

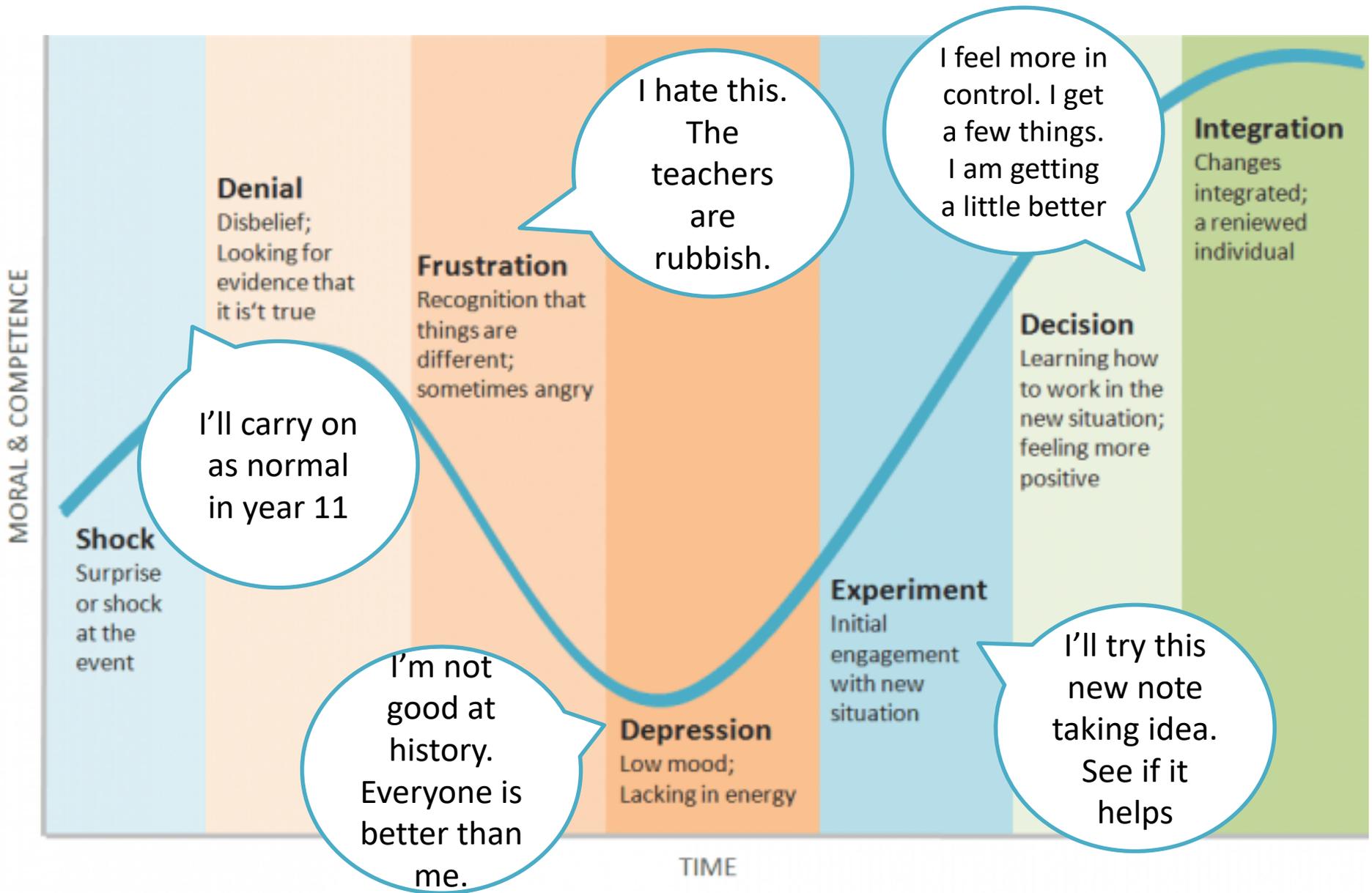
Want to be successful?

Talent x effort = skill

Skill x effort = achievement

- What is the most important component for overall achievement?

Year 11 can have its ups and downs...this is part of life. We have to have strategies in place to help us overcome hurdles



TPS: what could you do next half term to push forward with your learning, but be in control & feel healthy?



Be organised-
make a
timetable



Take advice
on how to
revise
properly



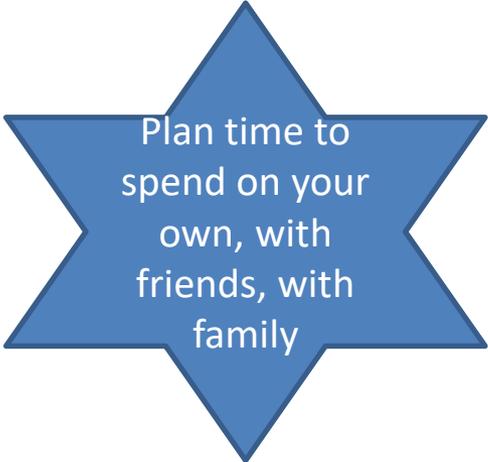
Get 9 hours
sleep a night-
it helps your
memory!



Get
outside,
exercise



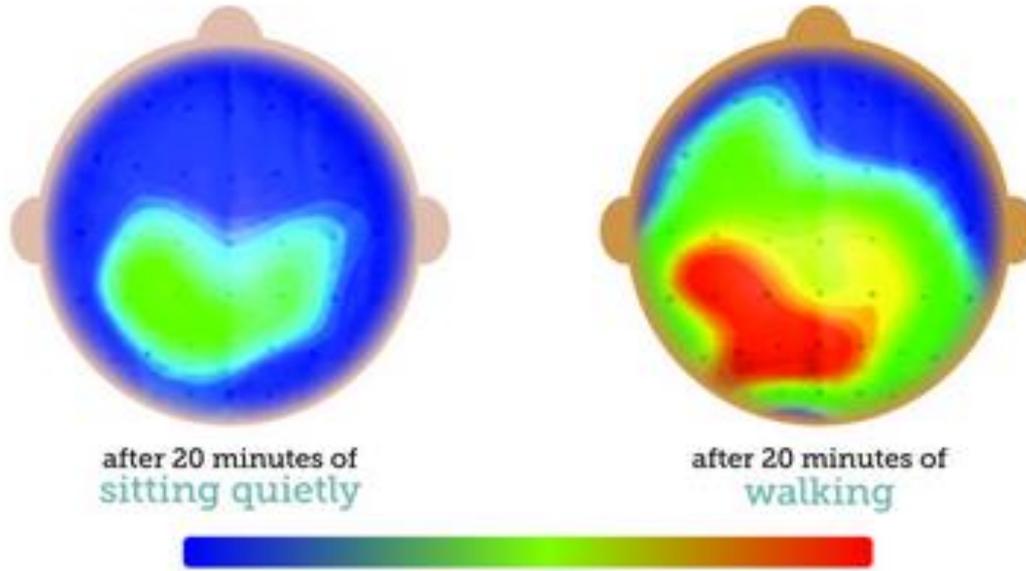
Fuel your
body- it
impacts your
mood!



Plan time to
spend on your
own, with
friends, with
family

Physically active students have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



Red areas are very active;
Blue areas are least active

Serotonin – involved in regulating your sleep cycles and boosting your mood.

Dopamine – positively influences learning and your attention span.

Norepinephrine

affects motivation and mental stimulation

Organisation helps us feel in control- have a time table!

- Create a revision timetable: this takes away worry of not doing enough / doing too much/ guilt when not working / not knowing how to start or what to do

Do your least favourite, most challenging things first. Your day can never get worse...

LEFTBRAINBUDDHA.COM

A close-up photograph of a vibrant green tree frog with striking red eyes, perched on a light-colored branch. The frog is facing right, and its body is slightly angled towards the viewer. The background is dark and out of focus.

“If it’s your job to eat a frog, it’s best to do it first thing in the morning. And if it’s your job to eat two frogs, it’s best to eat the biggest one first.”

Mark Twain

Week 1: during school term time

Day	Time											
	9.00-10.00	10.15-11.15	11.30-12.30	13.30-2.30	14.45-15.05		16.00-17.00		17.30-18.30		19.30-20.00	20.00-bed
Monday	school					Rest	HMK	Rest	HMK	Rest	Revision: subject 1 flash cards	Relax
Tuesday						HMK		HMK	Revision: subject 2 mind maps	Relax		
Wednesday						HMK		HMK	Revision: subject 3 notes	Relax		
Thursday						HMK		HMK	Revision: subject 1 flash cards	Relax		
Friday						Relax		Relax	Relax	Relax		
Saturday	Relax	Relax	Relax	HMK	Revision: subject 2 mind map		HMK	Relax		Relax	Relax	
Sunday	Relax	Relax	Relax	HMK	Revision: subject 3 notes		HMK	Relax		Relax	Relax	

Build in rest time

Schedule HMK

If time, build in revision

Week 1: a holiday or revision time

Day	Time														
	9.00-10.00	R	10.15-11.15	R	11.30-12.30	R	13.30-2.30	R	15.00-16.00	R	16.30-17.30	R	19.00-20.00	R	20.00- Bed time
Monday	Maths topic: Activity:		His topic: Activity:		<u>Chem</u> topic: Activity:		English topic: Activity:		Maths topic: Activity:		Socio topic: Activity:		netball		Relax
Tuesday	Bio topic: Activity:		French topic: Activity:		English topic: Activity:		His topic: Activity:		<u>Phys</u> topic: Activity:		English topic: Activity:		Fami		
Wednesday	<u>Chem</u> topic: Activity:		topic: Activity:		topic: Activity:		topic: Activity:		topic: Activity:		Media topic: Activity:		swimming		Relax
Thursday	Media topic: Activity:		<u>Phys</u> topic: Activity:		English topic: Activity:		French topic: Activity:		Maths topic: Activity:		Spare		Spare		Relax
Friday	spare		Socio topic: Activity:		His topic: Activity:		Bio topic: Activity:		Spare		Relax				
Saturday	English topic: Activity:		<u>Chem</u> topic: Activity:		Media topic: Activity:		Bike ride		French topic: Activity:		BBQ		Relax		Relax
Sunday	Sleep		Maths topic: Activity:		Bio topic: Activity:		His topic: Activity:		Spare		Socio topic: Activity:		Relax		Relax

Be specific about what you are doing

Schedule exercise
Or hobbies

Give spares to relieve pressure

Plan social times

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 / Dinner

REVISION

* = revise if possible
 // = no revision/break

54cm

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-4:30	school	school	school	school	school	*	*
4:30-5:00	media	chemistry	media	maths	english	maths*	//
5:00-5:30	english	chemistry	media	maths	english	maths*	//
5:30-6:00	//	//	maths	english	media	//	//
6:00-6:30	english	english	//	//	//	//	//
6:30-7:00	maths	english	//	//	chemistry	//	//
7:00-7:30	//	//	english	chemistry	//	*	biology
7:30-8:00	//	//	physics	chemistry	//	*	media
8:00-8:30	maths	biology	//	//	chemistry	english	//
8:30-9:00	maths	maths	maths	biology	physics	english	//
9:00-9:30	//	//	//	//	//	//	//
9:30-10:00	biology	maths	biology	biology	phys*	//	//
10:00-10:30	media	physics	biology	media	phys*	//	//

<https://www.youtube.com/watch?v=HuhLqew9xB8>