSHIP SEMINARS

LEADERS AND PREFECTS

BENEFITS

Our student engagement, motivation and leadership seminars are designed to cultivate a success mindset in young people. Mindset has more of an impact on a student's success in school than their academic talent and our programmes help students cultivate a winning mindset.

Seminars are tailored to the specific needs of the group, covering two main areas:

1. **Engagement and Motivation.** These seminars challenge the young people to think about the adult they wish to become, the values they will hold, their future career and personal objectives. The young people explore their own limiting beliefs and are shown how to direct their thoughts, feelings and actions in order to achieve their personal goals. Students report significant increased motivation and self-confidence as a result of taking this seminar programme.

2. **Leadership.** These seminars are designed for prefects, mentors and student council members within schools. Seminars focus on developing personal efficacy and the leadership potential of the young people, sharing with them the skills necessary to excel as role models for their peers and other young people.

"I think it not only prepares you to be a leader but also teaches you about how you can be a better person."

Ellen, Castleknock Community College

Duration: 2 ½ - 5 hours depending on the needs of the group.
Numbers: Up to 150 students depending on the requirements
Audience: Transition years, senior students, prefects and mentors

CONTENT

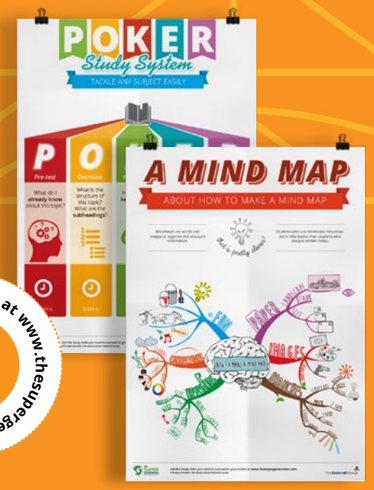
SPECIFIC ELEMENTS OF THE YOUTH LEADERSHIP PROGRAMME:

- **What is Leadership?**
  - What makes a great leader?
  - The attributes of a leader
  - Characteristics of personal and group leaders
  - Decision making
- **You as a Leader**
  - Your personal values
  - Modelling – the key to success
- **Communication Skills**
  - Public speaking and body language
  - Communication skills and dealing with people
  - Conflict resolution
- **Teambuilding Skills**
  - Teamwork and teambuilding exercises
  - Trust exercises
- **Planning Skills**
  - Goal-setting and identification of the outcomes for the year
  - Organising and running meetings

SPECIFIC ELEMENTS OF STUDENT ENGAGEMENT AND MOTIVATION SEMINAR

- **Managing your Mindset**
  - Power of focus
  - Power of the super-conscious
  - Power of belief
  - Self-image
- **Planning for Success**
  - Writing a personal vision statement
  - Power of goals
  - Power of actions
  - Personal positive practice
- **Planning for Success**
  - Power of gratitude
  - Affirmations
  - Managing physiology
- **The Difference**
  - The importance of grit and resilience
- **Personal Leadership**
  - The power of choice
  - Choice and consequence

SUPPORT RESOURCES



Buy it online at www.thesuperGeneration.com

LEARNING AND STUDY SKILLS POSTERS

Students need to be constantly reminded of the role of study in consolidating knowledge. This series of ten study skills charts does this by reinforcing key study skills concepts.
Furthermore, they reinforce the main concepts taught during The Super Generation's study skills seminars. When placed around the school they are a constant reminder for students of good study techniques and also the attitude that is needed to succeed.
One of the key concepts taught in study skills is the need for brief and frequent review to learn and recall information. These study skills charts act as a visual stimulus to embed the study skills message through brief and frequent review. The charts are A2 in size and printed on semi-non-tear paper. They have a bright, modern design, thus subtly supporting a vibrant school learning environment.

AR FÁIL TRÍ GHAEILGE

CPD FOR TEACHERS

WELL-BEING FOR TEACHERS

BENEFITS

This is an inspirational and engaging workshop for teachers on how to be more positive, fulfilled and motivated in their everyday work. Some teachers are often exhausted after a day of teaching or find that they are feeling more stressed in general. This workshop covers three key areas of personal well-being and performance – mindfulness meditation, self management and self motivation. After the workshop teachers will more clearly realise the connection between their own well-being and their teaching practice.

Duration: 2.5 hrs **Audience:** All staff

CONTENT

Mindfulness - The Why, What and How of Mindfulness meditation. The aim is not only to understand it and its benefits but to experience it in the workshop.

Self Management – How to be more aware of your emotions and how to manage them, and how to manage your energy better, particularly if stress is an issue.

Self Motivation – What motivates you? How to reconnect and reignite your passion for the work that you do and the positive difference it makes to your students.

HELPING STUDENTS MOVE FROM UNDERSTANDING TO REMEMBERING

BENEFITS

This seminar introduces teachers to the latest techniques, tools and strategies which help students in their study and to remember. They will gain an understanding of how different students learn differently. The teachers are provided with a variety of practical strategies they can use on a daily basis to help students excel in exams.

Duration: 2 hrs **Audience:** All staff

CONTENT

- The impact of learning styles and multiple intelligences on learners in the classroom
- The five-step Poker Power Hour process, which improves productivity and retention
- Review to boost recall
- A student organisation system that works
- Effective note-taking techniques for different students
- Building students' memory and brain capacities and a variety of whole-brain learning techniques

"Excellent delivery of the programme, very engaging and interactive."

Niamh, St. Marys'

PARENTS SEMINAR

SUPPORTING 1ST YEARS IN THEIR TRANSITION TO SECONDARY SCHOOL

BENEFITS

This seminar introduces 1st year parents to effective strategies which they can use to support students as they begin secondary school.

Duration: 1 ½ hours
Audience: Parents of 1st Years

CONTENT

- The difference between homework and study
- A study system that works – POKER
- One-page summaries
- Review the key to long-term success
- Routine/Habit – timetable, support, etc.
- The Study Space
- Resilience and Grit

PARENT GUIDE TO STUDY SKILLS FOR EXAMINATION STUDENTS

BENEFITS

Introduces parents to the study skills techniques which were taught as part of the student programme. This seminar is very practical and gives parents the knowledge and skills needed to support their teenager in preparation for their examinations.

Duration: 1 ½ hours **Audience:** Any parent group

CONTENT

- Profile your child as a learner
- The brain and memory
- The POKER power hour
- Review 5 x 5 System
- Overview of mind maps
- Overview of memory techniques
- Environmental success

"It helped me to decide in which way to best assist my child to focus and concentrate."

Parent, Scoil Mhuire agus Ide

TRAIN THE TRAINER PROGRAMMES FOR TEACHERS

WAYS TO WELL-BEING

BENEFITS

One of our most successful programmes, the Ways to Well-Being programme trained over 180 teachers in 2016 and is currently being delivered to senior students in more than 80 secondary schools throughout Ireland. The programme comprises:

- A face-to-face Train the Trainer programme for teachers, equipping them with the skills to deliver a well-being programme, and
- A 50-hour programme for senior cycle students with accompanying student workbook.

The emotional well-being and mental health of our young people can be enhanced by a targeted educational programme which will equip them with an understanding of their own make-up and provide them with the tools and strategies needed to manage their emotions, relationships and attitudes to life.

CONTENT

The Ways to Well-Being programme is designed around five core modules, each exploring the relationships young people have with the various aspects of their lives:

1. **Myself –** Unpacking of their own story, developing a sense of themselves, and introducing them to the concept of mindfulness.
2. **Emotions –** Developing a growing awareness of and ability to relate to their emotions.
3. **Mindset, meaning and purpose –** Exploring resilience and working towards their strengths.
4. **Past, present and future –** Taking conscious time out to appreciate and savour the small things that enrich their lives.
5. **Personality, talent and performance –** Examining various personality types, goal setting and pressure solution strategies for performing under pressure.

Duration: 2-day training

Numbers: Run regionally to the public 2/3 times a year. Dates may be found on www.thesupergeneration.com. May also be delivered directly to schools or groups of schools located together, email info@thesupergeneration.com for further information.

Cost: €295 per teacher (20% discount for three or more teachers from same school)

STRUCTURE

- **TEACHER TRAINING**
  - 2-day Train-the Trainer
  - Teacher resource manual
- **STUDENT DELIVERY**
  - Accompanying Student Workbook

"I think all teachers should be exposed to the concept and teaching strategies associated with this well-being training, valuable in all areas of teaching and life."

Teacher, Cross and Passion, Kilcullen

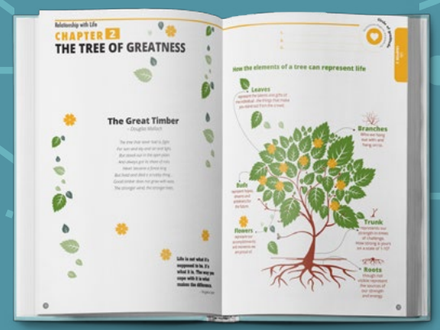
SUPPORT RESOURCES

Buy it online at www.thesupergeneration.com

WAYS TO WELL-BEING

The Ways to Well-Being workbook is designed to help 15-18 year olds improve their mental health and well-being by developing their resilience and leading to greater success in life.

This workbook may be used to accompany the well-being programme delivered by teachers or used independently by the young person.



TRAIN THE TRAINER PROGRAMMES FOR TEACHERS

LEARNING TO LEARN

INSPIRATIONAL **MOTIVATIONAL** EDUCATIONAL

BENEFITS

The Train the Trainer ***Learning to Learn*** programme is designed to equip teachers with the necessary skills to teach junior cycle students the study and learning skills required to be successful in their academic life and exams. This junior cycle short course is designed to be delivered over the three years of the junior cycle and can meet key objectives for the school's overall provision for student well-being.

While the traditional face-to-face in-school seminars are hugely impactful, the rolling out of this learning and study skills programme and integrating it into the students' learning on a weekly basis will ensure that the skills learned become embedded into standard student practice.

This new programme will help embed a culture of learning and study at junior cycle, assisting students in understanding themselves better, being more organised and confident as learners along with having a proven study system and exam approach which will reduce their stress levels and add to their sense of well-being. The programme comprises

- A face-to-face Train the Trainer programme for teachers, equipping them with the skills to deliver a well-being programme
- A short course for junior cycle students with accompanying student workbook.

CONTENT

There is a key focus for each year, reflecting the stage the student is at in their academic life:

Year 1 Transitioning and Study – The focus here is on students quickly adapting to the new expectations placed upon them in their academic life. They will learn to apply practical study and learning skills across their subject range to enhance their own personal learning. The students will also explore how they can become more effective learners by better understanding how their brains work and all about multi-sensory learning.

Year 2 Goal Setting and Study - The focus for this year is for students to set goals for their study and motivating them to work towards these goals. Along with this the students are introduced to our effective study methodologies such as POKER and 5X 5 review.

Year 3 Study and Examination preparation - This section will motivate the students to work towards success in their exams, looking more deeply at studying certain subjects such as languages and Mathematics. Effective pre-exam and exam techniques are also explored with the students.

Duration: 2-day training

Numbers: Run regionally to the public 2 /3 times a year. Dates may be found on www.thesupergeneration.com. May also be delivered directly to schools or groups of schools located together, email info@thesupergeneration.com for further information.

Cost: €295 per teacher (20% discount for three or more teachers from same school)

STRUCTURE

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  - Teacher resource manual
- ***STUDENT DELIVERY***
  - Accompanying Student Workbook

SUPPORT RESOURCES

Buy it online at www.thesuperGeneration.com

HELP ME STUDY NOW

HelpMeStudyNow.com is an online self-directed learning and study skills programme. It is designed to empower students with the skills, knowledge and techniques to learn and study effectively, not just for their exams but for their lives. The course focuses on helping students to complete high quality, efficient study sessions, create excellent notes and remember more in their exams.

HelpMeStudyNow.com was designed by leading experts in the field of accelerated learning and student motivation. It is designed with every type of learner in mind and focuses on getting the best out of everyone who completes it.

SUPPORT RESOURCES

OUR PRODUCTS SUPPORTING OUR METHODOLOGY

Find out more about our wide range of support resources which are available online at

www.thesupergeneration.com

Buy it online at www.thesupergeneration.com

STUDY JOURNAL - The Super Generation's Study Journal is a results focused, purpose driven, time management tool designed to help students increase their productivity, effectiveness and application to their study. Ar fail trí Ghaeilge.

WAYS TO WELL-BEING STUDENT WORKBOOK - The Ways to Well-Being workbook is designed to help 15-18 year olds explore how to maintain their own sense of well-being, leading to improved academic outcomes in school and a sense of accomplishment in life.

HELP ME STUDY NOW - Help Me Study Now is an online programme that makes study easy. It will show you how to get the results you want in less than half the time it takes the average student. The programme teaches you how to learn.

LEARNING AND STUDY SKILLS CHARTS - Students need to be constantly reminded of the role of study in consolidating knowledge. This series of ten study skills charts does this by reinforcing key study skills concepts. The charts are A2 in size and printed on semi non-tear paper. Ar fáil trí Ghaeilge.

WELL-BEING CHARTS - Designed under the theme 'Balance is Best', this series of ten charts is designed to act as a regular reminder to students of the importance of taking care of themselves, while also striving to achieve their best. The charts are A2 in size and printed on semi non-tear paper. Ar fáil trí Ghaeilge.

MAKE IT HAPPEN - Aimed directly at teenagers, enabling them to achieve their goals. Through story, powerful questions, and self-reflection this attractive and eye-catching book clearly shows how thoughts and beliefs influence actions and therefore results.

MAKING A DIFFERENCE - Aimed at all educators, whether they be teachers or parents. It highlights the powerful formative impact of their direction, encouragement and commitment on the lives of their learners.

"This Ways to Well-being book is brilliant. It is practical, user friendly, creative and innovative."

Enda Mc Nulty, MD of Motiv8

WHO WE ARE

FEIDHLIM Ó SEASNÁIN
– Manager

Feidhlim is passionate about inspiring and empowering young people to reach their full potential in life, to be and achieve whatever their dreams for themselves may be.

JEAN GOODMAN
– Customer Liaison

Jean believes in the benefits The Super Generation experience brings to participants. Jean's mission is to continue to spread the word and ensure all participants have the best possible experience.

RAY LANGAN
– Trainer

Ray is committed to helping young people achieve their best at school, examinations and personal leadership.

LOUISE PLATT
– Trainer

Louise believes that working with young people is a real privilege and every day is different in her role as trainer.

GER ROBINSON
– Trainer

Ger is a big believer in the idea that learning is a journey; one that doesn't have to end with one's formal education, and one that can be a fulfilling and rich experience.

BERNADETTE MURRAY
– Trainer

Bernadette inculcates a passion for learning, focus, ambition, hard work and self-belief in the young people she works with.

EOIN RYAN
– Trainer

Eoin is passionate about helping people grow and develop in their education, bringing a 'can do' attitude to The Super Generation.

VALERIE O' HALLORAN
– Trainer

Valerie believes that we are all experts on ourselves, with many resources within, but that sometimes those resources need a little push and pull to reveal themselves.

SEAN KELLY
– Trainer

Sean believes in the importance of inspiring and educating the next generation to realise more of their infinite potential and to use it for the betterment of themselves and others.

WHY CHOOSE US?

BENEFITS FOR STUDENTS

- Learn practical study strategies
- Learn new skills
- Receive study tools
- Develop a mindset to achieve

BENEFITS FOR TEACHERS

- Experience of working with 1,000s of students in 100s of schools annually
- External expertise
- Reduce stress
- Extra skills to assist their students

THE SUPER GENERATION
INSPIRING FUTURES

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