



*Countdown to
trial exams
1. Making a start*



Do Now

Answer these questions in your PD book.

1. What is the purpose of revision?
2. Name 3 revision strategies that are effective methods.
3. Name 3 that are less effective.

Principles:

- Maximises learning time
- Develops independence
- 100% clarity = calm start to lesson

Practice:

- Enter the room in silence and get out your PD folder
- Start the Do Now task immediately – no teacher instructions needed
- Write the question if you don't know the answer



Do Now answer

Answer these questions in your PD book.

1. What is revision?

Revision is a range of techniques that can be used to recap and review prior learning in preparation for an assessment or exam.

2. Name 3 revision strategies that effective methods.

Retrieval practice, flashcards, dual coding, mind maps, interleaving,

3. Name 2 that are less effective.

Reading notes, highlighting,



Motivation and Procrastination

Motivation - *A reason for acting or behaving in a particular way.*

Do you want to do well in your GCSEs? Why?

If you have a reason for doing well, then you will find revision a little easier.

Procrastination - *the action of delaying or postponing something.*

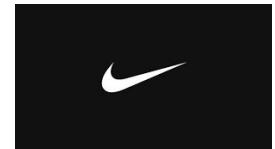
Putting off a task that needs doing.

How often do you put off revision and get distracted instead.

Are you a Procrastinator?

Recognise this brand?

What's their slogan?





Write these key words and complete the tasks

Motivation - *A reason for acting or behaving in a particular way.*



Imagine it's your 18th Birthday.

What will you have achieved?

What grades will you have?

What will be your plans for post 18?

Procrastination - *the action of delaying or postponing something.*

Read the information on page 2 and list 3 ways of avoiding procrastination.

1

2

3



Organisation and planning

Organisation and planning

If you make a **plan**, you will feel in **control**.

Prepare and stick to a study timetable. Over the next 10 weeks gradually increase the amount of time you spend studying and revising.

Little and often is key.

Be strict with yourself - set targets, but also have breaks and rewards.

Be organised - keep all of your resources in one place.
Have a quiet, clear and tidy space to work.

Share your revision plans with your family, so that they know what you need to do and can support you.



TIMES	8.00am - 4.00pm	4.00pm - 6.00pm	6.00 - 6.45pm	6.45pm - 7.45pm	7.45pm - 8.00pm	8.00pm - 9.00pm
MONDAY	School time!	Drama Club	Dinner	Homework	Social Media	Homework / revision
TUESDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
WEDNESDAY	School time!	Netball	Dinner	Homework	Social Media	Homework / revision
THURSDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
FRIDAY	School time!	Chill out!	Dinner	Homework	Social Media	Homework / revision
TIMES	9.00am - 10.00am	10.00am - 11.00am	11.00am - 1.00pm	1.00pm - 3.00pm	3.00pm - 5.00pm	5.00pm - 6.00pm
SATURDAY	breakfast / shower etc	Hour of power revision!	See friends / Lunch	Revision	Watching / playing sport / Gaming	Revision
SUNDAY	breakfast / shower etc	Revision	Sport / Lunch	Flash card review	Out with family	Get someone to test me / Bounce



To aspire, endeavour and thrive together.



Organisation and planning

Organisation and planning

Use the information on page 3 and write the following in your book.

List 3 reasons for planning.

- 1
- 2
- 3

List examples of what will happen without a plan

- 1
- 2
- 3

List 2 methods of staying organised.

- 1
- 2



TIMES	8.00am - 4.00pm	4.00pm - 6.00pm	6.00 - 6.45pm	6.45pm - 7.45pm	7.45pm - 8.00pm	8.00pm - 9.00pm
MONDAY	School time!	Drama Club	Dinner	Homework	Social Media	Homework / revision
TUESDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
WEDNESDAY	School time!	Netball	Dinner	Homework	Social Media	Homework / revision
THURSDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
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TIMES	9.00am - 10.00am	10.00am - 11.00am	11.00am - 1.00pm	1.00pm - 3.00pm	3.00pm - 5.00pm	5.00pm - 6.00pm
SATURDAY	breakfast / shower etc.	Hour of power revision!	See friends / Lunch	Revision	Watching / playing sport / gaming	Revision
SUNDAY	breakfast / shower etc.	Revision	Sport / Lunch	Flash card review	Out with family	Get someone to test me / bounce



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Organisation and planning

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Morning</p> <p>Study 07:00-08:30</p> <p>Study 08:00-11:30</p>	<p>Morning</p> <p>Study 08:30-11:30</p>	<p>Morning</p> <p>Lecture 08:30-11:00</p>	<p>Afternoon</p> <p>Study 09:00-10:00</p>	<p>Evening</p> <p>Free 09:00-10:00</p> <p>Study 10:00-12:00</p>	<p>Evening</p> <p>Free</p>	<p>Evening</p> <p>Free</p>
<p>Afternoon</p> <p>Study group 10:00-11:00</p> <p>Lecture 14:00-15:00</p>	<p>Afternoon</p> <p>Study 12:00-17:00</p>	<p>Afternoon</p> <p>Study 12:00-14:00</p> <p>Study group 15:00-17:00</p>	<p>Afternoon</p> <p>Exam 13:00-14:00</p> <p>Finanz 14:00-15:00</p>	<p>Afternoon</p> <p>Lecture 12:00-14:00</p> <p>Study 15:00-17:00</p>	<p>Evening</p> <p>Free</p>	<p>Afternoon</p> <p>Meeting 15:00-17:00</p>
<p>Evening</p> <p>Free 18:00-20:00</p>	<p>Evening</p> <p>Classical 18:00-20:00</p>	<p>Evening</p> <p>Study 18:00-19:30</p>	<p>Evening</p> <p>Free 19:00-20:00</p>	<p>Evening</p> <p>Free</p>	<p>Evening</p> <p>Classical 19:00-20:00</p>	<p>Evening</p> <p>Free</p>

THE MIND-SET WEEKLY PLANNER

TIMES	8:00am - 4:00pm	4:00pm - 6:00pm	6:00 - 6:45pm	6:45pm - 7:45pm	7:45pm - 8:00pm	8:00pm - 9:00pm
MONDAY	School time	Break club	Dinner	Homework	Social Media	Homework / Revision
TUESDAY	School time	Revision	Dinner	Homework	Social Media	Homework / Revision
WEDNESDAY	School time	Netball	Dinner	Homework	Social Media	Homework / Revision
THURSDAY	School time	Revision	Dinner	Homework	Social Media	Homework / Revision
FRIDAY	School time	Chill out!	Dinner	Homework	Social Media	Homework / Revision
TIMES	9:00am - 10:00am	10:00am - 11:00am	11:00am - 1:00pm	1:00pm - 3:00pm	3:00pm - 5:00pm	5:00pm - 6:00pm
SATURDAY	breakfast / shower etc.	Hour of power / revision!	see friends / Lunch	Revision	visiting / shopping / errands / Spring	Revision
SUNDAY	breakfast / shower etc.	Revision	Sport / Lunch	Music club / review	Out with family	Get cleaned up / get me / shower



To aspire, endeavour and thrive together.



Organisation & Planning



See page 3, Organisation and Planning.

Where to revise?

Choose a quiet, clear and tidy space in which to revise.

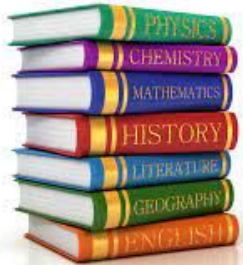
Clear junk and distractions

Being organised is an essential skill.

You need to organise your notes, work, resources, stationery and your 'to do' list.

Can you answer Yes to the following questions?

1. Do you have necessary stationery - pens, pencil, calculator, flashcards, notebooks?
2. Do you know where all of your books and notes are?
3. Are your online notes filed in folders and saved with useful file names?
4. Do you have revision guides?



If you answered 'NO' to any of these, what do you need to do to get organised? You could write a reminder in your PD book



Diet, exercise and wellbeing

Sleep, Diet and Exercise

You need to look after yourself physically too.

Don't skip meals or miss sleep.

Get outside in the sunshine - walk, run, go to the gym!

Eat a varied and healthy diet - avoid too much caffeine and sugar.

Switch off at night and get quality sleep - a hot milky drink before bed really does work - it contains melatonin which will help you to sleep.



To **aspire**, **endeavour** and **thrive** together.



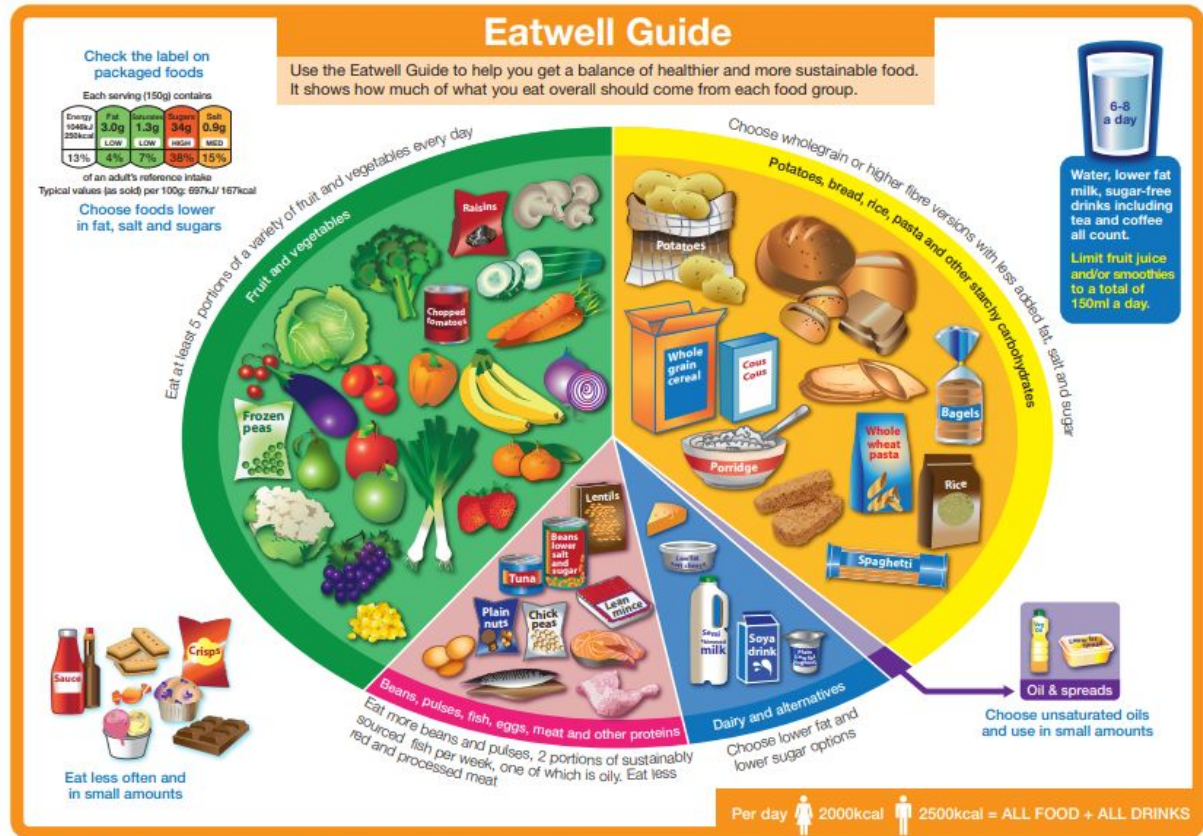
Diet

Is your diet balanced?

Do you rely on sugary snacks too much?

How frequently do you eat fruit, veg?

Are there any changes that you can make to your diet?



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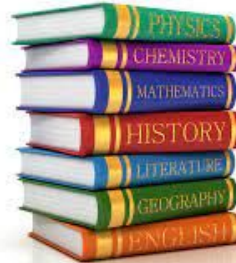


Review - what are the top tips for making a start?



REVISION TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
9AM - 12AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 12AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 12AM REVISE SUBJECT 1	10AM - 12PM REVISE SUBJECT 1	REST!
BREAK!	10:30AM - 1:00PM REVISE SUBJECT 2	10:30AM - 1:00PM REVISE SUBJECT 2	10:30AM - 1:00PM REVISE SUBJECT 2	10:30AM - 1:00PM REVISE SUBJECT 2	12:45AM - 2:45PM REVISE SUBJECT 2	REST!
BREAK!	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	3PM - 5PM REVISE SUBJECT 3	REST!
BREAK!	4:15PM - 8:15PM REVISE	4:15PM - 8:15PM REVISE	4:15PM - 8:15PM REVISE	4:15PM - 8:15PM REVISE	GO HAVE FUN	REST!



To **aspire**, **endeavour** and **thrive** together.



Exiting a personal development lesson

Exit

Thank you for your attention and answers to questions.

When you are asked to, please stand behind your chairs in silence and wait to be dismissed.

Principles:

- Maximises learning time
- You're ready for your next lesson
- Pay respect to each other and the environment

Practice:

- Pack away only when you're asked to
- Stand behind your chairs in silence
- Wait to be dismissed – leave quietly and calmly