

Plan  
Prepare  
Perform

# 1. Being a role model

**Set a good example by modelling the behaviour you want your child to adopt...**

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



## 2. Goal Setting

- **Encourage** them to keep their goals visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



# 3. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60  
minutes  
per day



# 4. Healthy Eating

## A BALANCING ACT

Keep your sugar levels under control.

Macro Cheat Sheet

Carbohydrates		Proteins		
Breads		Chicken	Eggs	
Rice		Turkey	Salmon	Acocado
Couscous		Egg Whites	Bacon	Nut Butters
Cereals	Beans	Fish	Chia Seeds	Egg Yolks
Bran	Sprouted	Buffalo	Cottage Cheese	Nuts
Potatoes	Grains	Bison	Whole Fat Milk	Oils
Pasta	Quinoa	Whey Protein	Duck	Olives
Oats	Most Yogurts	Turkey Bacon	Whole-Fat Yogurt	Flaxseed
Cream of Wheat	Skim Milk	Lean Beef		
Corn	Peas	Low/Non-fat cottage cheese		
English Muffins		Low/Non-fat greek yogurt		
Pancakes				
Whole Wheat/ Whole Grains				
Vegetables				
Squash				
Pumpkin				
Berries				
Fruits				
Sugars				

Fats

Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

## MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables  
Nuts  
Pulses  
Fish  
Bananas

## UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables  
Asparagus / Spinach  
Broccoli  
Yoghurt  
Chicken / Salmon  
Whole Grains / Brown rice  
Almonds / Pecans  
Eggs

## 5. Time Out

Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



**TAKING TIME OUT**

IS AS IMPORTANT AS PUTTING TIME IN

# 6. Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



# 7. Unplugging

- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them



# Effective revision tips that can boost your **preparation**



# The Statistics...



66% of material is forgotten after 7 days.



88% of material is forgotten after 6 weeks.

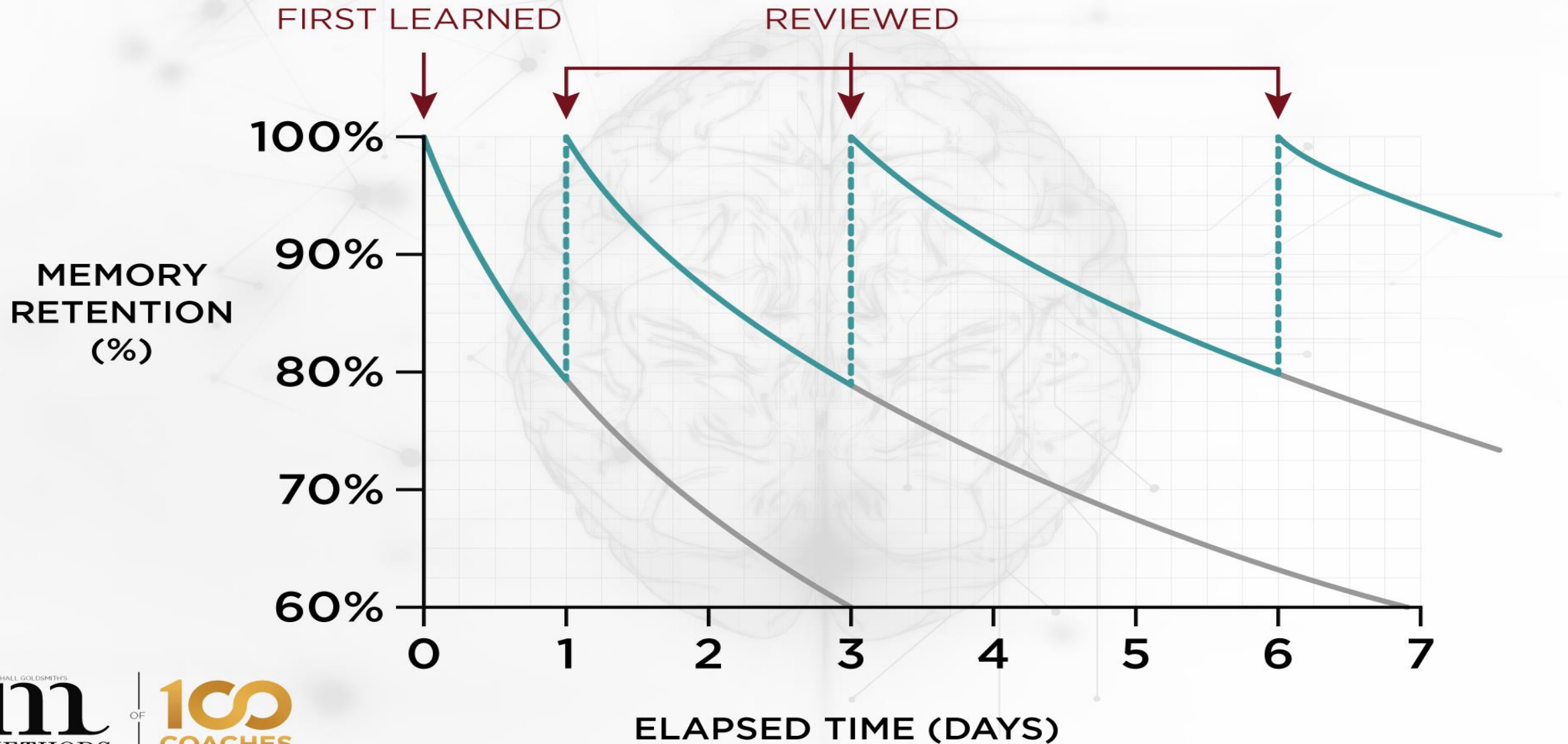


Reading notes and text books leads to a mere 10% retention.



You need to get **ACTIVE** in your revision to combat these things!

# EBBINGHAUS FORGETTING CURVE





081127882



081 127 882



# CHUNKING



# Why is 'chunking' useful?

- Our memory system becomes far more efficient.
- Help you to recall the relevant information in your exams.
- Information becomes easier to retain and recall.
- Improves our creativity.



# The chunking process

1. Break down larger amounts of information into smaller units.
2. Identify similarities or patterns.
3. Organise the information.
4. Group information into manageable units.



# The chunking process

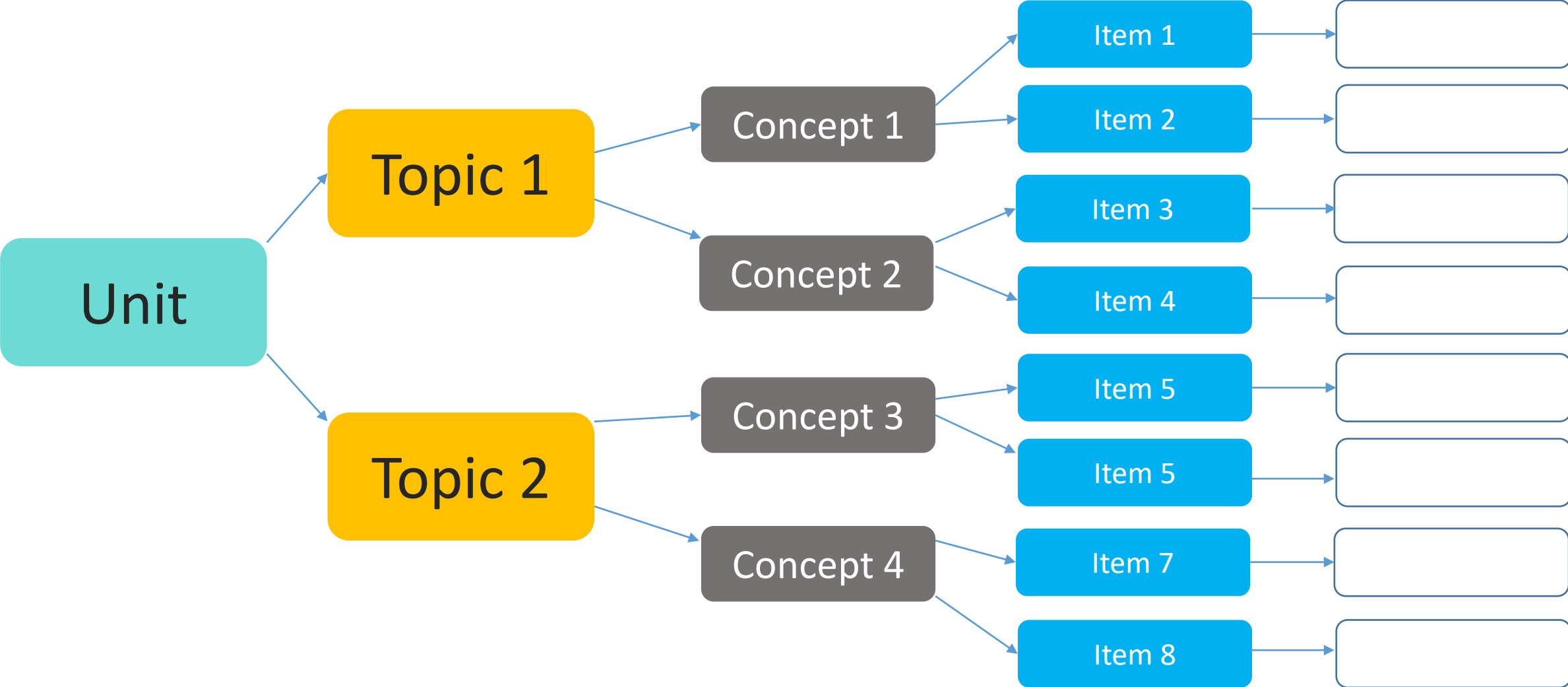
Use **HEADINGS** and **TITLES** for different sections

Use **TABLES** to summarise **LARGE AMOUNTS of DATA**

Use **BULLET POINTS** to summarise and **CLARIFY IMPORTANT POINTS.**

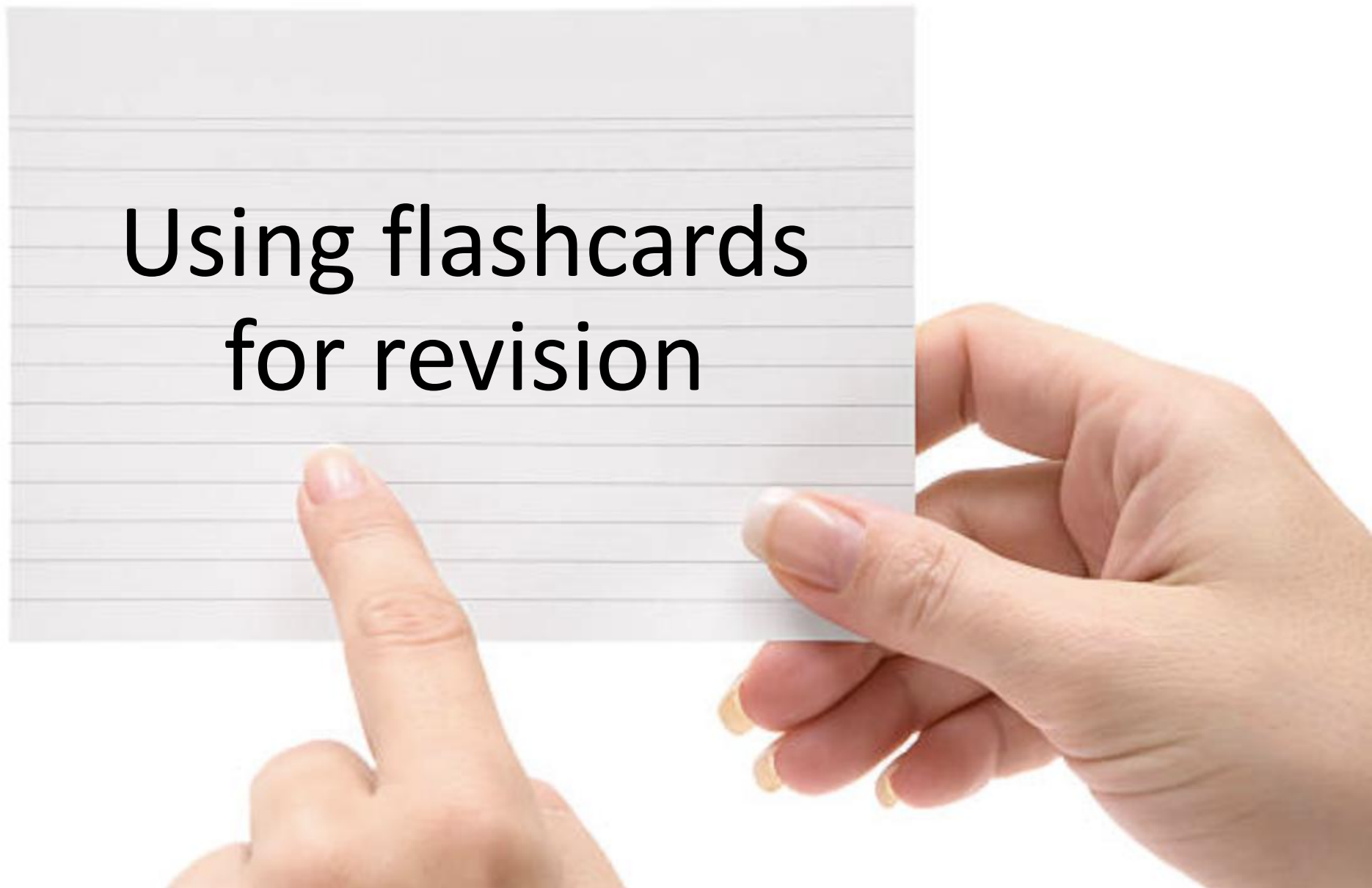
Combine quick **ILLUSTRATIONS** with **TEXT** to create **VISUAL ASSOCIATIONS.**

# Example of chunking



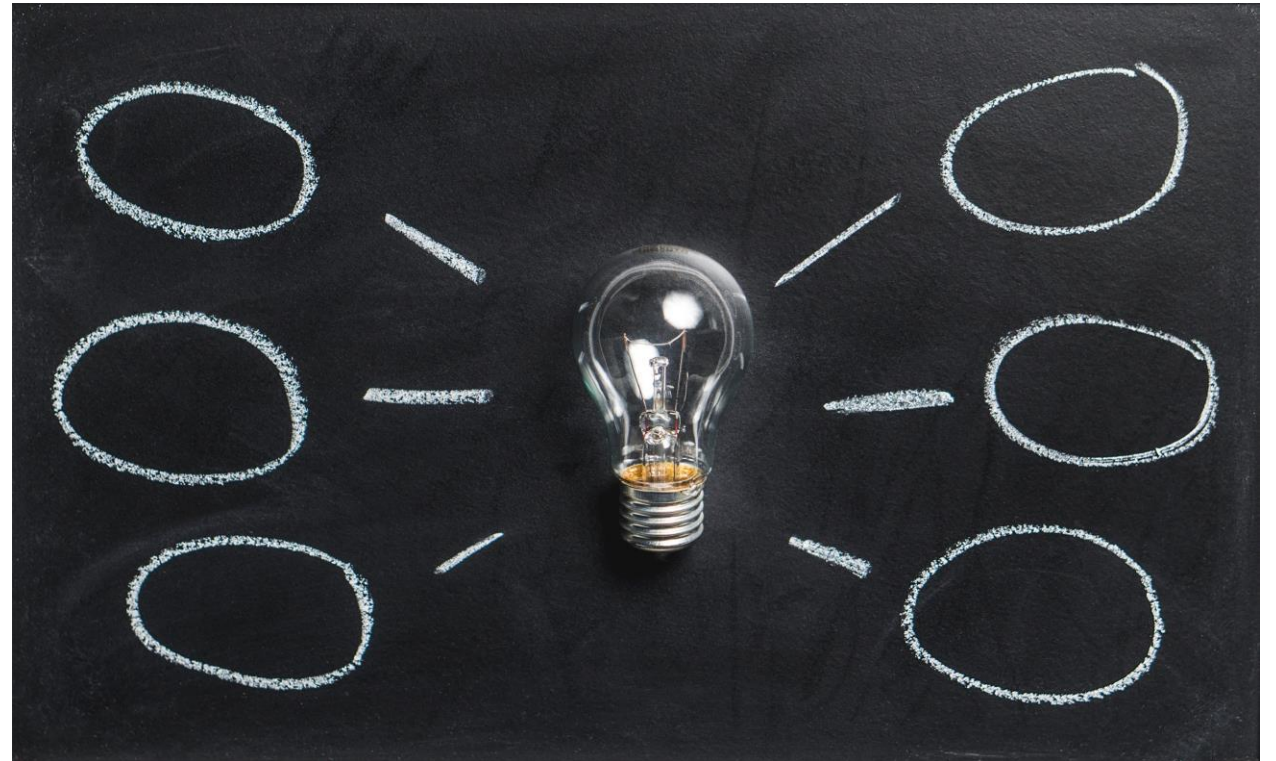


# Using flashcards for revision



# Using flashcards

- Using flashcards is a repetition strategy.
- They are a simple 'cue' on the front and an 'answer' on the back.
- Flashcards engage “active recall”.



**There are many reasons why flashcards can help you learn. Let's explore them....**



# Why flashcards help you learn

- They engage in **'Active recall'** – this creates stronger connections for your memory to recall information.
- They promote **self-reflection** – also known as **metacognition** which ingrains knowledge into your memory.



# Why flashcards help you learn

- **Metacognition** - When you make and use flashcards, you take control of your own learning.
- You have to decide what to put on each card, how often you're going to use them, then evaluate how well you know the information on each card.
- By doing all these things, you are using "**metacognitive processes**", which have been proven to enhance long-term learning.



# Being smart when using flashcards

- As well as retrieving your knowledge, **try writing the answer or definition in your own words and giving examples.** This will help your learning and recall.
- **Try ‘interleaving’.** Once you have several decks of flashcards for different subjects and topics try mixing them up. This will test your knowledge across subjects in a single session. Make sure **you are confident** enough to do this every so often.



# Use a **system** to revise with flashcards

The **Leitner system** is a well-known and very effective method of using flashcards. It's a form of **spaced repetition** that helps you study the cards you don't know more often than the cards you know well.

In the 1970s, a German populariser of science, Sebastian Leitner, developed the method.

# Leitner System – The Method

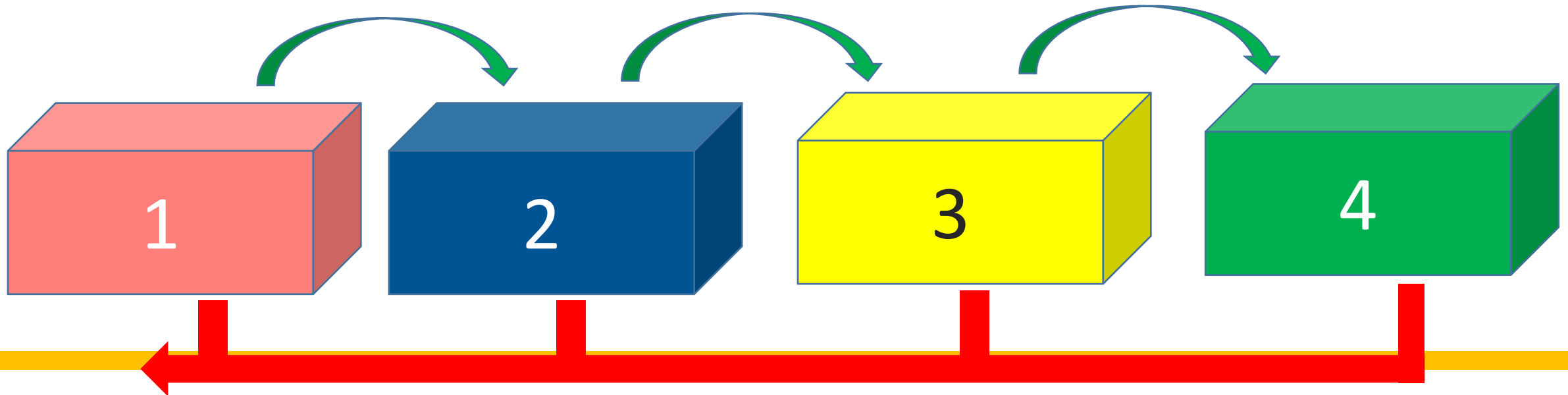
All flash cards start off in Box / Stack 1.

As you review the cards, each card you answer correctly goes into Box 2.

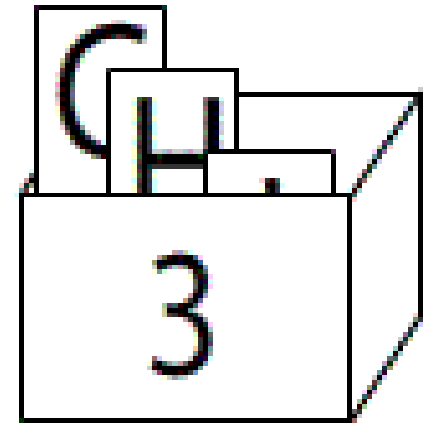
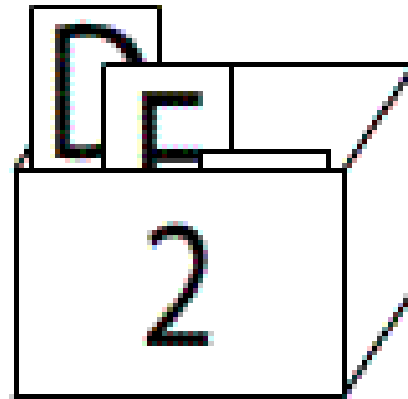
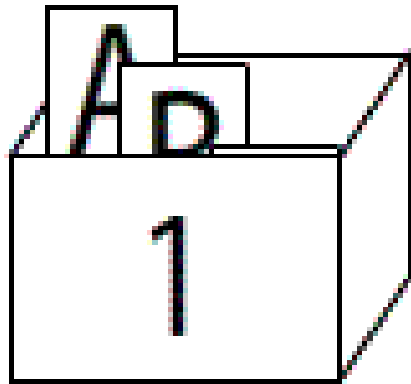
If you give the wrong answer the card stays in box 1.

When you review cards in Box 2, if you still get it right you move the card to box 3 and so on until all cards are in Box 4.

If you get a card wrong in any box, it goes back to Box 1.



# Session 1



# THE POMODORO TECHNIQUE<sup>®</sup>

A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS



- 1 PLAN YOUR TASKS  
How many pomodoros might you need?

- 2 DO 1 POMODORO  
Time for 25 mins then take a 5 min break

NO SNEAKY  
WORKING!

PROTECT  
YOUR POMODORO!

