Yr11 –so what do I need to do now?

✓<u>Make a plan</u> – not just the subject but the topic, paper, skill you are going to focus on

✓<u>Organise your time</u> – make allowances for extra curricular activities, school revision sessions or family commitments

✓<u>Organise your learning environment</u> & have all of your resources readily available – revision guides, workbooks, past papers, flash cards from previous topics, stationery

✓<u>Keep to rhythms on non school days</u> & get up in the morning and stick to school times- this will help you to maximise revision time and still get a break!

✓<u>Ditch the phone</u> – leave it in another room, use a watch / clock or a kitchen timer to stay on track

✓<u>Make use of school resources</u>, including staff – attend revision sessions at lunch and after-school, speak to subject teachers if you need support, ask your teacher to mark an essay or exam paper

✓<u>Use effective revision techniques</u> – Flashcards, Self –quizzing, Spacing and Retrieval

✓<u>Manage your stress</u> – remember it's normal and healthy to feel some stress but help yourself by thinking positively and clearly – **you've got this!!**