

TIME TO REVISE

6TH FORM ASSEMBLY – 5TH FEBRUARY 2020



KEY ADVICE

- It is essential that you start planning and undertaking your revision before the next half term in February.
- It is advised that for every hour of contact time this should be equivalent to revision hours (= 24 hours per fortnight for 3 level 3 course or 32 hours for 4 level 3 courses). There should also be an additional hour of revision per subject and consolidation in preparation for exams.
- Attendance is a massive indicator of success. Research suggests that 10% of lessons missed can equate to a whole level below predicted grade. It is therefore paramount that you attend EVERY lesson.
- Working at home doesn't replace lessons.

AREAS TO STUDY IN SCHOOL

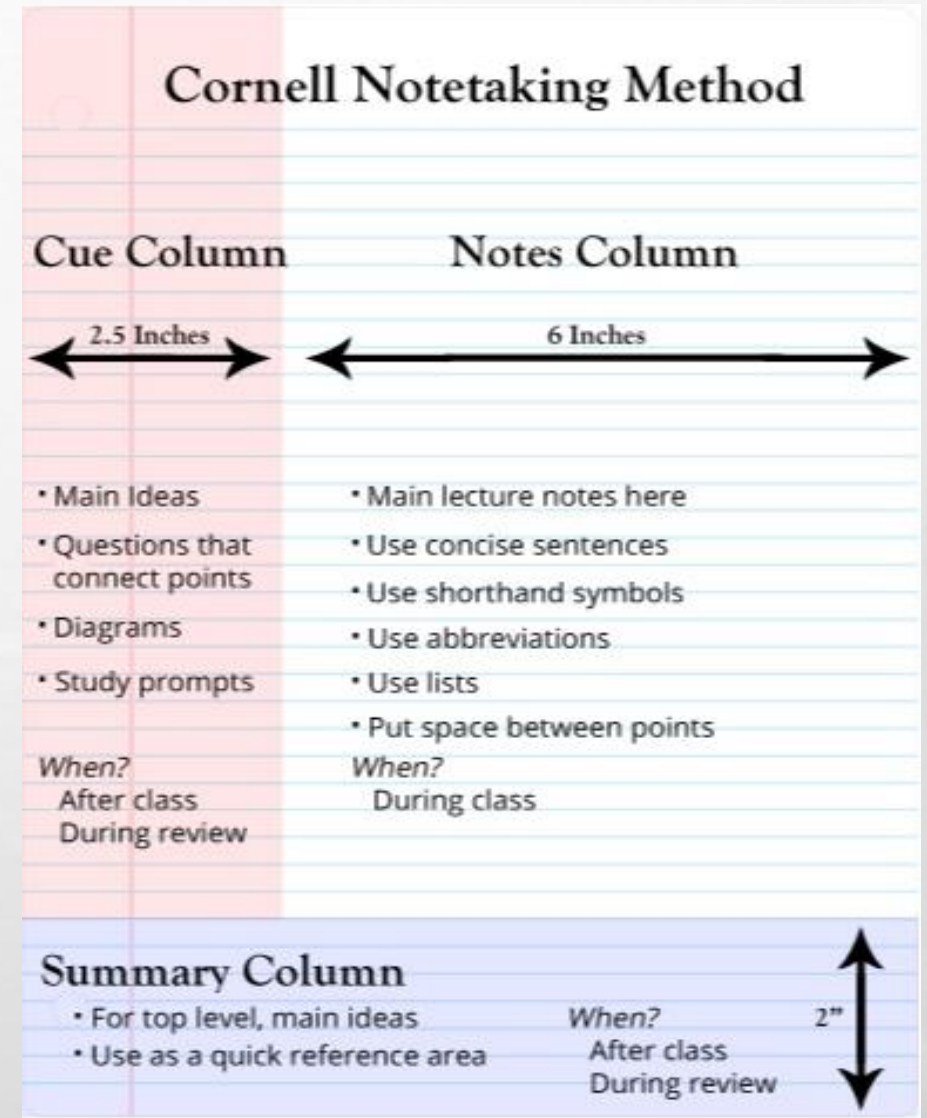
- The library is available from 8am until 4pm every day for quite study
- We also have the study room next to the 6th form office which can be used for group/individual study
- Common room
- Forge canteen
- Empty classroom
- F9

NOTE TAKING IN CLASS

We recommend trying The Cornell University notetaking method. The Cornell method provides a systematic format for condensing and organizing notes

Check out the videos on you tube and the following link:

<http://lsc.cornell.edu/study-skills/cornell-note-taking-system/>



SOME EXAMPLES OF REVISION STYLES

- **Trigger words** – all about extracting the most important information and formatting it in a way that it becomes very easy to learn
- **Mind mapping** – a mind map is a diagram in which information is represented visually, usually with a central idea placed in the middle and associated ideas arranged around it
- **Revision timetable** – a great way to produce a time line between now and your first exam. By scheduling your social and study time gives you a clear picture what needs to be completed

REVISION TIMETABLE EXAMPLES

Date Time	Monday //	Tuesday //	Wednesday y //	Thursday //	Friday //		Saturday //	Sunday //
9am-3pm	School	School	School	School	School	10-11am		
4-5pm						11am-12pm		
5-6pm						12-1pm	Lunch & Exercise/Social media	Lunch & Exercise/Social media
6-7pm	Dinner & Exercise/Social media	Dinner & Exercise/Social media	Dinner & Exercise/Social media	Dinner & Exercise/Social media	Dinner & Exercise/Social media	1-2pm		
7-8pm						2-3pm		Free time
8-9pm						3-4pm		Free time
9-10pm						4-5pm		Free time
10-11pm	Free time	Free time	Free time	Free time	Free time	5-6pm		Free time

SAMPLE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Geography revision	Lessons	Lessons	Geography Revision	Lessons	Geography Revision	History revision
Afternoon	Lessons	History revision	Lessons	Lessons	Lessons	Work	Visit family
Evening	Gym	WBQ Project	Cinema	History Revision	Out with friends	Work	WBQ Project
3.2.2020	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
10.2.2020	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

LOSING MOTIVATION

Losing motivation can take many forms. Some of us will find that we just simply don't want to work any more. Others will find themselves putting work off for hours, doing absolutely anything they can to avoid it.

We have identified four main causes of demotivation:

1. Having no reason to work
2. Feeling overwhelmed
3. Disliking the work
4. Social media

Possible solutions:

- Five ways to wellbeing; Connect, Be active, Take notice, Learn, Give
- Talk
- Remind yourself why you want to do something
- Break down your work into smaller chunks
- Kickstart your day – wake early and get the job done
- Promise yourself a reward

HINTS AND TIPS

- ✓ Stay hydrated and eat healthy meals and snacks; avoiding a dip in blood sugar will help your brain work more effectively!
- ✓ Exercise regularly; a walk, jog or other exercise for 30 minutes per day will help to clear your mind, ready for your next revision session.
- ✓ Reward yourself! At the end of the week, treat yourself to a coffee and cake at the local café with friends, or a trip to the cinema or a box binge session?