

**Leaving
Cert
2026**



Steady Through Their Exams

**A practical support toolkit for
parents and teens during exam time**



Study planners, coping tools
and support information

**NPC Helpline
01 887 4477**



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SUPPORTING CHILDREN

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DAILY STUDY PLANNER

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Date: _____

S M T W T F S

Today's subject and focus



Main subject: _____



Second subject: _____

Today's Tasks

| | | |
|-------|---|-------|
| 08.00 | • | _____ |
| 09.00 | • | _____ |
| 10.00 | • | _____ |
| 11.00 | • | _____ |
| 12.00 | • | _____ |
| 13.00 | • | _____ |
| 14.00 | • | _____ |
| 15.00 | • | _____ |
| 16.00 | • | _____ |

Today's Goals











How I'm feeling today



Gentle study and wellbeing tips

- Small steps are enough
- Celebrate your hard work
- Take your time
- Get plenty of rest
- Spend time in nature



Remember, you don't have to figure this all out on your own.

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WEEKLY PLANNER

Steady Through Their Exams



Week of: _____

SUBJECTS TO COVER

- _____
- _____
- _____
- _____
- _____

Monday

Main goal: _____

Tuesday

Main goal: _____

Wednesday

Main goal: _____

Thursday

Main goal: _____

Friday

Main goal: _____

Saturday

Main goal: _____

Sunday

Main goal: _____

END OF WEEK REFLECTION

What went well?

What was hard?

One thing I'm proud of:



**You're doing
better than
you think.**

THIS WEEK I WILL PRIORITISE

- Sleep _____
- Food _____
- Breaks _____
- Movement _____
- Asking for help _____

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STUDY NOTES

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Date: _____

S M T W T F S

QUICK RESET IF OVERWHELMED

- Pause
-  Take 5 slow breaths
-  What's stressing me?
- Pick ONE small task

STUDY REMINDER



Small steps count.

END OF DAY CHECK IN

What I got done: _____

Something I found hard: _____

One small win today: _____

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SUPPORT IS THERE

Helpful supports for exam time

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Support for parents and families



**HSE Mental Health
Supports**

1800 111 888

yourmentalhealth.ie



Jigsaw

jigsaw.ie

Mental health support and
resources for young people



ISPCC Childline

1800 66 66 66

Text **TALK** to **50101**



Turn2Me

turn2me.ie

Online mental health support



Leaving Cert Helpline

1800 265 165

Guidance and information
during exam **Results Week**



NPC Podcast

Stress, Sleep, Points and Pressure

Listen on Spotify and other platforms



You do not have to figure this out on your own.

Support is there for parents and young people.

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