

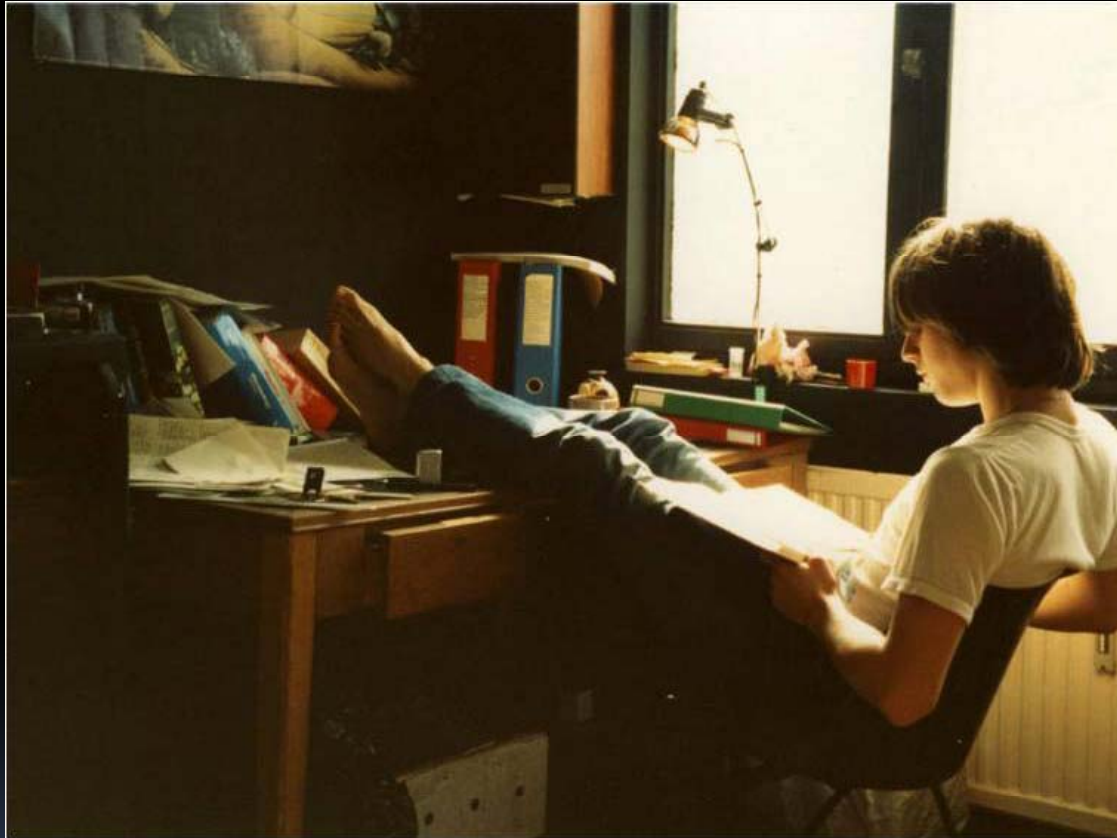
*Investing in Your Future*

# STUDY LEAVE

# Being Treated Like An Adult

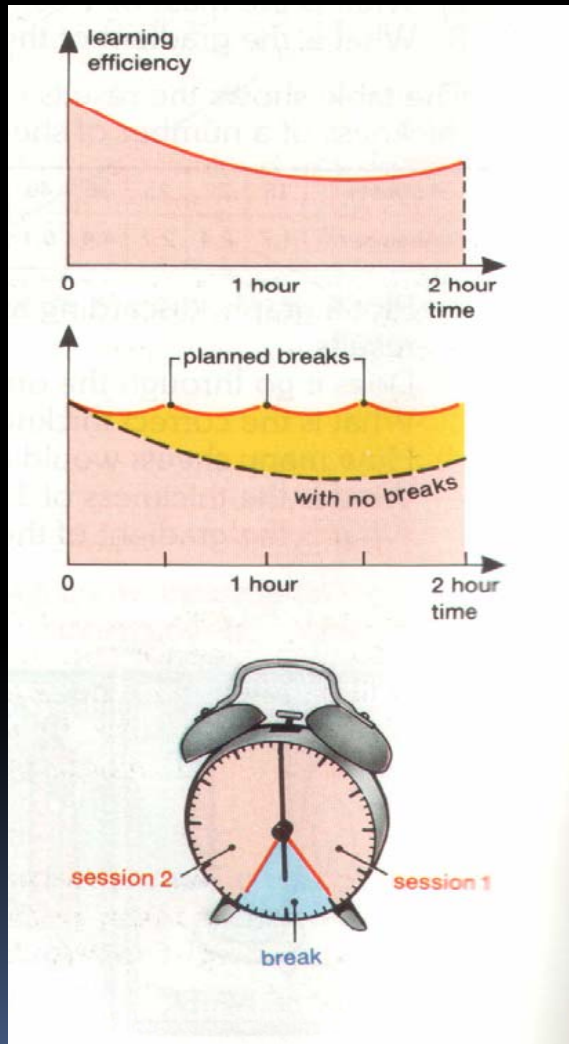
- Act like one!
- Take responsibility
- Deferred gratification

# Create The Right Environment



- Warm
- Light
- Away from TV
- Suitable music can help
- Paper, pens, files etc.
- MSN, Facebook, Bebo OFF!!!

# Organise Your Time



1) Organise the day –

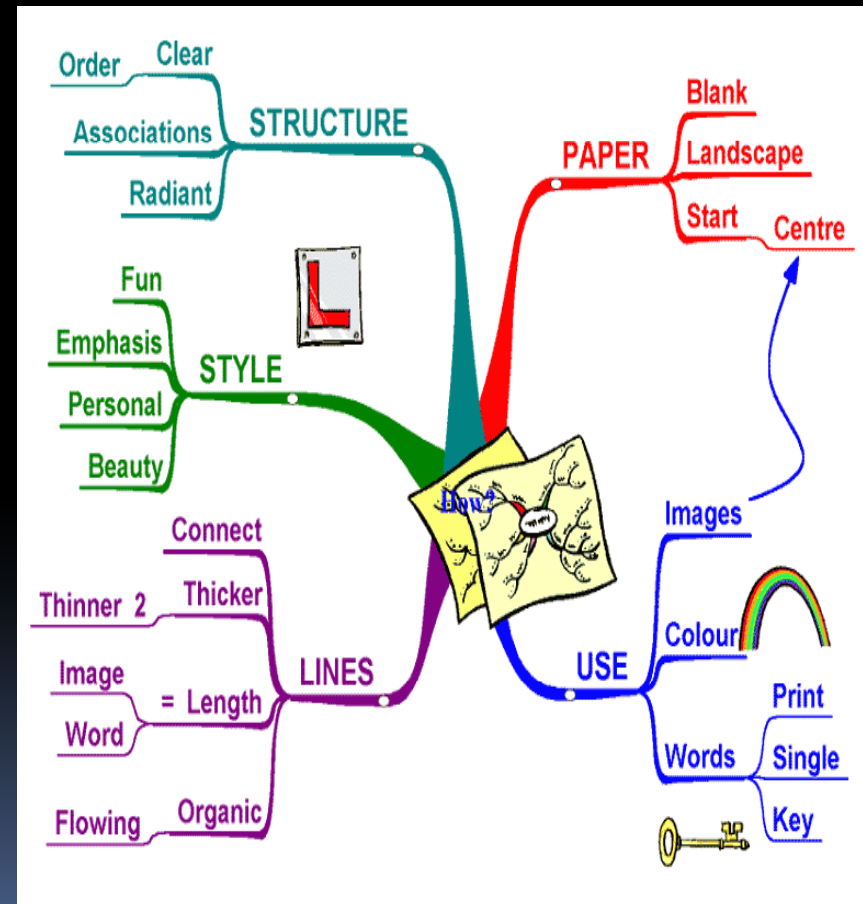
- 2 work sessions
- 1 relaxation

2) Organise the work sessions –

- 25 minute revision
- 5-10 minute break
- 25 minute revision

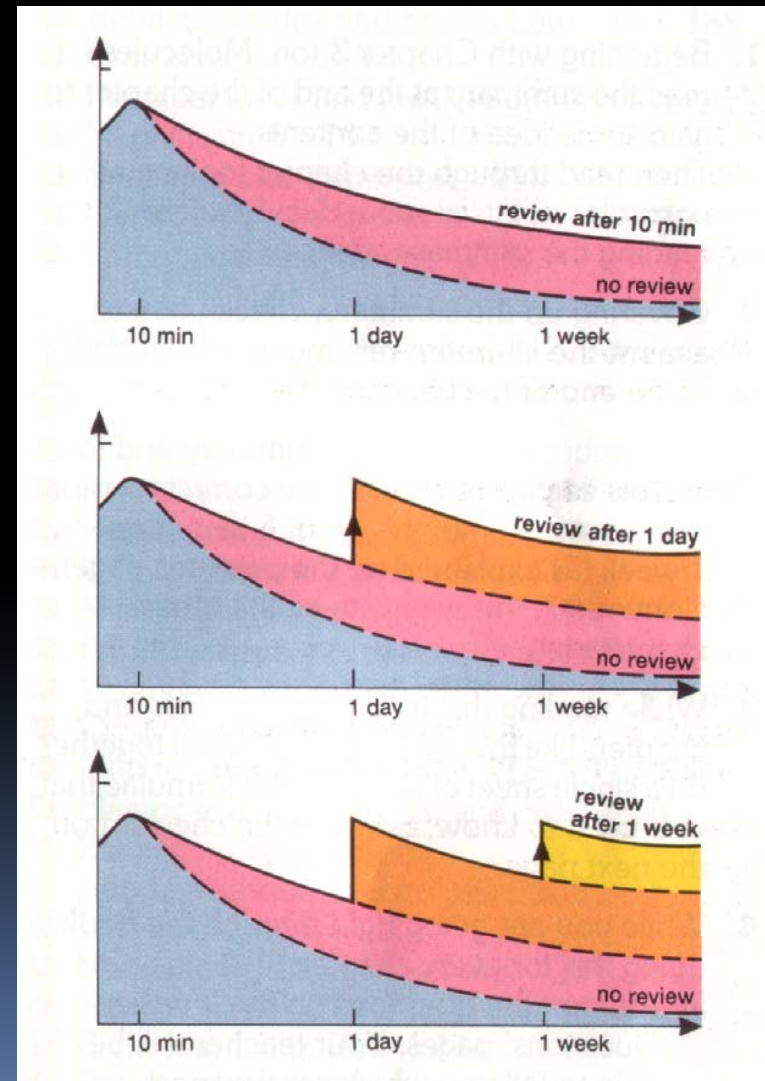
# Make Revision Active

- Make notes
- Use high-lighters
- Draw posters
- Create mind-maps
- Use post-cards
- Make tables
- Use Venn diagrams
- Flow Charts
- Time-Lines



# Memorise and Recall

- Organise notes into :  
Topic  
Sub-headings  
Key facts
- The brain works well with odd numbers!
- Learn, cover, repeat, check
- Review – test – teach

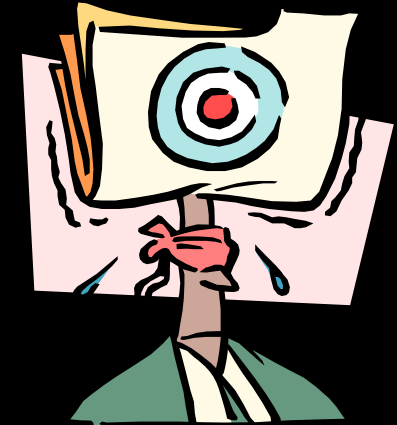


# Revise on-line

- [www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)
- [www.s-cool.co.uk](http://www.s-cool.co.uk)
- [www.aqa.org.uk](http://www.aqa.org.uk)
- [www.teachpe.com](http://www.teachpe.com)
- [www.languagesonline.org.uk](http://www.languagesonline.org.uk)
- [www.schoolhistory.co.uk](http://www.schoolhistory.co.uk)



- Talk to someone!
- Sleep, eat and exercise.
- Establish a work routine and stick to it.
- Use rewards after a revision session to relax.
- Vary your revision strategies to reduce boredom.
- If you've done your best, everyone will be proud.
- Keep a sense of proportion!
- Make sure you get a good night's sleep! Keep sensible hours!



*STRESS*



# Think Positive!



- Have a 'Can-do' attitude
- Give each exam your best shot
- Read questions carefully
- Look at the marks available to decide how much time and how long an answer to give!
- Believe in yourself
- Smile, laugh and be a supportive friend
- Be open at home – they're on your side!