

# GRINDS360°

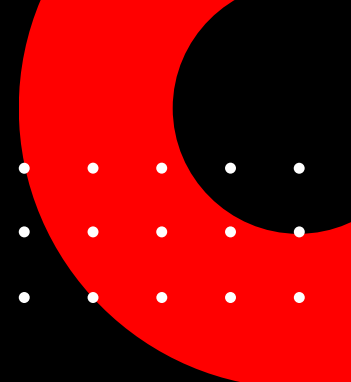
## WHAT'S INCLUDED IN THE PRICE?

Subject	Teacher	Weekly Grinds	On-Demand Catalogue	Christmas Revision Courses	Easter Revision Courses	May Revision Courses
Accounting	James O'Loughlin	✓	✓	✓	✓	✓
Ag Science	Iain Wallace Walter Walsh		✓	✓	✓	✓
Applied Maths	Kieran Mills	✓	✓	✓	✓	✓
Biology	Jennifer Groves	✓	✓	✓	✓	✓
Business	Ronan, David, Gavin	✓	✓	✓	✓	✓
Chemistry	Nichola Walsh	✓	✓	✓	✓	✓
Economics	Ronan, David, Gavin	✓	✓	✓	✓	✓
English	Paul McCormack	✓	✓	✓	✓	✓
French	Amy Weddell	✓	✓	✓	✓	✓
Geography	Tracy Gannon	✓	✓	✓	✓	✓
German	Louise Becker Amy Weddell		✓	✓	✓	✓
History	Dan Stynes	✓	✓	✓	✓	✓
Home Ec	Sandra Cleary	✓	✓	✓	✓	✓
Irish	Michael Casey Clare Grealay	✓	✓	✓	✓	✓
Maths (H)	Rob Browne	✓	✓	✓	✓	✓
Maths (O)	Tracy Gannon	✓	✓	✓	✓	✓
PE	Ronan Joyce		✓	✓	✓	
Physics	Kieran Mills	✓	✓	✓	✓	✓
Spanish	Conor McDonnell	✓	✓	✓	✓	✓

# GRINDS<sup>360°</sup>

## 6TH YEAR

### WEEKLY GRINDS



#### MONDAYS

5:15pm - 6:30pm	Economics	Maths (H)	Biology
6:45pm - 8:00pm	Business	English	Chemistry
8:15pm - 9:30pm	Accounting	Irish	Home Economics

#### TUESDAYS

5:15pm - 6:30pm	Maths (H)	Business	Maths (O)
6:45pm - 8:00pm	Irish	Geography	Applied Maths
8:15pm - 9:30pm	Biology	Economics	History

#### WEDNESDAYS

5:15pm - 6:30pm	Irish	French	
6:45pm - 8:00pm	Chemistry	English	
8:15pm - 9:30pm	Physics	Home Economics	Maths (H)

#### THURSDAYS

5:15pm - 6:30pm	Irish	Spanish	French
6:45pm - 8:00pm	English	Chemistry	Applied Maths
8:15pm - 9:30pm	Maths (H)	Maths (O)	Physics

#### SECOND CHANCE SATURDAY & SUNDAY

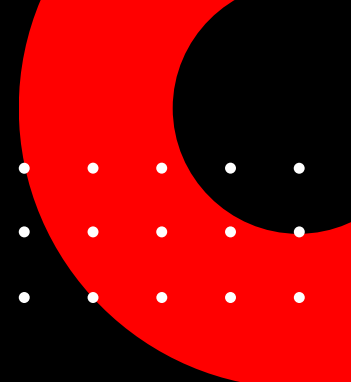
All Weekly Grinds that take place during the week are available to rewatch for the duration of Saturday and Sunday.

*Timetable subject to change*

# GRINDS360°

## 5TH YEAR

### WEEKLY GRINDS



#### MONDAYS

5:15pm - 6:30pm	Economics	Chemistry
6:45pm - 8:00pm	Business	Biology
8:15pm - 9:30pm	Accounting	Home Economics

#### TUESDAYS

5:15pm - 6:30pm	Business	Maths (O)
6:45pm - 8:00pm	Maths	Applied Maths
8:15pm - 9:30pm	Irish	History

#### WEDNESDAYS

5:15pm - 6:30pm	English	French
6:45pm - 8:00pm	Irish	Home Economics
8:15pm - 9:30pm	Physics	Geography

#### THURSDAYS

5:15pm - 6:30pm	Irish	Spanish
6:45pm - 8:00pm	English	Chemistry
8:15pm - 9:30pm	Maths (H)	Maths (O)

#### SECOND CHANCE SATURDAY & SUNDAY

All Weekly Grinds that take place during the week are available to rewatch for the duration of Saturday and Sunday.

*Timetable subject to change*

# GRINDS 360° IN-PERSON WORKSHOPS OCTOBER MID-TERM

**FREE TO ATTEND FOR GRINDS 360 STUDENTS**  
**STUDENTS MUST PRE-REGISTER TO ATTEND**  
**LIMITED SPACES - EARLY BOOKING ADVISED**

## TUESDAY 29TH OCTOBER

9:00am - 11:00am	Maths (H)	English
11:30am - 1:30pm	English	Irish
2:00pm - 4:00pm	Maths (H)	Irish

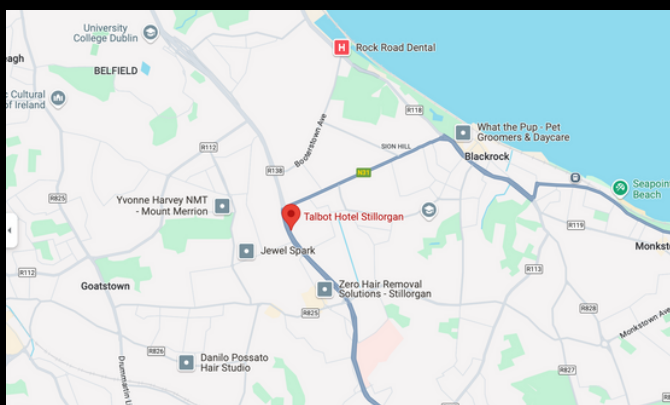
## WEDNESDAY 30TH OCTOBER

9:00am - 11:00am	Maths (H)	Maths (H)	Maths (O)
11:30am - 1:30pm	Business	French	Home Economics
2:00pm - 4:00pm	Economics	Geography	Biology
4:30pm - 6:30pm	Business	Biology	Chemistry

## LOCATION

**Talbot Hotel Stillorgan,**  
Stillorgan Road,  
Stillorgan,  
Dublin

More dates & locations to  
be announced soon



# GRINDS360° ACCOUNTING

James O'Loughlin

	TERM 1	Leaving Cert Accounting
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Intro to Double Entry accounting
2	16-Sep	Incomplete Records A
3	23-Sep	Incomplete Records A
4	30-Sep	Incomplete Records B
5	7-Oct	Incomplete Records B
6	14-Oct	Depreciation Straight Line
7	21-Oct	Depreciation Reducing Balance
	28-Oct	October Midterm
8	4-Nov	Revaluation
9	11-Nov	Flexible Budgets
10	18-Nov	Stock Valuation
11	25-Nov	Marginal Costing
12	2-Dec	Marginal Costing
13	9-Dec	Final Accounts
14	16-Dec	Final Accounts
	23-Dec	
	30-Dec	Christmas Revision Courses

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## ACCOUNTING

James O'Loughlin

	TERM 2	
15	6-Jan	Final Accounts
16	13-Jan	Cash Flow Statements
17	20-Jan	Cash Flow Statements
18	27-Jan	Production Budgets
19	3-Feb	Cash Budgets 1
20	10-Feb	Cash Budgets 2
	17-Feb	February Midterm
21	24-Feb	Published Accounts
22	3-Mar	Tabular Statements
23	10-Mar	Club Accounts
24	17-Mar	Service Firms
25	24-Mar	Farm Accounts
26	31-Mar	Interpretation of Accounts
27	7-Apr	Suspense Accounts
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Control Accounts
29	5-May	Costing 1
30	12-May	Costing 2
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

# GRINDS<sup>360°</sup>

## APPLIED MATHS

Kieran Mills

	TERM 1	LEAVING CERT APPLIED MATHS
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Uniform Accelerated Motion
2	16-Sep	Uniform Accelerated Motion
3	23-Sep	Uniform Accelerated Motion
4	30-Sep	Vectors
5	7-Oct	Vectors
6	14-Oct	Projectiles
7	21-Oct	Projectiles
	28-Oct	October Midterm
8	4-Nov	Newton's Laws
9	11-Nov	Newton's Laws
10	18-Nov	Newton's Laws
11	25-Nov	Calculus for Applied Maths
12	2-Dec	Calculus for Applied Maths
13	9-Dec	Calculus for Applied Maths
14	16-Dec	Work and Energy
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS 360° APPLIED MATHS

Kieran Mills

	TERM 2	
15	6-Jan	Circular motion
16	13-Jan	Circular motion
17	20-Jan	Collisions
18	27-Jan	Collisions
19	3-Feb	Networks and Graph Theory
20	10-Feb	Networks and Graph Theory
	17-Feb	February Midterm
21	24-Feb	Networks and Graph Theory
22	3-Mar	Networks and Graph Theory
23	10-Mar	Difference Equations
24	17-Mar	Difference Equations
25	24-Mar	Difference Equations
26	31-Mar	Difference Equations
27	7-Apr	Difference Equations
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Differential Equations
29	5-May	Differential Equations
30	12-May	Differential Equations
	19-May	Pre Exam 4 Hour Crash Course
	26-May	



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## BIOLOGY

Jennifer Groves

	TERM 1	LEAVING CERT BIOLOGY
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Scientific Method and Characteristics of Life
2	16-Sep	Food and Biomolecules
3	23-Sep	Cell Structure and Diversity
4	30-Sep	Ecology
5	7-Oct	Ecology
6	14-Oct	Cell Division and Enzymes
7	21-Oct	Genetics: DNA, RNA & DNA Replication
	28-Oct	October Midterm
8	4-Nov	Genetics: Protein Synthesis
9	11-Nov	Genetics: Genetic Engineering, DNA Profiling , Evolution and Variation
10	18-Nov	Genetic Crosses
11	25-Nov	Photosynthesis
12	2-Dec	Respiration
13	9-Dec	Diffusion and Osmosis
14	16-Dec	Human Nutrition
	23-Dec	
	30-Dec	Christmas Revision Courses

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## BIOLOGY

Jennifer Groves

	TERM 2	
15	6-Jan	Blood, Blood Vessels and Heart
16	13-Jan	Lymphatic System, Homeostasis and Human Breathing
17	20-Jan	MicroBiology - Classification, Monera, Fungi, Amoeba
18	27-Jan	Viruses and The Defence System
19	3-Feb	Plants - Structure, Storage and Transport
20	10-Feb	Human Reproduction
	17-Feb	February Midterm
21	24-Feb	Human Reproduction
22	3-Mar	Excretion
23	10-Mar	The Nervous System
24	17-Mar	Skeleton and Muscles
25	24-Mar	Sexual Reproduction in Flowering Plants
26	31-Mar	Vegetative Propagation
27	7-Apr	The Endocrine System
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	The Senses
29	5-May	Plant Responses
30	12-May	Experiments
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

# GRINDS<sup>360°</sup> BUSINESS

Gavin Duffy  
David Dolan  
Ronan Murdock

	TERM 1	LEAVING CERT BUSINESS
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	People In Business
2	16-Sep	Consumer Conflict
3	23-Sep	Industrial Relations Conflicts
4	30-Sep	Enterprise
5	7-Oct	Management Skills - Leading & Motivating
6	14-Oct	Management Skills - Communicating
7	21-Oct	Management Skills - Communicating
	28-Oct	October Midterm
8	4-Nov	Management Activities
9	11-Nov	Human Resource Management
10	18-Nov	Managing Change
11	25-Nov	Ratio Analysis
12	2-Dec	Insurance and Tax
13	9-Dec	Finance
14	16-Dec	Identifying Business Opportunities
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS<sup>360°</sup> BUSINESS

Gavin Duffy  
David Dolan  
Ronan Murdock

	TERM 2	
15	6-Jan	Business Start-Up
16	13-Jan	The Marketing Mix (Market Research)
17	20-Jan	The Marketing Mix
18	27-Jan	The Marketing Mix
19	3-Feb	Business Expansion
20	10-Feb	Business Organisations
	17-Feb	February Midterm
21	24-Feb	Business Organisations
22	3-Mar	Business, The Economy and Government
23	10-Mar	Community Development / Categories of Industry
24	17-Mar	Ethical, Social and Environmental Responsibility
25	24-Mar	International Trade
26	31-Mar	The European Union
27	7-Apr	Global Business
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Revision & Predictions
29	5-May	Revision & Predictions
30	12-May	Revision & Predictions
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

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## CHEMISTRY

Dr. Nichola Walsh

	TERM 1	LEAVING CERT CHEMISTRY
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Bohr Theory and the Line Emission Spectrum of Hydrogen
2	16-Sep	Orbitals, Sublevels, and Electron Configuration
3	23-Sep	The Periodic Table 1: Key Scientists, Isotopes, RAM, Mass Spectrometer
4	30-Sep	Ionic Bonding, Writing Molecular Formulae
5	7-Oct	Covalent Bonding, Sigma and Pi Covalent Bonding, VSEPR
6	14-Oct	Electronegativity and Intermolecular Forces
7	21-Oct	The Periodic Table 2: Trends
	28-Oct	October Midterm
8	4-Nov	Radioactivity
9	11-Nov	Hydrocarbons, IUPAC Naming, and Structural Isomers,
10	18-Nov	Fuels, Fractional Distillation and Octane Number
11	25-Nov	Thermochemistry Calculations
12	2-Dec	Organic Functional Groups
13	9-Dec	Organic Synthesis: Substitution and Redox Reactions
14	16-Dec	Organic Synthesis: Addition, Polymerisation, and Elimination Reactions
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS<sup>360°</sup> CHEMISTRY

Dr. Nichola Walsh

	TERM 2	
15	6-Jan	Moles: Calculating moles, molecules, empirical formula
16	13-Jan	Moles of an Element, Balanced Equations
17	20-Jan	Moles: Stoichiometry - Calculating the Mass of Reactants/Products and Limiting Reagent
18	27-Jan	Gas Laws
19	3-Feb	Gas Laws and Moles Calculations
20	10-Feb	Acids and Bases
	17-Feb	February Midterm
21	24-Feb	Concentration Calculations
22	3-Mar	Titration Procedural Questions
23	10-Mar	Acid-Base Titrations
24	17-Mar	pH
25	24-Mar	Oxidation and Reduction
26	31-Mar	Redox Titrations
27	7-Apr	Equilibrium
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Rates of Reaction
29	5-May	Water
30	12-May	Atmospheric Chemistry
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

# GRINDS<sup>360°</sup> ECONOMICS

Gavin Duffy  
David Dolan  
Ronan Murdock

	TERM 1	LC Accounting
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	ECONOMICS AS A WAY OF THINKING
2	16-Sep	ECONOMIC CONCEPTS OF SCARCITY AND CHOICE
3	23-Sep	ECONOMIC, ENVIRONMENTAL AND SOCIAL SUSTAINABILITY
4	30-Sep	SUPPLY, DEMAND AND EQUILIBRIUM
5	7-Oct	SUPPLY, DEMAND AND EQUILIBRIUM
6	14-Oct	CONSUMER AND ELASTICITY
7	21-Oct	FISCAL POLICY AND THE BUDGET
	28-Oct	October Midterm
8	4-Nov	FISCAL POLICY AND THE BUDGET
9	11-Nov	MONETARY POLICY AND THE PRICE LEVEL
10	18-Nov	MONETARY POLICY AND THE PRICE LEVEL
11	25-Nov	THE FIRM - COSTS OF PRODUCTION
12	2-Dec	THE FIRM - COSTS OF PRODUCTION
13	9-Dec	GOVERNMENT INTERVENTION
14	16-Dec	MARKET STRUCTURES
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS<sup>360°</sup> ECONOMICS

Gavin Duffy  
David Dolan  
Ronan Murdock

	TERM 2	
15	6-Jan	MARKET STRUCTURES
16	13-Jan	MARKET STRUCTURES
17	20-Jan	THE LABOUR MARKET
18	27-Jan	THE LABOUR MARKET
19	3-Feb	EMPLOYMENT & UNEMPLOYMENT
20	10-Feb	NATIONAL INCOME
	17-Feb	February Midterm
21	24-Feb	NATIONAL INCOME
22	3-Mar	NATIONAL INCOME
23	10-Mar	MARKET FAILURE
24	17-Mar	INTERNATIONAL TRADE AND COMPETITIVENESS
25	24-Mar	INTERNATIONAL TRADE AND COMPETITIVENESS
26	31-Mar	ECONOMIC GROWTH AND DEVELOPMENT
27	7-Apr	4.5 FINANCIAL SECTOR
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	GLOBALISATION
29	5-May	EXPECTED QUESTIONS + ANSWERS
30	12-May	EXPECTED QUESTIONS + ANSWERS+EXAM ADVICE
	19-May	Pre Exam 4 Hour Crash Course
	26-May	



# GRINDS<sup>360°</sup> ENGLISH

Paul McCormack

	TERM 1	LEAVING CERT ENGLISH
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	King Lear Overview - Past Questions; introduction to Studied Poetry
2	16-Sep	Introduction to the poetry of Derek Mahon; analysis of two poems.
3	23-Sep	Analysis of 2021 King Lear Questions; Derek Mahon; analysing a question and writing an effective response.
4	30-Sep	Analysis of sample response paragraphs to 2021 King Lear questions; Introduction to the General Vision and Viewpoint Comparative mode.
5	7-Oct	Analysis of General Vision and Viewpoint past questions and sample responses (1).
6	14-Oct	Analysis of General Vision and Viewpoint past questions and sample responses (2); Analysis of 2019 King Lear questions.
7	21-Oct	Analysis of sample paragraph responses to 2019 King Lear questions.
	28-Oct	October Midterm
8	4-Nov	Introduction to the poetry of Eavan Boland; Analysis of two poems.
9	11-Nov	Eavan Boland: Analysis of two poems and past examination questions
10	18-Nov	Analysis of paragraph responses to past Eavan Boland tasks.
11	25-Nov	King Lear - Analysis of 2018 questions.
12	2-Dec	King Lear - Analysis of sample responses to 2018 questions.
13	9-Dec	Introduction to the poetry of Patrick Kavanagh and analysis of two poems.
14	16-Dec	Patrick Kavanagh: Analysis of two poems and past examination questions.
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS 360° ENGLISH

Paul McCormack

	TERM 2	
15	6-Jan	Analysis of paragraph responses to past Patrick Kavanagh tasks
16	13-Jan	Introduction to the Cultural Context comparative mode.
17	20-Jan	Analysis of past Cultural Context tasks and sample responses (1).
18	27-Jan	Analysis of past Cultural Context tasks and sample responses (2)
19	3-Feb	Analysis of 2015 King Lear tasks; Introduction to the poetry of Tracy K Smith.
20	10-Feb	Analysis of 2 Tracy K Smith poems + a sample question.
	17-Feb	February Midterm
21	24-Feb	Analysis of sample paragraph responses to Tracy K Smith task; Analysis of sample paragraph responses to 2025 King Lear questions
22	3-Mar	Introduction to the Theme and Issue Comparative mode; Introduction to the poetry of Gerard Manley Hopkins.
23	10-Mar	Analysis of past Theme and Issue tasks and sample responses; Analysis of 2 Gerard Manley Hopkins poems.
24	17-Mar	Analysis of sample paragraph responses to Gerard Manley Hopkins tasks.
25	24-Mar	Analysis of 2014 and 2013 King Lear questions; Introduction to the poetry of Sylvia Plath.
26	31-Mar	Analysis of two Sylvia Plath poems and past examination questions.
27	7-Apr	King Lear Character overview; analysis of sample paragraph responses to Sylvia Plath tasks.
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Revision of the General Vision and Viewpoint comparative mode.
29	5-May	Analysis of 2008 and 2006 King Lear tasks and Studied Poetry review
30	12-May	Overview of what to expect and a reminder of the marking scheme and effective time management.
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

# GRINDS360°

## FRENCH

Amy Weddell

	TERM 1	LEAVING CERT FRENCH
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Intro to the course, Tense timeline & Present tense
2	16-Sep	Comprehension exercise, Describing people and relationships (adjectif recap) & Intro to the opinion piece
3	23-Sep	Comprehension exercise, Grammar: passé composé, Written: Opinion piece - Importance of relationships
4	30-Sep	Comprehension exercise, Grammar: imparfait & Intro to diary entry
5	7-Oct	Comprehension exercise, Topic: House and area & Written: Diary - moving house
6	14-Oct	Comprehension exercise, Grammar: Plus-que-parfait & Written: Intro to récit
7	21-Oct	Comprehension exercise, Topic: School (pt 1) & Written: Récit - An experience in class
	28-Oct	October Midterm
8	4-Nov	Topic: School (pt 2) & Written: Diary entry & Comprehension exercise
9	11-Nov	Comprehension exercise, Topic: Importance of university & Grammar: Futur proche
10	18-Nov	Comprehension exercise, Grammar: Futur simple & Opinion Piece: Importance of learning languages
11	25-Nov	Topic: technology pt 1 & Opinion piece: Technology & Comprehension exercise
12	2-Dec	Comprehension exercise, Technology pt 2 & Opinion piece: Social media
13	9-Dec	Comprehension exercise, Topic: Environment pt 1 & Grammar: Conditionnel
14	16-Dec	Topic: Environment pt 2 & Grammar: Conditionnel pt 2 (si clauses) & Comprehension exercise
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS360°

## FRENCH

Amy Weddell

	TERM 2	
15	6-Jan	Comprehension exercise & Opinion piece: environment
16	13-Jan	Comprehension exercise & Topic: Q 2b) [letter/email]
17	20-Jan	Topic: Q 2b) pt 2 & Comprehension exercise
18	27-Jan	Comprehension exercise & Topic: Health pt 1
19	3-Feb	Topic Health pt 2 & Grammar: intro to subjunctive & Comprehension exercise
20	10-Feb	Comprehension exercise, Opinion piece: La santé & Grammar: subjunctive
	17-Feb	February Midterm
21	24-Feb	Comprehension exercise & Topic: la vie quotidienne pt 1
22	3-Mar	Comprehension exercise, Topic: la vie quotidienne pt 2 & Opinion piece:
23	10-Mar	Comprehension exercise & Topic: Social problem pt 1
24	17-Mar	Topic: Social problem pt 2 + Comprehension exercise
25	24-Mar	Comprehension exercise & Topic: Social problem pt 3
26	31-Mar	Topic: Social problem pt 4 & Comprehension exercise
27	7-Apr	Comprehension exercise & Topic: Protest/the power of voting pt 1
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Comprehension exercise & Topic: Protest / the power of voting pt 2
29	5-May	Comprehension exercise & Opinion Piece: Topical answers
30	12-May	Last minute paper prep
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

# GRINDS360°

## GEOGRAPHY

Tracy Gannon

	TERM 1	LEAVING CERT GEOGRAPHY
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Physical Geography: The Rock Cycle
2	16-Sep	Physical Geography: The Rock Cycle
3	23-Sep	Physical Geography: The Rock Cycle
4	30-Sep	Physical Geography: The Rock Cycle
5	7-Oct	Physical Geography: The Rock Cycle
6	14-Oct	Physical Geography: Denudation
7	21-Oct	Physical Geography: Denudation
	28-Oct	October Midterm
8	4-Nov	Physical Geography: Rivers
9	11-Nov	Physical Geography: Rivers
10	18-Nov	Physical Geography: Rivers
11	25-Nov	Physical Geography: Plate Tectonics
12	2-Dec	Physical Geography: Plate Tectonics
13	9-Dec	Physical Geography: Plate Tectonics
14	16-Dec	Physical Geography: Volcanic Activity
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS360°

## GEOGRAPHY

Tracy Gannon

	TERM 2	
15	6-Jan	Physical Geography: Volcanic Activity
16	13-Jan	Physical Geography: Earthquakes
17	20-Jan	Physical Geography: Earthquakes
18	27-Jan	Regional Geography: Concepts of a Region
19	3-Feb	Regional Geography: Concepts of a Region
20	10-Feb	Regional Geography: Irish Region(s)
	17-Feb	February Midterm
21	24-Feb	Regional Geography: Irish Region(s)
22	3-Mar	Regional Geography: Irish Region(s)
23	10-Mar	Regional Geography: Irish Region(s)
24	17-Mar	Regional Geography: European Region(s)
25	24-Mar	Regional Geography: European Region(s)
26	31-Mar	Regional Geography: European Region(s)
27	7-Apr	Geoecology: Biomes
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Geoecology: Biomes
29	5-May	Geoecology: Biomes
30	12-May	Geoecology: Biomes
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

# GRINDS360° HISTORY

Dan Stynes

	TERM 1	LEAVING CERT HISTORY
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	EW3: Stalin's Russia: From Lenin to Stalin.
2	16-Sep	EW3: Stalin's Russia: The Show Trials, 1936-1938.
3	23-Sep	EW3: Interwar Years Economy: Britain.
4	30-Sep	EW3: Interwar Years Economy: Jarrow Crusade, 1936.
5	7-Oct	EW3: Hitler's Germany: Rise to Power.
6	14-Oct	EW3: Hitler's Germany: The Nuremberg Rallies.
7	21-Oct	RSR: An Overview and the Outline Plan.
	28-Oct	October Midterm
8	4-Nov	EW6: The Presidency.
9	11-Nov	EW6: The Korean War, 1950-1953, and the Red Scare.
10	18-Nov	EW6: The Economy – Boom and Bust.
11	25-Nov	EW6: The Civil Rights Movement – Montgomery Bus Boycott, 1955-1956, 1/2.
12	2-Dec	EW6: The Civil Rights Movement – Montgomery Bus Boycott, 1955-1956, 2/2.
13	9-Dec	EW6: The Cuban Missile, 1962, and the Outbreak of the Vietnam War.
14	16-Dec	EW6: Johnson and the Vietnam War, 1963-1969.
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS 360° HISTORY

Dan Stynes

	TERM 2	
15	6-Jan	EW6: Technology Advancements and the Moon Landing, 1969.
16	13-Jan	I3: The War of Independence and Treaty Negotiations, 1919-1921.
17	20-Jan	I3: The Outbreak of Civil War, 1922.
18	27-Jan	I3: The Eucharistic Congress, 1932.
19	3-Feb	I3: Belfast During World War II, 1939-1945.
20	10-Feb	RSR: Outline Plan Revision, Evaluation of Sources, and Review of Process.
	17-Feb	February Midterm
21	24-Feb	I2: Land Reform from 1870-1912.
22	3-Mar	I2: Parnell and the Elections of 1885 and 1886.
23	10-Mar	I2: Cultural Nationalism and the GAA, 1/2.
24	17-Mar	I2: Cultural Nationalism and the GAA, 2/2.
25	24-Mar	I2: Dublin 1913, Strike and Lockout.
26	31-Mar	I2: Unionism versus Nationalism.
27	7-Apr	I5: The Coleraine University Controversy, 1965.
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	I5: The Apprentice Boys of Derry.
29	5-May	I5: The Sunningdale Agreement, 1973-1974.
30	12-May	Exam Preparation and Student Requests.
	19-May	Pre Exam 4 Hour Crash Course
	26-May	



# GRINDS<sup>360°</sup>

## HOME ECONOMICS

Sandra Cleary

	TERM 1	LEAVING CERT HOME ECONOMICS
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Composition of Food/Energy 1.2.1, Protein 1.1.2
2	16-Sep	Carbohydrates 1.1.3
3	23-Sep	Lipids 1.1.4
4	30-Sep	Fat Soluble Vitamins and Water Soluble Vitamins 1.1.5
5	7-Oct	Minerals 1.1.6, Water 1.1.7
6	14-Oct	Food Choices 1.1.1, Milk 1.3.2
7	21-Oct	Cheese 1.3.2, Meat 1.3.2, Fruit 1.3.2
	28-Oct	October Midterm
8	4-Nov	Cereals 1.3.2, Eggs 1.3.2
9	11-Nov	Vegetarianism 1.2.3, Specific Dietary Requirements 1.2.3
10	18-Nov	Consumer Studies 2.2
11	25-Nov	Yeast 1.3.8, Bacteria/Food Poisoning 1.3.8
12	2-Dec	The Irish Food Industry 1.3.1, Domestic Preservation 1.3.9, Commercial Preservation 1.3.9
13	9-Dec	Food Additives 1.3.6, Family Resource Management 2.1
14	16-Dec	Food Processing/Packaging and Labelling 1.3.5, Moulds 1.3.8
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS<sup>360°</sup>

## HOME ECONOMICS

Sandra Cleary

	TERM 2	
15	6-Jan	Methods of Cooking 1.3.4,Sensory Analysis 1.3.4
16	13-Jan	Textiles 2.1.6, Food Safety/Hygiene/HACCP 1.3.10
17	20-Jan	Household Technology 2.1.5
18	27-Jan	Household Finance 2.1.3
19	3-Feb	Fats/Oils 1.3.2,Fish 1.3.2,Milk Products 1.3.2
20	10-Feb	Vegetables 1.3.2,Food Legislation 1.3.7,Food Safety Agencies
	17-Feb	February Midterm
21	24-Feb	Sociology Terms 3.1.1,The Family 3.1.2,Marriage 3.1.3
22	3-Mar	The Family as a Caring Unit 3.1.6,Family Laws 3.1.7
23	10-Mar	Analysis of Tables/Charts Question 1 .B (a)
24	17-Mar	Revision
25	24-Mar	Revision
26	31-Mar	Revision
27	7-Apr	Revision
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Revision / Exam Prep
29	5-May	Revision / Exam Prep
30	12-May	Revision / Exam Prep
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

# GRINDS360<sup>o</sup>

## IRISH

Dr. Michael Casey

	TERM 1	LEAVING CERT IRISH
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Course Intro/ Hurlamaboc 2022 / Language Skills/ Essay Preparation Skills
2	16-Sep	Géibheann 2024/ Language Skills/ Timpeallacht Essay Part 1
3	23-Sep	Oisín 2023/ Language Skills/ Timpeallacht Essay Part 2
4	30-Sep	Colscaradh 2022/ Language Skills/ Timpeallacht Essay Part 3
5	7-Oct	Dís 2024/ Language Skills/ Timpeallacht Essay Part 4
6	14-Oct	An tEarrach Thiar 2024/ Language Skills/ Healthcare Essay Par 1/ Oral 1
7	21-Oct	Cáca Milis 2024/ Language Skills/ Healthcare Essay Part 2/ Oral 2
	28-Oct	October Midterm
8	4-Nov	Mo Ghrá-sa 2023/ Language Skills/ Healthcare Essay Part 3/ Oral 3
9	11-Nov	Spailpín Fánach 2023/ Language Skills/ Homelessness Essay Part 1/ Oral 4
10	18-Nov	Gnáthrud / Language Skills/ Homlessness Essay Part 2/ Oral 5
11	25-Nov	An Triail/ Language Skills/ Homlessness Essay Part 3/ Oral 6
12	2-Dec	An Triail/ Language Skills/ Crime Essay Part 1/ Oral 7
13	9-Dec	An Triail/ Language Skills/ Crime Essay Part 2/ Oral 8
14	16-Dec	An Triail/ Language Skills/ Crime Essay Part 3/ Oral 9
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS 360°

## IRISH

Dr. Michael Casey

	TERM 2	
15	6-Jan	An Triail/ Language Skills/ Sport Essay Part 1/ Oral 10
16	13-Jan	Reading Comp Q6B/ Language Skills /Sport Essay Part 2/ Sraith 1
17	20-Jan	Reading Comp Q6B/ Language Skills / Sport Essay Part 3/ Sraith 2
18	27-Jan	Reading Comp Q6B/ Language Skills/ Technology Essay Part 1/ Sraith 3
19	3-Feb	Reading Comp Q6B/ Language Skills/ Technology Essay Part 2/ Sraith 4
20	10-Feb	Reading Comp Q6A/ Language Skills/ Technology Essay Part 3/ Sraith 5
	17-Feb	February Midterm
21	24-Feb	Hurlam 2020/ Language Skills/ Technology Essay Part 4/ Sraith 6
22	3-Mar	Mo Ghrá 2020/ Language Skills/ Gaeilge Essay Part 1/ Sraith 7
23	10-Mar	Oisín 2021/ Language Skills/ Gaeilge Essay Part 2/ Sraith 8
24	17-Mar	Colscaradh 2015/ Language Skills/ Gaeilge Essay Part 3/ Sraith 9
25	24-Mar	Gnáthrud / Language Skills/ Gaeilge Essay Part 4/ Sraith 10
26	31-Mar	Full Oral Preparation/ Language Skills/ Aural
27	7-Apr	Full Oral Preparation/ Language Skills/ Aural
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Politics Essay Part 1/ Language Skills/ Aural
29	5-May	Politics Essay Part 2/ Language Skills/ Aural
30	12-May	Politics Essay Part 3/ Language Skills/ Aural
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

# GRINDS<sup>360°</sup>

## MATHS (H)

Rob Browne

	TERM 1	LEAVING CERT MATHS (H)
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Algebra, Indices & logarithms
2	16-Sep	Algebra, Indices & logarithms
3	23-Sep	Algebra, Indices & logarithms
4	30-Sep	Algebra, Indices & logarithms
5	7-Oct	Trigonometry
6	14-Oct	Trigonometry
7	21-Oct	Trigonometry
	28-Oct	October Midterm
8	4-Nov	Line & Circle
9	11-Nov	Line & Circle
10	18-Nov	Line & Circle
11	25-Nov	Geometry
12	2-Dec	Differential calculus, Integration
13	9-Dec	Differential calculus, Integration
14	16-Dec	Differential calculus, Integration
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS<sup>360°</sup>

## MATHS (H)

Rob Browne

	TERM 2	
15	6-Jan	Differential calculus, Integration
16	13-Jan	Differential calculus, Integration
17	20-Jan	Functions
18	27-Jan	Complex numbers
19	3-Feb	Complex numbers
20	10-Feb	Sequences & series, Financial maths
	17-Feb	February Midterm
21	24-Feb	Sequences & series, Financial maths
22	3-Mar	Sequences & series, Financial maths
23	10-Mar	Proof by Induction
24	17-Mar	Statistics
25	24-Mar	Statistics
26	31-Mar	Statistics
27	7-Apr	Statistics, Probability
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Probability
29	5-May	Probability
30	12-May	Application of functions
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

# GRINDS<sup>360°</sup>

## MATHS (O)

Tracy Gannon

	TERM 1	LEAVING CERT MATHS (O)
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Paper 1: Algebra
2	16-Sep	Paper 1: Algebra
3	23-Sep	Paper 1: Algebra
4	30-Sep	Paper 1: Algebra
5	7-Oct	Paper 1: Number Systems
6	14-Oct	Paper 1: Algebraic Inequalities
7	21-Oct	Paper 1: Indices
	28-Oct	October Midterm
8	4-Nov	Paper 1: Complex Numbers
9	11-Nov	Paper 1: Complex Numbers
10	18-Nov	Paper 1: Functions
11	25-Nov	Paper 1: Calculus
12	2-Dec	Paper 1: Calculus
13	9-Dec	Paper 1: Series & Sequences
14	16-Dec	Paper 1: Series & Sequences
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS 360° MATHS (O)

Tracy Gannon

	TERM 2	
15	6-Jan	Paper 1: Financial Maths
16	13-Jan	Paper 1: Financial Maths
17	20-Jan	Paper 2: Trigonometry
18	27-Jan	Paper 2: Trigonometry
19	3-Feb	Paper 2: Trigonometry
20	10-Feb	Paper 2: Coordinate geometry (Line & Circle)
	17-Feb	February Midterm
21	24-Feb	Paper 2: Coordinate geometry (Line & Circle)
22	3-Mar	Paper 2: Coordinate geometry (Line & Circle)
23	10-Mar	Paper 2: Coordinate geometry (Line & Circle)
24	17-Mar	Paper 2: Coordinate geometry (Line & Circle)
25	24-Mar	Paper 1/2: Area & Volume
26	31-Mar	Paper 1/2: Area & Volume
27	7-Apr	Paper 2: Statistics
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Paper 2: Statistics
29	5-May	Paper 2: Probability
30	12-May	Paper 2: Probability
	19-May	Pre Exam 4 Hour Crash Course
	26-May	



# GRINDS360° PHYSICS

Kieran Mills

	TERM 1	LEAVING CERT PHYSICS
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Light & Sound
2	16-Sep	Light & Sound
3	23-Sep	Light & Sound
4	30-Sep	Light & Sound
5	7-Oct	Light & Sound
6	14-Oct	Light & Sound
7	21-Oct	Light & Sound
	28-Oct	October Midterm
8	4-Nov	Light & Sound
9	11-Nov	Mechanics
10	18-Nov	Mechanics
11	25-Nov	Mechanics
12	2-Dec	Mechanics
13	9-Dec	Mechanics
14	16-Dec	Mechanics
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS360°

## PHYSICS

Kieran Mills

	TERM 2	
15	6-Jan	Mechanics
16	13-Jan	Mechanics
17	20-Jan	Mechanics
18	27-Jan	Electricity
19	3-Feb	Electricity
20	10-Feb	Electricity
	17-Feb	February Midterm
21	24-Feb	Electricity & Heat
22	3-Mar	Heat
23	10-Mar	Heat
24	17-Mar	Modern Physics
25	24-Mar	Modern Physics
26	31-Mar	Modern Physics
27	7-Apr	Modern Physics
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	Modern Physics
29	5-May	Modern Physics
30	12-May	Modern Physics
	19-May	Pre Exam 4 Hour Crash Course
	26-May	

# GRINDS 360° SPANISH

Conor McDonnell

	TERM 1	LEAVING CERT SPANISH
Week	Week starting	6th Year - Weekly Grind Topic
1	9-Sep	Ser / Estar
2	16-Sep	Reading Skills
3	23-Sep	Present tense and verbs with vocalic changes
4	30-Sep	The definite article and grammatical gender
5	7-Oct	Prepositions
6	14-Oct	Adjectives
7	21-Oct	Comparatives
	28-Oct	October Midterm
8	4-Nov	Direct and Indirect Object Pronouns
9	11-Nov	Verbs with an indirect object structure such as Gustar
10	18-Nov	Listening Skills
11	25-Nov	Present Continuous
12	2-Dec	The imperative mood
13	9-Dec	The subjunctive mood
14	16-Dec	The subjunctive mood
	23-Dec	
	30-Dec	Christmas Revision Courses

# GRINDS 360° SPANISH

Conor McDonnell

	TERM 2	
15	6-Jan	Productive skills - Writing
16	13-Jan	Por / Para
17	20-Jan	Present perfect
18	27-Jan	Past perfect
19	3-Feb	Preterite simple
20	10-Feb	Productive skills - Oral focus
	17-Feb	February Midterm
21	24-Feb	The preterite imperfect
22	3-Mar	The imperfect Subjunctive
23	10-Mar	The future tense
24	17-Mar	Conditional sentences
25	24-Mar	Mientras / Cuando: Indicative or Subjunctive
26	31-Mar	Productive skills - Oral focus
27	7-Apr	Productive skills - the opinion piece
	14-Apr	Easter Revision Courses
	21-Apr	Easter Revision Courses
28	28-Apr	The passive voice / reflexive verbs
29	5-May	Relative pronouns
30	12-May	Past Examination Papers.
	19-May	Pre Exam 4 Hour Crash Course
	26-May	