

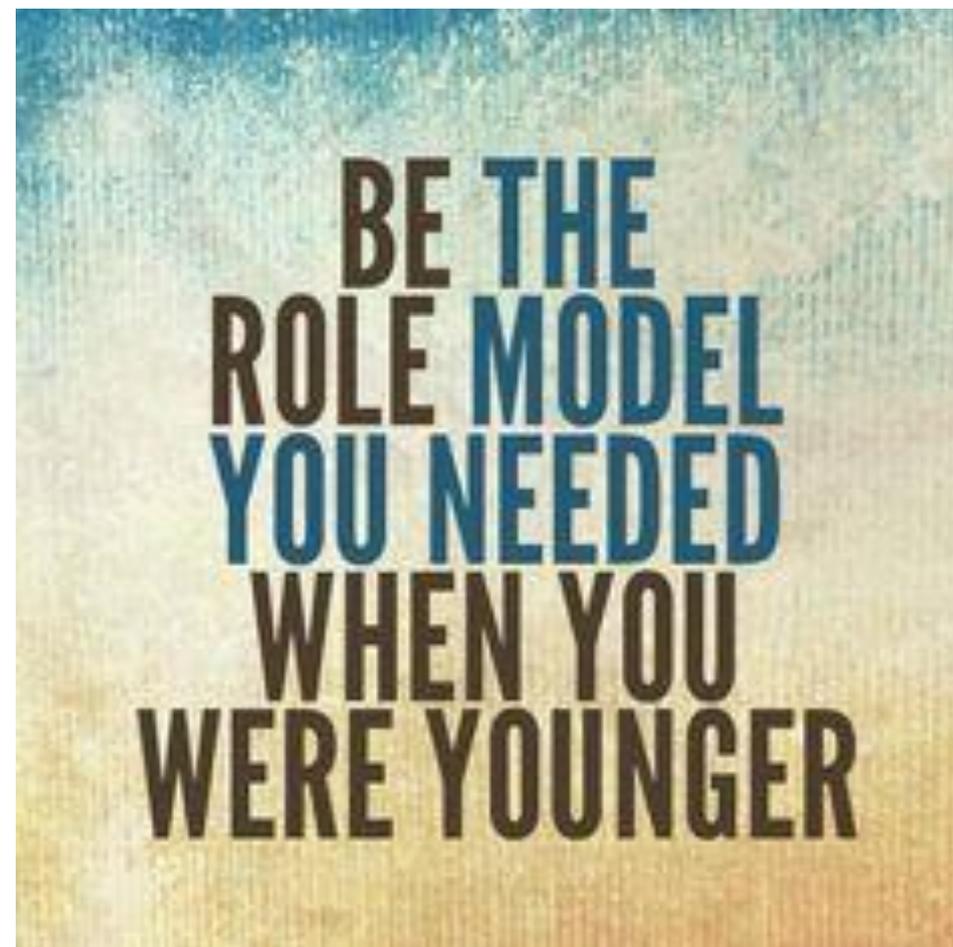
Plan
Prepare
Perform



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.

Carbohydrates Macro Cheat Sheet

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

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.



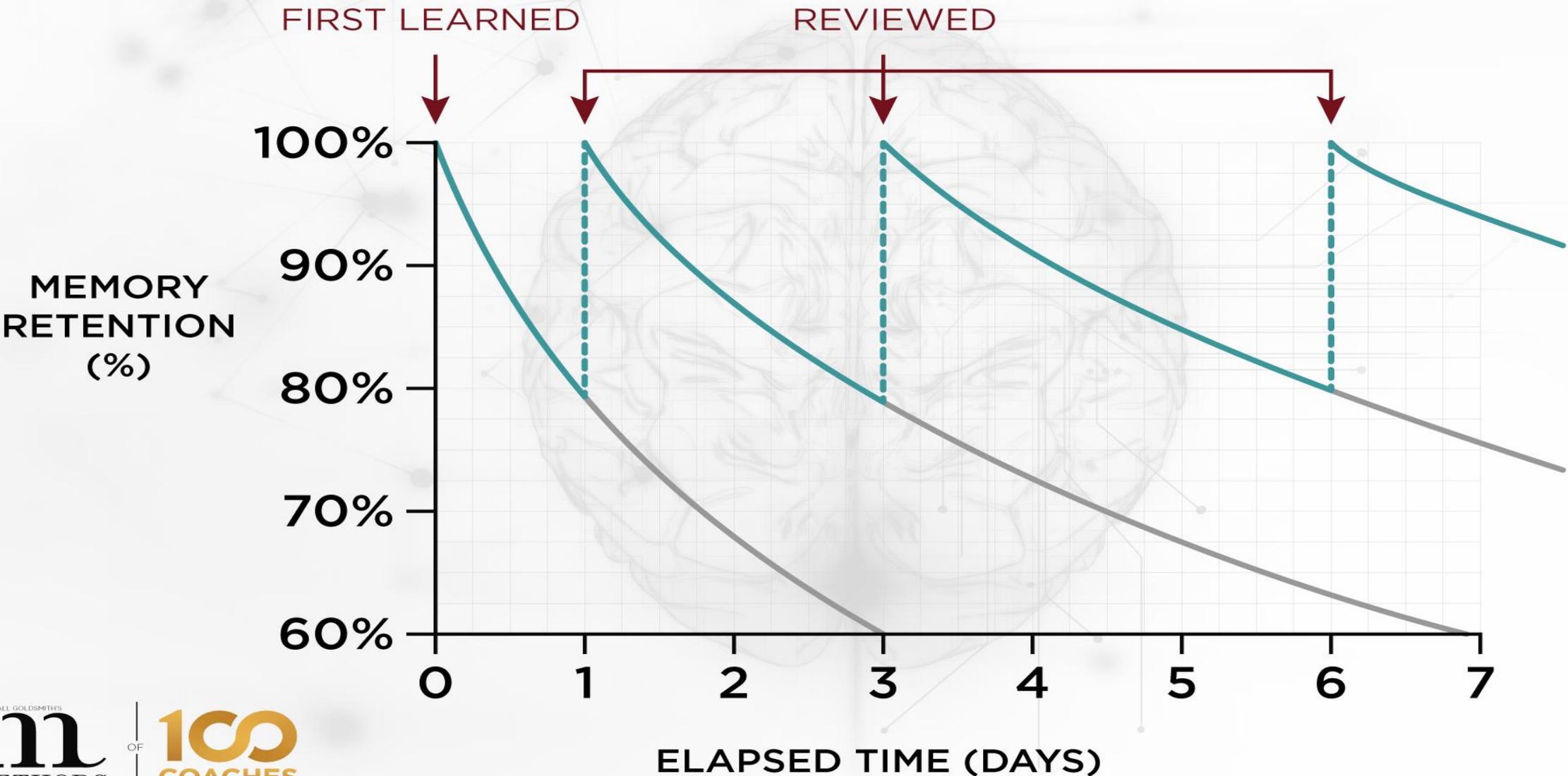
Reading notes and text books leads to a mere 10% retention.



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

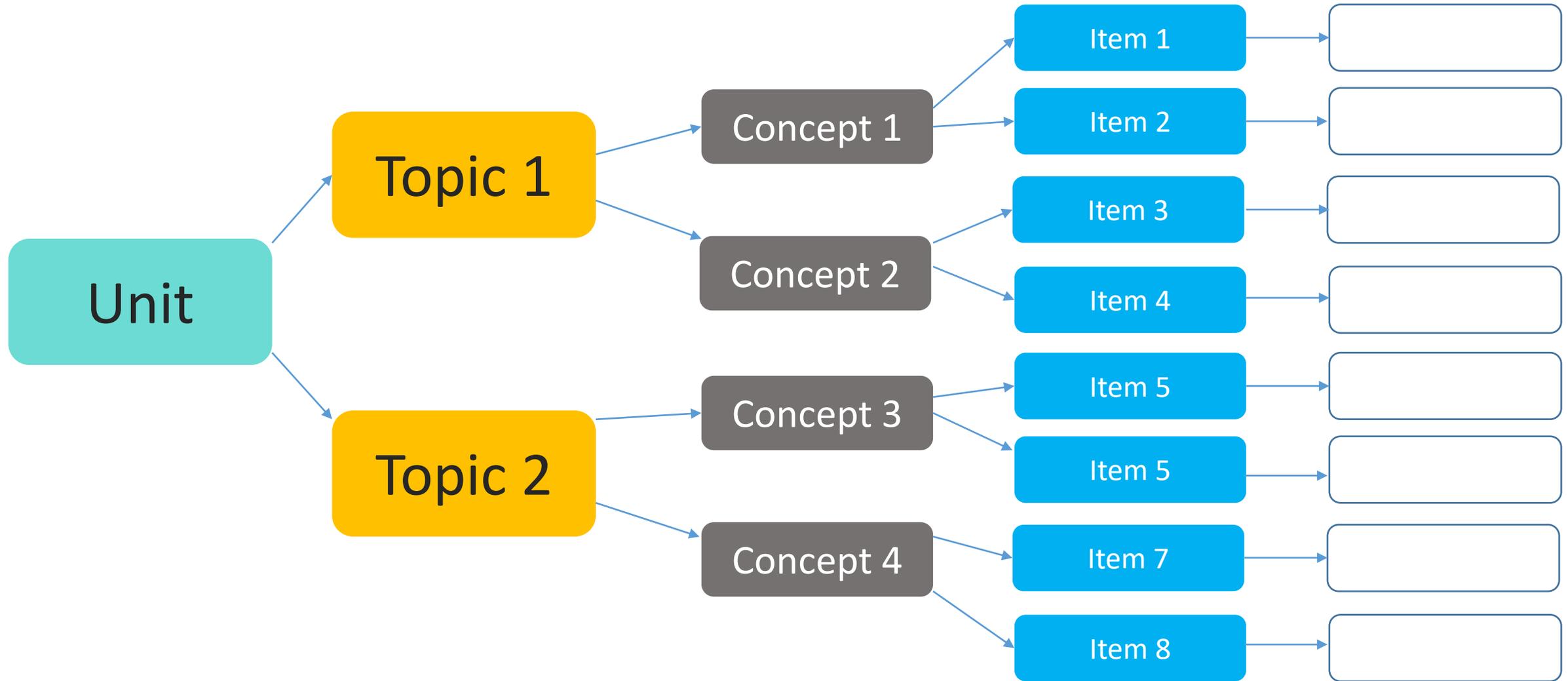
Use **HEADINGS** and **TITLES** for different sections

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

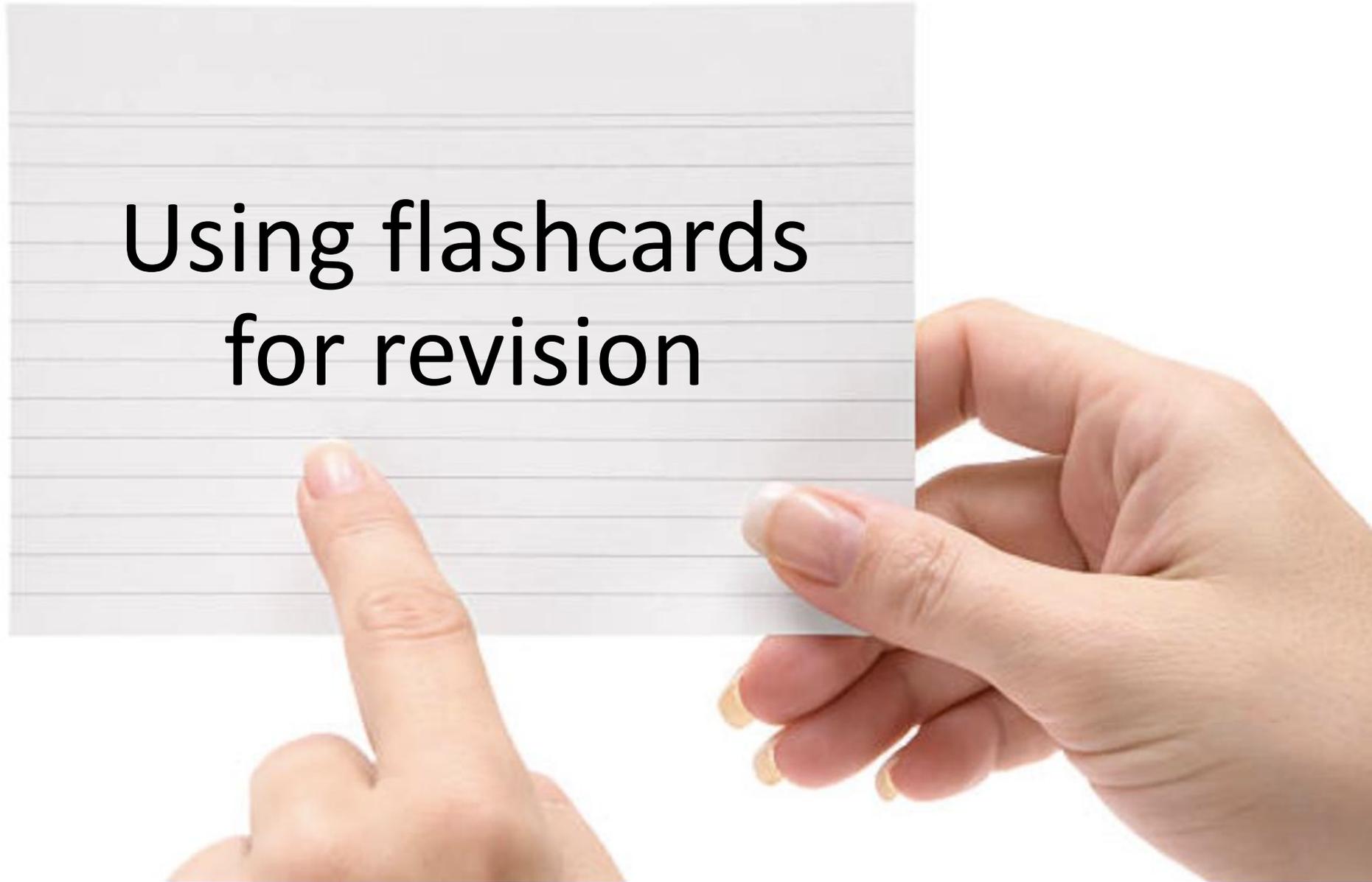
Use **BULLET POINTS** to summarise and **CLARIFY IMPORTANT POINTS.**

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

Example of chunking

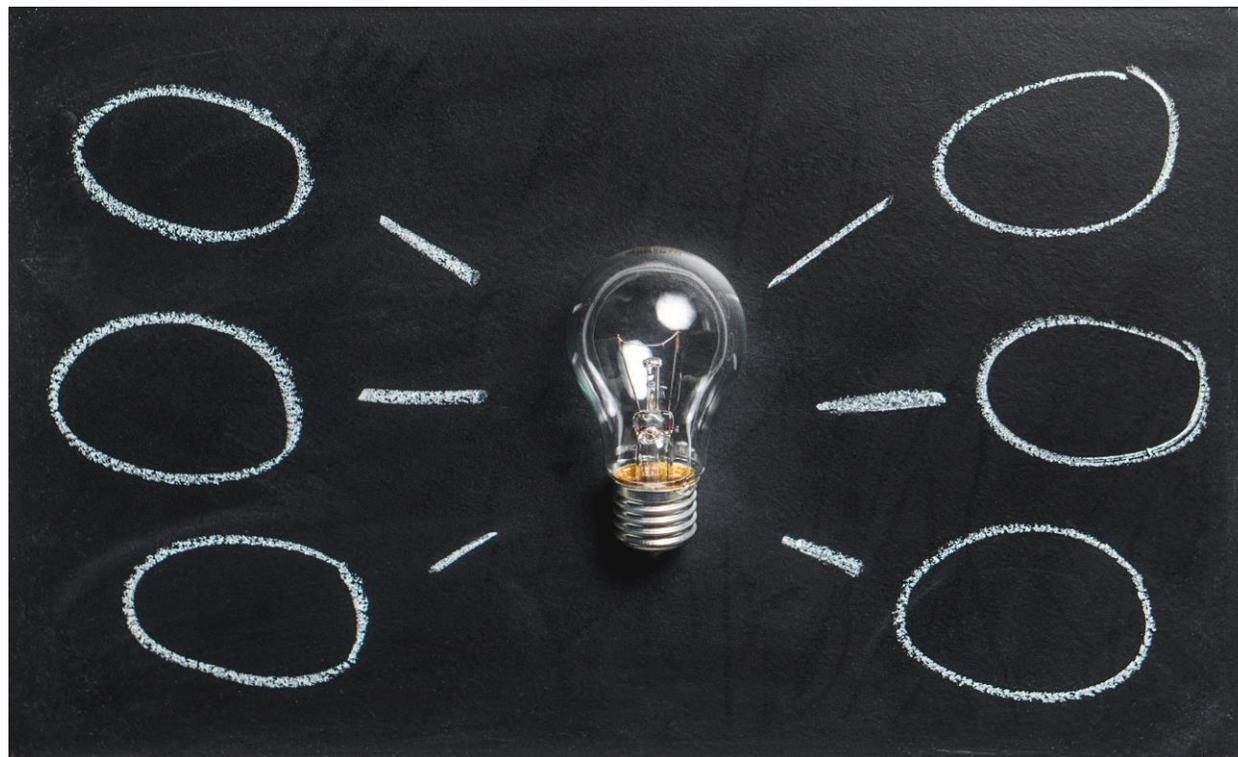


Using flashcards for revision



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

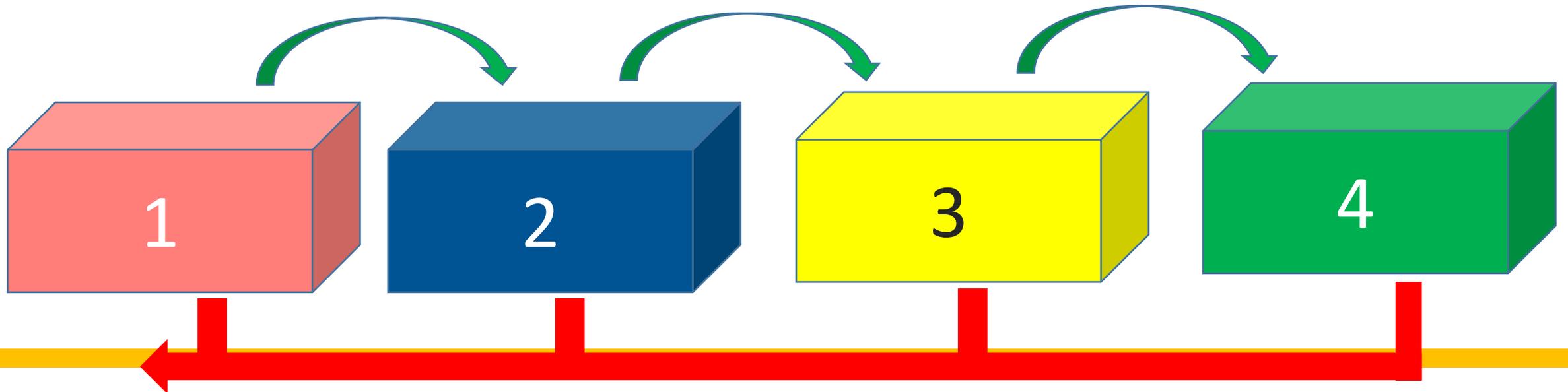
All flash cards start off in Box / Stack 1.

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

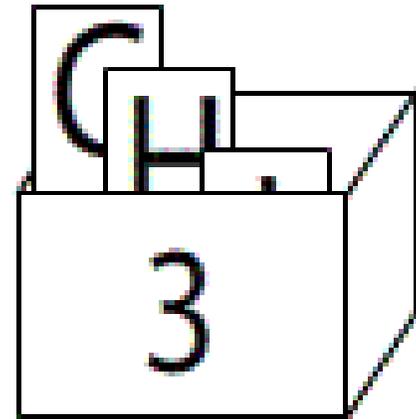
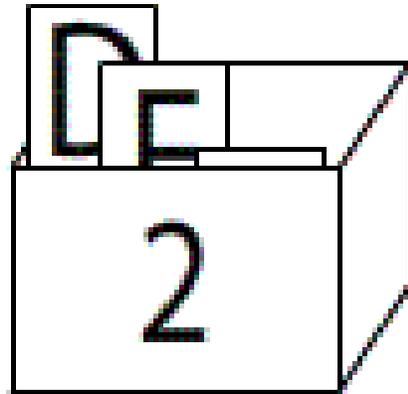
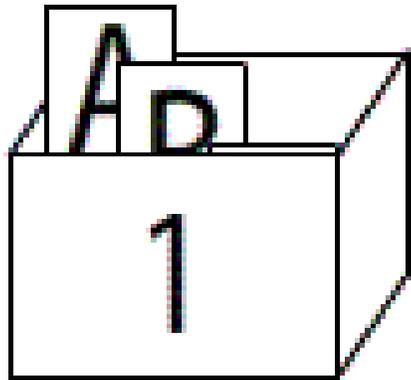
If you give the wrong answer the card stays in box 1.

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[®]

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!

