



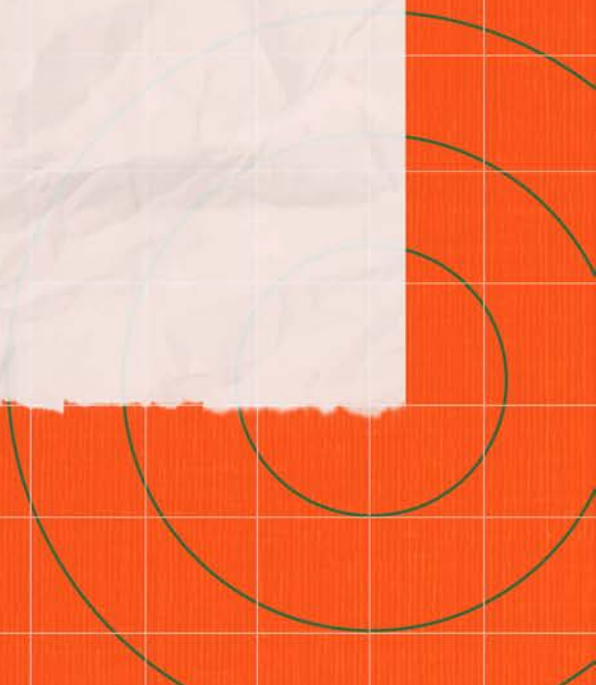
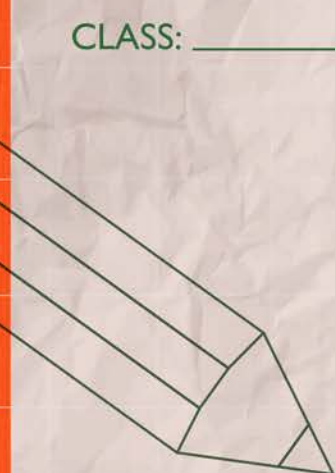
# RAYSE THE GAME



NAME: \_\_\_\_\_

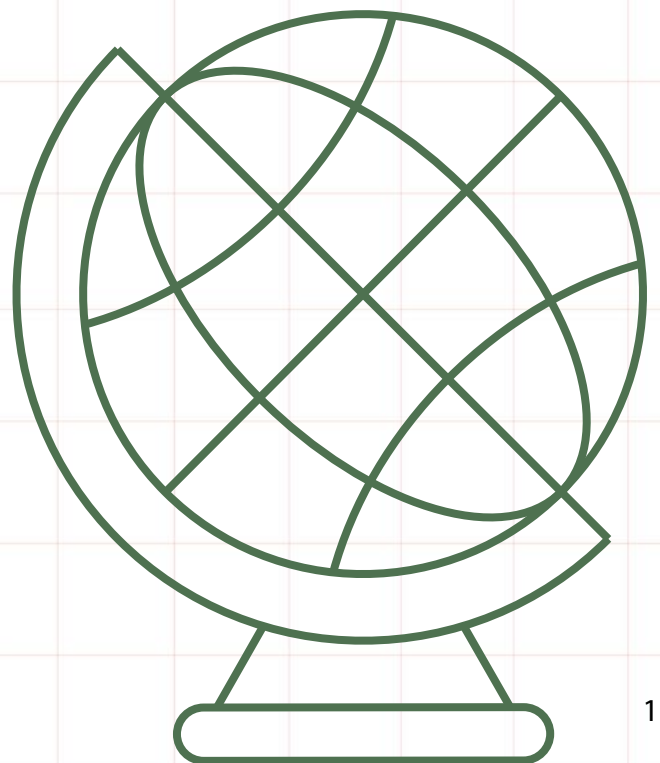
SCHOOL: \_\_\_\_\_

CLASS: \_\_\_\_\_ DATE: \_\_\_\_\_



# ● POWER PRINCIPLE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



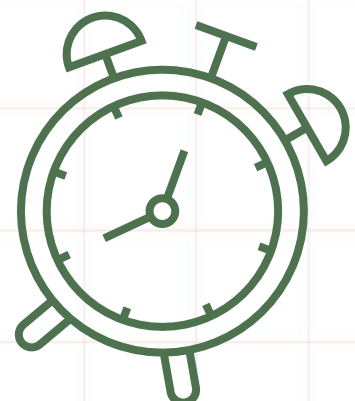
## Tactic 1 Coach

- 1 What are 3 words to describe me?
- 2 What am I most proud of?
- 3 What is my favourite subject?
- 4 What distracts me from getting my homework done?
- 5 School is...
- 6 Study is....
- 7 My education means I can...
- 8 What will happen if I don't apply myself?
- 9 Who or what is holding me back?
- 10 What DO I WANT TO ACHIEVE THIS YEAR?



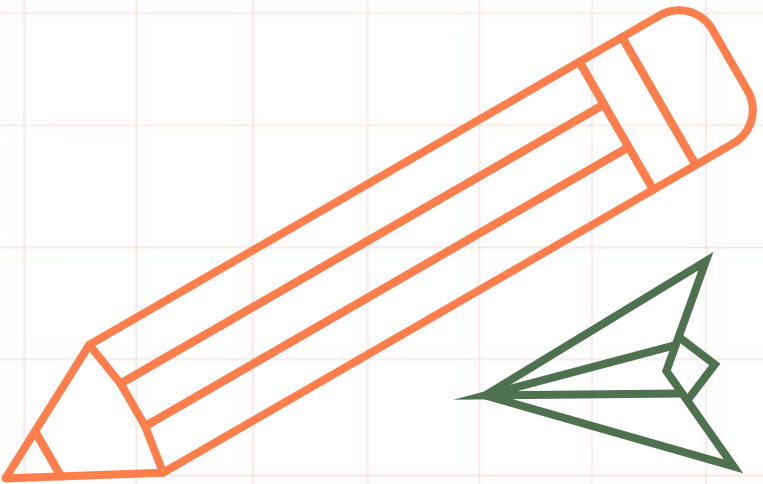
## ● Tactic 2 Game Plan

Goals	
	1
	2
	3
Tactics	
	1
	2
	3
	4
	5
	6
	7



● Tactic 3 Set Clear Targets

Subject	Level	Grade	New



## ● Tactic 4 Miracle Morning

1	
2	
3	
4	
5	
6	
7	

## ● Tactic 5 Opponents

● What distracts you from getting your homework done?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

PAIN

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GAIN

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DITCH THE \_\_\_\_\_

GET INTO THE \_\_\_\_\_





# Tactic 6

# TIME BLOCKING

## WEEKLY PLANNER

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

● **Tactic 7**

**KNOW YOUR STRENGTHS**

● Tactic 8 Pareto Principle

\_\_\_\_\_ is More  
\_\_\_\_\_ / \_\_\_\_\_ - RULE

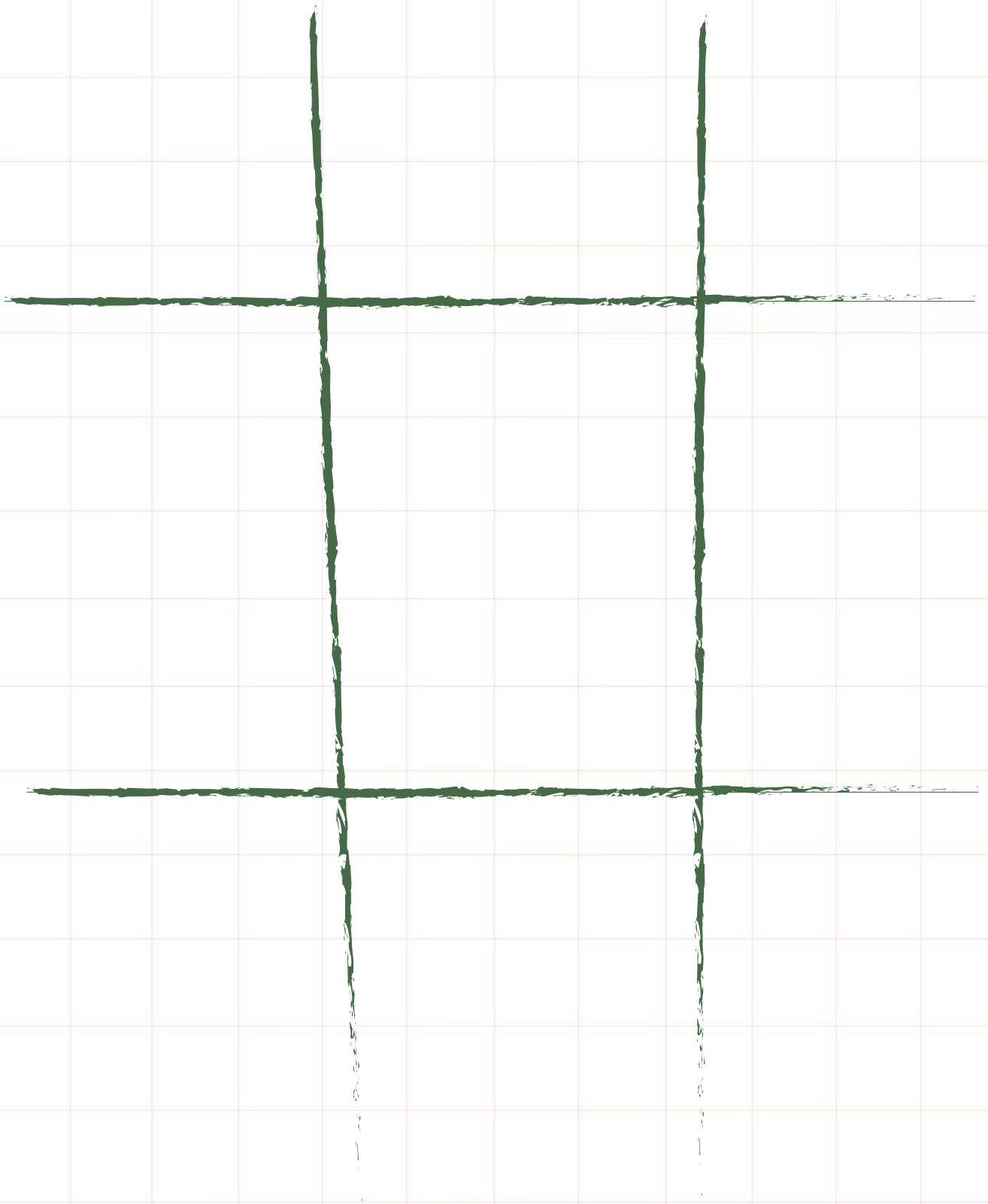
● Tactic 9 30-Minute Study system

SWOT

S . \_\_\_\_\_  
W . \_\_\_\_\_  
O . \_\_\_\_\_  
T . \_\_\_\_\_

What is your super power to help you study?

Answer: WHIZ \_\_\_\_\_





## Early Years

Martin Luther King was born in Atlanta Georgia in 1929. His father was minister of Ebenezer Baptist Church and they spent every Sunday listening to his forceful sermons. Segregation laws kept blacks and whites separate and supported whites in their treatment of blacks as inferior. King enjoyed books and had learned to recite passages from the Bible.

## College Years

King went to Morehouse College, one of the leading black colleges in the country. At first he wanted to be a doctor or a lawyer but he realised he could improve the lives of black people more by being a minister. He attended Boston University where he was introduced to a music student, Coretta Scott. They fell in love and married in 1953.

## Rise to Prominence

He joined the NAACP (National Association for the Advancement of Coloured People) and in 1954 he became pastor of the Dexter Avenue Baptist Church in Montgomery, Alabama. In December 1955, a black woman called Rosa Parks refused to give up her seat on a bus to a white man and was arrested. Black leaders decided to organise a boycott of the bus. King was now President of the Montgomery Improvement Association (MIA) which led the bus boycott and took a successful case to the Supreme Court. He was arrested twice and almost lost his wife and child when their house was bombed. But no one gave up the protest and they won a great victory in the Supreme Court - all buses were to be desegregated.

## Influences

In 1957 he formed the Southern Christian Leadership Conference (SCLC) to mobilise the moral authority and leadership of black churches behind non-violent campaigns for civil rights. He was influenced by the German theologian Reinhold Niebuhr who said that evil could not be overcome by reason but must be confronted. The non-violent campaign of Gandhi against British Rule in India also inspired him. King and the SCLC wanted to bring the deprivation and indignities suffered by Southern black people to the notice of white Americans.

## Kings Voice

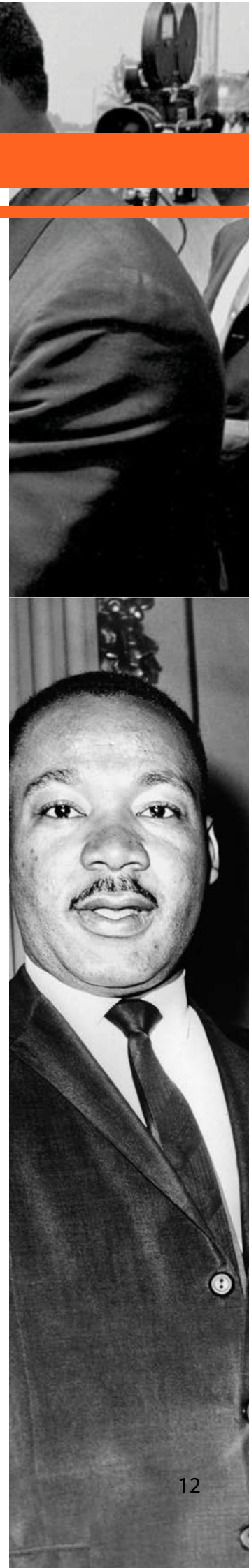
Martin Luther King was a powerful speaker and his skilful rhetoric, moderate goals, courage and insistence on non-violence built a powerful coalition of poor and prosperous black people with liberal white sympathisers, including Christian and Jewish leaders. On the morning of 28th August 1963, nearly a quarter of a million people swarmed around the Lincoln Memorial in Washington. King stepped forward to deliver his infamous "I have a dream" speech.

## Nobel Prize

The movement successfully forced a reluctant Federal government to enact civil rights legislation and to enforce it in the South. In 1964 he was awarded a Nobel Prize in Norway. The coalition broke up after 1965 due to the Passing of the Civil Rights Acts, the explosion of black violence in northern cities, divisions among black leaders and King's growing opposition to the war in Vietnam.

## Death

He was in Memphis supporting a strike of rubbish collectors when on the 4th April 1968 he was shot dead on the balcony of his hotel. His killer James Earl Ray was a Nazi sympathiser.





## TOPIC

# SEAMUS HEANEY

1. Seamus Heaney was born on a farm in Co. Derry in 1939. He was the eldest of nine children and was reared in a Catholic and nationalist family. He drew a great deal of inspiration for his writings from 'my local County Derry childhood experience'.

2. He was educated at St Columb's College, Derry, a catholic boarding school. Here he did well at English, Irish and Latin. His Gaelic heritage was nurtured through playing underage Gaelic football and spending summer studying Irish in the Donegal Gaeltacht.

3. He studied English language and literature at Queen's University, Belfast, where he published poems in a university magazine.

4. While lecturing in St Joseph's Training College he became involved with a poetry circle organised by Philip Hopsbaum, a lecturer in English at Queen's. Here Heaney came in contact with fellow Northern poets Derek Mahon and Michael Longley.

5. In 1966 he published his first full volume of poetry, *Death of a Naturalist*, which dealt with the experiences of his childhood and his growing into adulthood.

His next two collections, *Door into the Dark* (1969) and *Wintering Out* (1972) drew on the locality of his childhood, including the area around Lough Neagh. He saw the name of his home farm, Mossbawn, with its Scottish and Gaelic origins, a metaphor for the divided culture of Northern Ireland.

6. Between the publication of these two collections, the Troubles broke out in Northern Ireland (1968-69). The impact of the Troubles on Heaney is the most clearly seen in his collection of poems, *North*, published in 1975.

- He commented on the political and social issues of the time while trying to avoid being a spokesman for either side.
- He did this largely through writing about these issues using mythology and Iron Age history. In 'Punishment', he uses images of a 2,000-year old bog body found in Denmark to comment on punishment beatings.

7. However, he was accused by fellow poets of glorifying the Troubles and using rites that were 'profoundly Catholic in character'.

8. In the mid-1960s during the O'Neill premiership Heaney was optimistic about the future. He was hopeful that O'Neill's efforts to improve relations with Catholics signalled a bright future. Not surprisingly, the Troubles had the effect of 'darkening the mood of Heaney's work in the 1970s'.

Conor Cruise O'Brien, historian and Irish government minister during the Troubles, said, 'I have read many pessimistic analyses of "Northern Ireland", but none that has the bleak conclusiveness of these poems.'

9. The Troubles also forced Heaney to question the role and responsibility of the poet in society. In essays in *The Government of the Tongue* (1988) and *The Redress of Poetry* (1995), he is concerned about the pressures that come to bear on a poet in time of crisis.





10. *The Spirit Level* (1996) portrayed a more hopeful view of the North as the peace process was unfolding. The 1994 ceasefire in Northern Ireland was celebrated in 'Tollund': 'Ourselves again, free-willed again, not bad.'

11. In the 1980s, Heaney became involved in the Field Day Theatre and Field Day Publishing in Derry with Brian Friel, Stephen Rea and others. They hoped to explore 'the nature of the Irish problem' and as a result, more successfully confront it 'than it had been hitherto'. Field Day published *Sweeney Astray*, Heaney's translation of a medieval Irish poem.

*The Cure at Troy*, a play based on Sophocles' *Philoctetes*, had parallels with Northern Ireland:

*Human beings suffer,  
They torture one another,  
They get hurt and get hard.*

12. At various times, Heaney lectured in Carysfort Teacher Training College, Dublin, was visiting professor at Harvard University, went on reading tours of Northern Ireland with with other poets, and was appointed Professor of Poetry at Oxford University.

13. He was also presented with honorary degrees, won critical acclaim for his poetry and won the Whitbread Book of the Year Award. He won the Nobel Prize for Literature in 1995 for 'works of lyrical beauty and ethical depth, which exalt everyday miracles and the living past'.

14. Seamus Heaney died in 2013.









## COACHING & ONLINE TRAINING

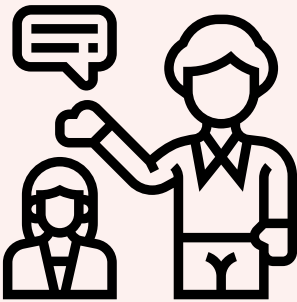


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### TESTIMONIAL

"Ray Langan has a talent for entertaining and educating teenagers and students. I would recommend Ray to any school who want to bring in a high energy and impactful speaker to motivate, inspire and encourage your students to succeed." **Gerry Duffy, Principal of C.B.C Monkstown**

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- ✓ SEMINARS ARE HIGH ENERGY GROUP-BASED EVENTS TO CREATE A MOTIVATIONAL CLIMATE TO MOTIVATE STUDENTS.
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