



study

(verb)

The act of texting, eating
and watching TV with an
open textbook nearby.

Reflection

- ▶ Starting today I know deep down that I need to:
 - ▶ Do more.....
 - ▶ Do less.....
 - ▶ Prioritise.....
 - ▶ Talk to.....
 - ▶ Get help with.....



Knowing their mind

- ▶ Athletes continually prepare for a major competitions with their coaches by working on all aspects of their lives, not just the obvious training, i.e.
 - ▶ Nutrition
 - ▶ Sleep
 - ▶ Stress levels
 - ▶ Mental state
 - ▶ Practicing the actual sport
(or for us, revising for final exams)



Why do different people find things easy or hard?

- ▶ Things that affect learning:
 - ▶ Mood
 - ▶ Energy
 - ▶ Concentration
 - ▶ Confidence
 - ▶ Stress:
 - ▶ feeling ill
 - ▶ lack of sleep
 - ▶ lacking confidence
 - ▶ find it hard to learn new information



Stress

- ▶ The body's natural reaction to a threat or challenge which produces chemicals, making blood rush to your heart, brain and muscles
- ▶ This chemical reaction helps us to achieve our peak performance
 - ▶ Examples:
 - ▶ Possible Stress: Race events, tests, interviews, public speaking / performances
 - ▶ Symptoms: Feeling sick, butterflies, needing the toilet, unable to sit still



Stress

When does stress become a problem?

- ▶ When its constant without relief
- ▶ When its too powerful, producing a panic action instead of positive reaction

How stress and anxiety can affect learning

- ▶ Stops the brain from focusing on what it needs to do
- ▶ preoccupied - can't complete task at hand
- ▶ The happier they are the easier it is to learn.



What does it look like

▶ Signs of stress:

- ▶ **Regular** headaches, stomach-ache, dizzy spells
- ▶ **Pains** in your shoulders, jaw, neck – (tensing up)
- ▶ **Appetite problems** – either no appetite or wanting junk food
- ▶ **Clumsiness** – common for teenagers even when not stressed, but might be worse
- ▶ Frequent colds and minor illnesses
- ▶ Feeling **constantly overwhelmed**
- ▶ Being very snappy and saying things that aren't meant
- ▶ **Sleep problems** – not being able to sleep or waking very early



Strategies

Instant

- ▶ Learn a breathing / relaxation technique
- ▶ Learn to visualise a clam place
- ▶ Use strategies to deal with panic to enable them to wind down before sleep and any time they want to relax
- ▶ Practice until they can do it automatically

Daily

- ▶ Build in 30 mins a day of relaxation:
 - ▶ Baths, walks, coffee with friends, meditating etc
- ▶ Turn your phone off
- ▶ Hobbies – lets you relax
- ▶ Read for pleasure
- ▶ Exercise daily



Create a sleep routine

Avoid

- ▶ Caffeine, cola drinks
- ▶ Exercise – raising the heart rate
- ▶ A big meal
- ▶ Loud, fast music
- ▶ Daylight / bright lights
- ▶ Screens / computers / phones
- ▶ Arguments / stress
- ▶ Talking
- ▶ Alcohol – this badly disrupts sleep

Good things

- ▶ Being organised – having their bags packed
- ▶ Dim lights – closed curtains
- ▶ A light snack / milky / herbal drink
- ▶ Relaxation audio
- ▶ Meditation / Yoga
- ▶ Write down their worries
- ▶ A bath / shower
- ▶ Lavender oil on your pillow
- ▶ Soft music
- ▶ Reading for pleasure



Feed the brain

Eating enough

- ▶ Their brain won't work properly, it loses concentration and finds it hard to learn / remember
- ▶ If they eat the right things their energy levels will go up.
- ▶ Not enough and down they will feel unwell, it's harder to understand, learn and remember
- ▶ Although water is not a food it is essential to keep up your fluid levels. If you don't you will work less

Closer to exams

- ▶ Under stress their appetite changes, don't want proper meals, may rush food and like to overload on sugary carbs
- ▶ Need to choose the best foods for your brain
- ▶ Creating an enjoyable and positive diet



Brain food principles

- ▶ Avoid added sugar
- ▶ Have a balanced diet overall, with a variety and have enough protein as well as carbohydrates
- ▶ Fresh food is best- avoid processed foods
- ▶ Avoid fizzy drinks
- ▶ Have yoghurts to stop the chocolate cravings at the end of meals



Planning for success

- ▶ Ensure you have a place to work:
 - ▶ After school – homework club / library
 - ▶ Swad library
 - ▶ Their bedroom
 - ▶ Dining room
 - ▶ Living room (although the TV may be a distraction)
 - ▶ Someone else's house – joint revision



What do they need?

- ▶ Desk / Table to work at
- ▶ Book case to store folders etc
- ▶ A computer / laptop although not essential, but good for those websites
- ▶ Notepad
- ▶ Post-it notes etc



Create a schedule for revision

Category	Activity	Frequency	Hours involved			
Essential	Sleep	Daily x 8 hours	56			
	Eating	Daily x 3 hours	21			
	Travel	5 days x 1 hour	5			
	Personal Care	Daily x 1 hour	7			
	At school	5 Days x 8 hours	30			
Very desirable	Socialising	3 days x 3 hours	9		Total hours in the week	168
	Training & playing	2 days x 3 hours	6		Time left for Studying	-3
	Drama Club	1 day x 2 hours	2		Target is 12	12
Could be reduced	TV and online	Daily x 3 hours	21			
	Lazing about	7 days x 2 hours	14			
		Total time used	171			

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Other useful information to help

- ▶ Record key dates such as coursework deadlines and exam dates – then work back (i.e. 100 days till...)
- ▶ Set a realistic and achievable weekly timetable
- ▶ Start to revise early and not leave it to lastminute.com
- ▶ Avoid saying I'll do it later , or I'll be alright
- ▶ Talk through what you have learnt, even if the audience has know idea of the topic!



Independent study

- ▶ Seek other information online
- ▶ Talk to their friends (Facetime / Skype)
- ▶ Carry on studying at home
- ▶ Listens to their teachers for their knowledge
- ▶ Complete all assignments
- ▶ Doesn't wait to be told to do something
- ▶ Look for connections in work
- ▶ Ask questions
- ▶ Come up with your own ideas



Ideal revision timetable – 2hours!

- ▶ Everything is ready to go, electronics are switched off
- ▶ 25 mins – intense concentrated study
- ▶ 5 mins break – drink of water, few silly thoughts
- ▶ Repeat 4 times
- ▶ Finish – reflect on what you have learnt, turn it over in your mind and tidy away
- ▶ Relax and feel good about yourself, while thinking about it, tell someone what you have learnt today



Revising

Crucial study skills –

note taking

- ▶ Essential skill
- ▶ Forces you to read, listen and watch more
- ▶ Get to the key point fast
- ▶ Helps remember important ideas
- ▶ Gives you a resources to revise from

Mistakes in note taking

- ▶ Don't copy out large chunks of text especially from the internet – put it into your own words
- ▶ Think about what you are writing
- ▶ File it correctly
- ▶ Go crazy with highlighters
- ▶ Doesn't review their notes afterwards to ensure they make sense



Revision Techniques

- ▶ Brainstorming / thought showers / association maps
- ▶ Cards
- ▶ Placement – place cards around house, when moving from room to room they are given a reminder of facts to remember
- ▶ Re-write
- ▶ Record
- ▶ Question
- ▶ Skype



Tips for Memorizing

- ① Intend to remember.
- ② Understand the material.
- ③ Connect new information with prior knowledge.
- ④ Use all of your senses.
- ⑤ Review your notes, immediately.
- ⑥ Memorize in small amounts
- ⑦ Use mnemonic devices.
- ⑧ Sleep on it



Revision



Revision

THE PLAN

1. Understand it
2. Condense it
3. Memorise it
4. Review it

REVISION

- ▶ If you don't use memory techniques then over time connection with information will be lost

UNDERSTAND.....

- ▶ Explain it: What, why, when, how, where, who.
- ▶ Example: For example.....
- ▶ Expand: However, but, therefore, except, also.....



Action

- Plan your revision sessions
 - ▶ Break each subject into small chunks, not just Maths, but ‘collecting like terms’, or ‘factorising linear expressions’
 - ▶ Set yourself SMART targets (Specific, Measurable, Achievable, Realistic, Targets)



Action

- Plan your revision sessions
-
- Take a 5 minute break every 30 minutes to maintain a good memory and understanding.
 - Planning – you need to start revising now – plan a timetable of revision
 - Aim to visit each topic at least 5 times between starting your revision programme and the final exam
 - Eating – Feed the brain – information and food
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Typical School Day

- 3pm – Home / Eat / Drink / relax
 - 4pm – Science (Digestive system)
 - 4:25pm – Break
 - 4:30pm – Maths (Algebra – expanding brackets)
 - 4:55pm – Tea / downtime
 - 5:30pm – Homework
 - 6:30pm – Finished!!
-



The Plan – get a blank template and fill it with realistic timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							



**KEEP
CALM
AND
STUDY
FOR EXAMS**

