

Whole School Guidance

SIP UPDATE MAY 2023



Guidance Department
CBS Kilkenny
May 2023

INTRODUCTION

This report has been prepared by the Guidance Department in CBS Kilkenny. The purpose of this report is to review our two targets for our School Improvement Plan. As a result of our initial surveys carried out in 2022 the following targets were selected:

- Target 1 - To increase the number of students at Junior and Senior Cycle who have developed a study plan and have effective study skills and habits from 66% to 70% in May 2023, 70% to 75% in May 2024 and from 75% to 80% in May 2025.
- Target 2 - To increase the number of students who feel like they know where to ask for help in the school. The focus here will be on Senior Cycle. Increase in the number of students from 84.2% to 90% in May 2023, from 90% to 95% in May 2024 and to maintain 95% in May 2025.

MATERIALS

1. Junior Cycle Survey (See pg. 5)
2. Senior Cycle Survey (See pg.3)

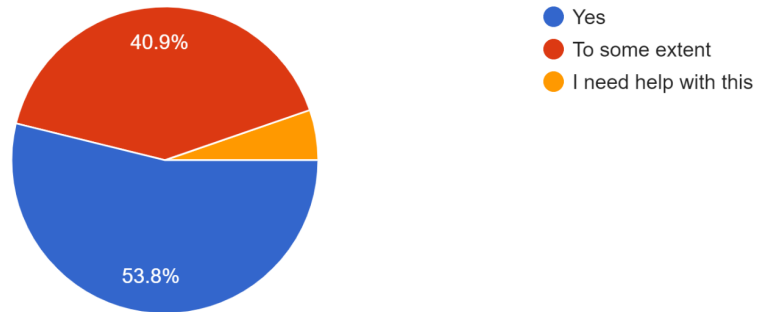
PROCEDURE

Students were surveyed over the course of the month of May 2023. At Senior Cycle we surveyed 208 students. At Junior Cycle a total of 203 students were surveyed. This sample size gives us a margin of error of 3.4% and as such is a good reflection of the whole school population. It is important to take this into account when interpreting the data. The questions focused on two main areas of Whole School Guidance - Developing My Learning and Developing Myself. The results are published below.

DATA - Senior Cycle

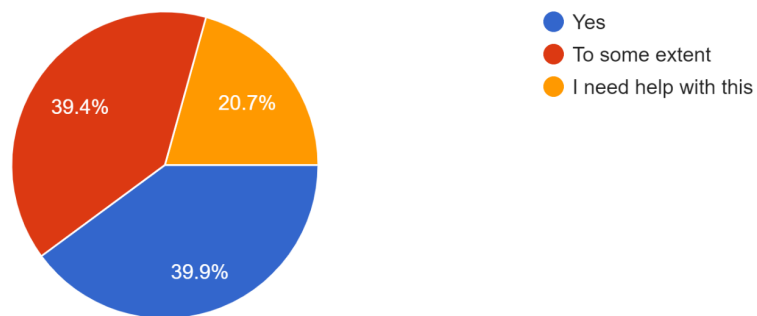
I can identify my learning style and study habits

208 responses



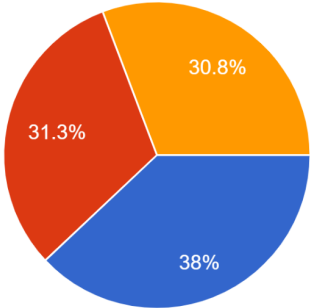
I have developed effective study skills and habits

208 responses



I have developed a study plan

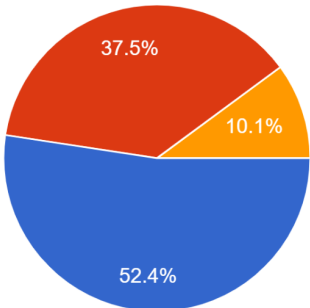
208 responses



- Yes
- To some extent
- I need help with this

I can plan for taking exams

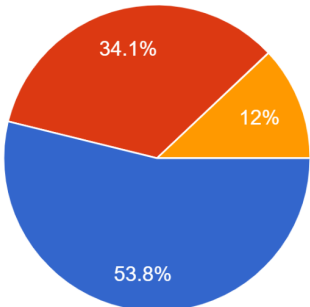
208 responses



- Yes
- To some extent
- I need help with this

I can manage my time and stress during an exam

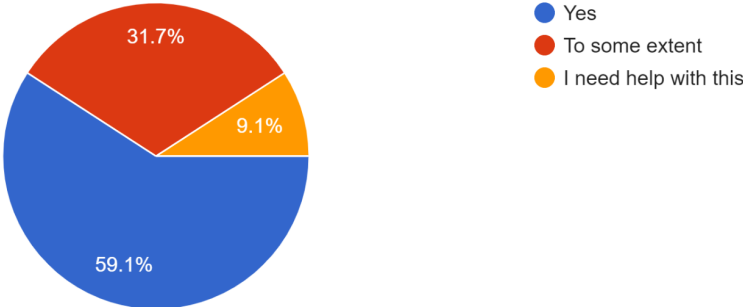
208 responses



- Yes
- To some extent
- I need help with this

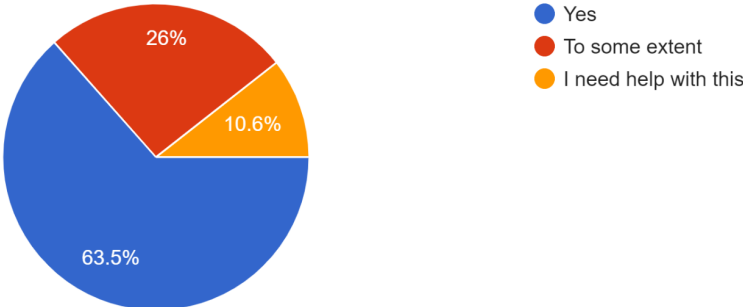
I can ask for help when I need it

208 responses



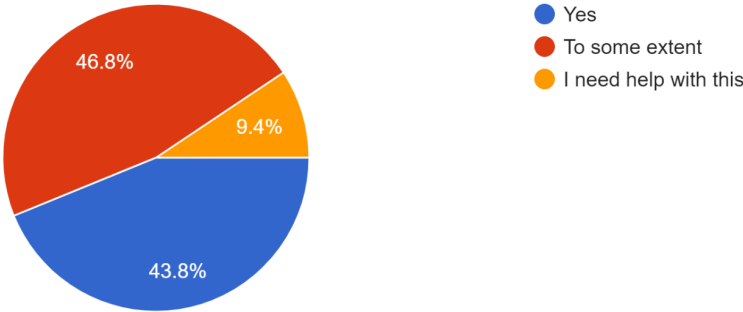
I know how to ask the Guidance Counsellor/teachers for support when needed

208 responses

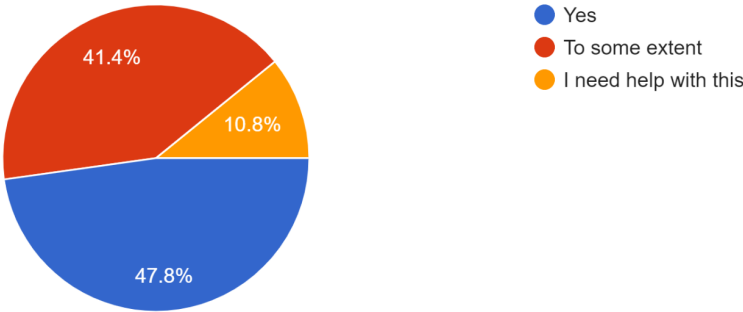


DATA JUNIOR CYCLE

I can name my learning style and can describe my study habits
203 responses

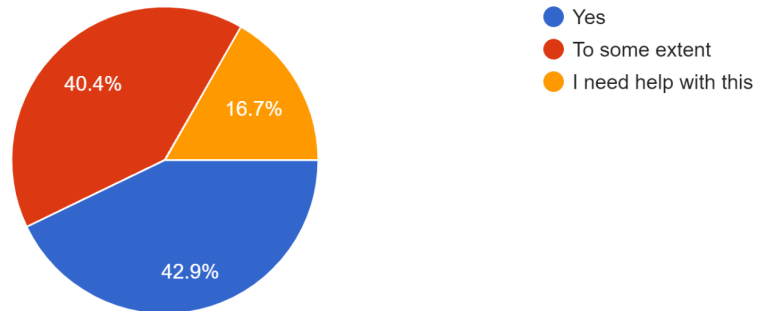


I have developed study skills and habits, eg. study plan, exam papers, notes.
203 responses



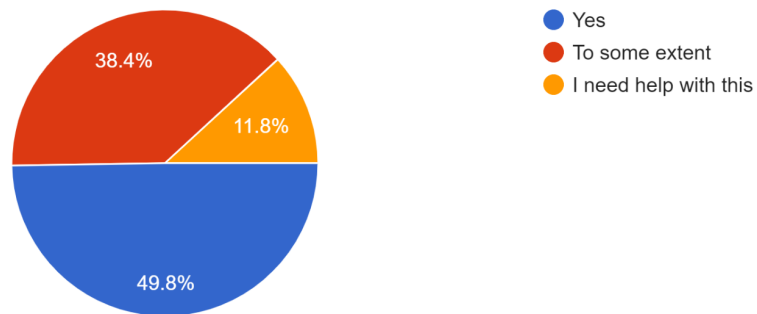
I have produced a plan so that I can get the best of the time I spend studying. i.e I know how to create a study plan.

203 responses



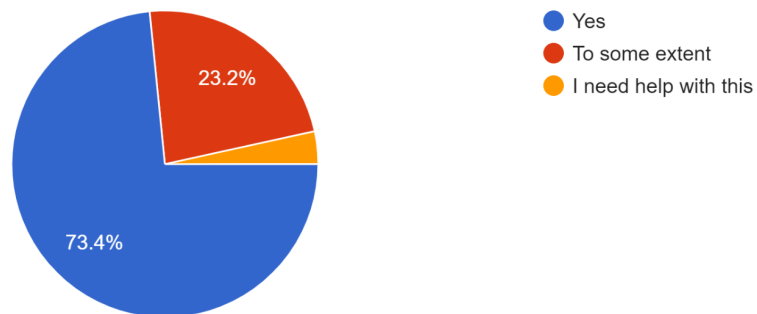
I can use time well and can cope with the pressure when doing each exam

203 responses



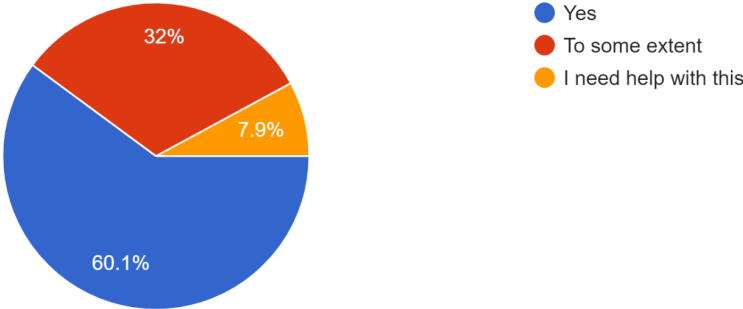
I can ask for help when I need it

203 responses



I can ask my class tutor/teachers, year head or Guidance Counsellor for help when needed

203 responses



DISCUSSION

In relation to Target 1 we have had considerable success in achieving our goals. We can see from the data above that there has been a noted improvement in terms of student study skills and exam preparation. In relation to the specific target we had set we can see that at Senior Cycle 79.3% of students can identify their learning styles and study habits. This exceeds our target of 70%. In relation to the development of a study plan, 69.4% of students responded that they are currently utilising a plan. This falls slightly short of our 70% target but is a noted improvement. This data points to the fact that there is a number of students who have developed effective study habits and skills but are not translating this across to the creation of an effective study plan. This may be an area we consider for focus for the next academic year.

At Junior Cycle the results point to the success of the continued implementation of the Turas and Career Guidance Programmes where there is a specific focus on study skills. 90.6% of students are capable of identifying study skills and learning styles and 83.3% of students are using study plans. This far exceeds our target of 70%. A possible explanation for the discrepancy between Junior and Senior Cycle data sets is the inclusion of TY students. Due to the increased focus on extracurricular activities it is possible that students may not prioritise study skills during this year.

Target 2 focused on the students ability to access help and support within the school. We implemented the Check and Connect Programme for students in 6th Year as we felt that they would benefit most from the extra support. Our data is encouraging and points to the fact that more students are comfortable around asking for help and support when required. At Senior Cycle 90.6% of students feel that they can ask for help. This slightly exceeds our targets. At Junior Cycle 96.6% of students feel that they can ask for help when they need it. This exceeds our target. Overall the data points to strong mechanisms of school support across all year groups and highlights the success of the Turas and Guidance Programmes along with the strong relationships forged between students and their subject teachers. Although our focus was on Senior Cycle students for this target it is useful to get a picture of the whole school landscape and reflect on the positive elements of student support in the school.

CONCLUSION

Overall the data points to initial successes in our targets and the associated actions (See Appendix 1 for breakdown of actions carried out in academic year 22/23). It is important that we continue to build on this for the coming academic year. In order to continue the momentum it is important that we introduce a number of new actions to help achieve our targets.

Suggested additional actions to help achieve targets :

- Distribute Study Plans to all teachers at the beginning of the academic year and encourage them to distribute to students who are not using them.
- Increased focus on the promotion of digital study resources that allow students to access a wider range of study resources such as videos and podcasts.
- Guidance Counsellor meet with 2nd Year students to offer support as they are currently the only Year Group to have no direct access to the Guidance Counsellor in classes.
- The creation of peer led support groups at TY, 5th and 6th to act as support mechanisms for all students in the respective year groups. This would consist of a group of 2-4 well respected student leaders who could act as a bridge between students and staff.

APPENDIX 1

Monitoring and Evaluating - Study Skills Target 1

- 19th - 23rd September 2022 - Study Skills delivered by Super Generation
- 10th - 15th Oct - Study Skills Class 1 delivered to TY and 6th Yrs
- 14th - 19th November - Study Skills Class 1 delivered to 5th Years
- 21st - 26th November - Study Skills Class 2 delivered to T.Y and 6th Years
- 12th - 17th Dec - Study Skills Class 3 delivered to 5th Years
- 9th - 14th January - Study Skills Class 3 delivered to TY, 5th and 6th Years
- 6th - 11th March - Study Skills Class 4 delivered to TY, 5th and 6th Years

6th Years Class Breakdown

- Class 1 - Study Performance Questionnaire/Exam Targets/Action Plan
- Class 2 - Review Exam Targets and Study Action Plan
- Class 3 - Preparing for Mocks

- Class 4 - Review Mock results and finalise preparations for L.C.

5th Year Class Breakdown

- Class 1 - Learning Style Questionnaire - Explore Learning Styles
- Class 2 - Study Methods
- Class 3 - Planning and Organising Study
- Class 4 - Track and review exam targets for 6th Year

TY Class Breakdown

- Class 1 - Learning Style Questionnaire - Explore Learning Styles
- Class 2 - Growth vs Fixed Mindset
- Class 3 - Neuroplasticity
- Class 4 - Intrinsic/Extrinsic Motivation

Junior Cycle

Study skills classes are delivered through the Turas Programme and form an integral part of the programme. This is delivered by class tutors and is generally synchronised across year groups. At 3rd Year there is also an increased focus on study skills in the Career Guidance classes. The main topics covered at Junior Cycle are:

- Learning Styles
- Study Methodologies
- Effective Study Planning
- Targets and Reviewing Progress

Monitoring and Evaluating Target 2 - Check and Connect

August 2022 - All teachers met and briefed.

Sept 2022 - Offered to students, students and teachers paired.

Sept 26th - Oct 22nd - Initial round of meetings with Mentors.

Dec - Feb '23 - Round 2 of Meetings

April/May 23 - Round 3 of Meetings

Student Support Mechanisms that support this target across all year groups:

- Class Tutor
- Year Head
- Student Support Team
- Guidance Department
- Cairdeas Programme
- Extra Curricular activities
- Student Council
- Anti- Bullying Policy