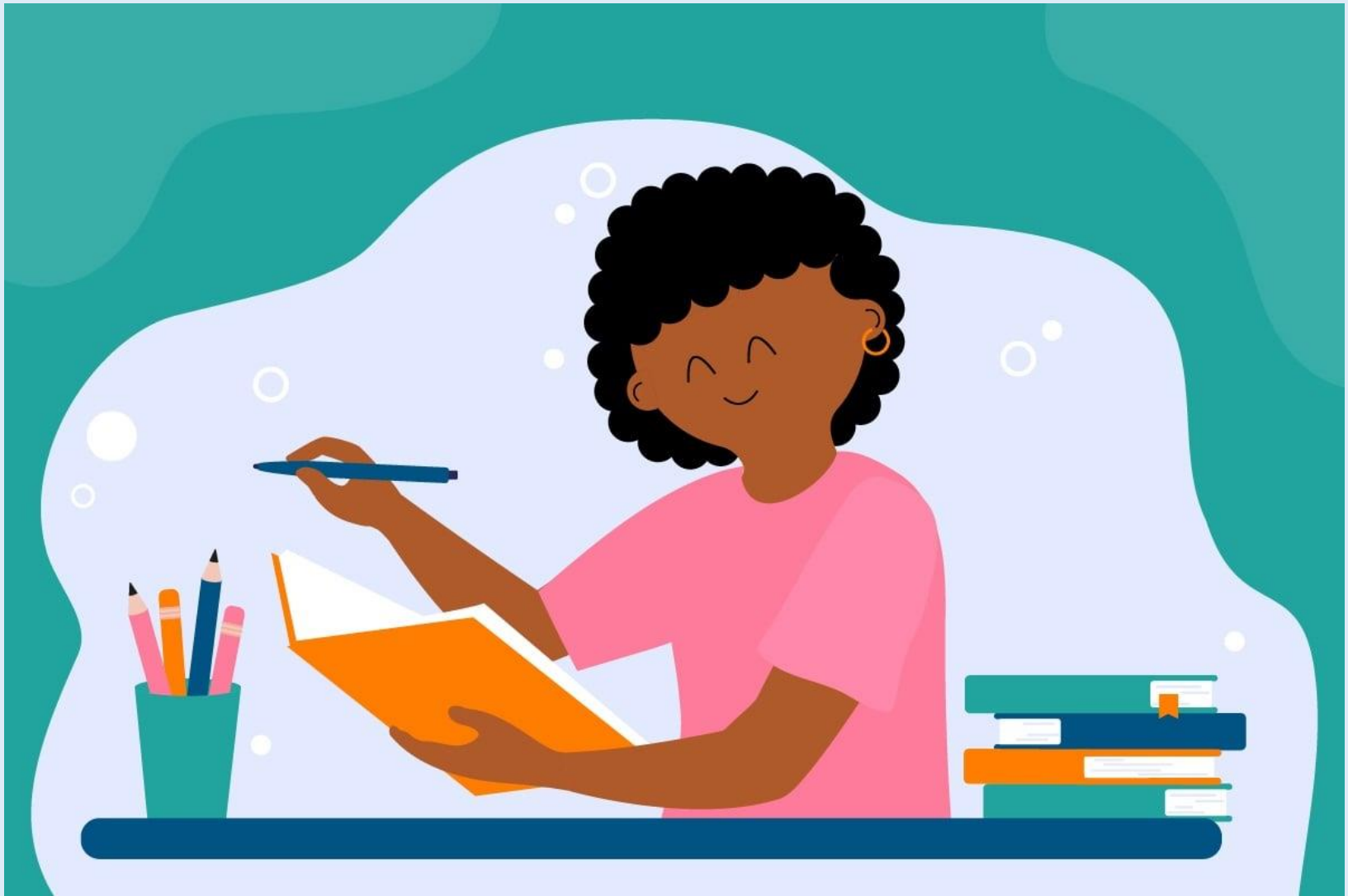


# Planning Revision

Environment | Balance | Consistency



# Environment



# Learning Environment

**Keep an organised work station!**

**A clear space is a clear mind and conducive to working with more focus and clarity.**

- Must have a desk/table and all of your materials to hand
- Try to make it a quiet space
- Plenty of air circulation



AVOID DISTRACTIONS

# THE IMPACT OF A MOBILE PHONE

‘Research has found that having your phone switched on and in your pocket influences your learning. Students with smartphones turned off (or left at home) had a higher recall of information than those who had smartphones on in their pocket!’

Turn it off or leave it in another room!

# THE IMPACT OF A MOBILE PHONE

‘Studies show the significant distraction of smartphone notifications, even when participants do not respond to the messages. Another study shows that an involuntary attention system becomes active, which actively listens to the smartphone.’

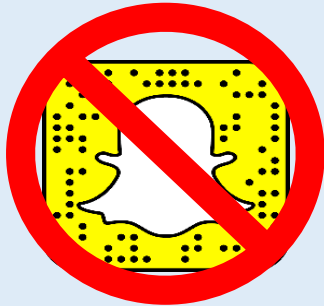
Ignoring a message may not always be sufficient to avoid distraction

# THE IMPACT OF A MOBILE PHONE

*"Studies show that when we are interrupted it takes our brains on average 23 minutes to return our focus to what we were working on before the interruption," Haselberger says. "Studies also show that we are interrupted every 11 minutes, on average."*



# HIDE OR LOCK UP DISTRACTIONS!



Think about what distracts you lock them away. This will be hard but your productiveness will increase.



# Balance

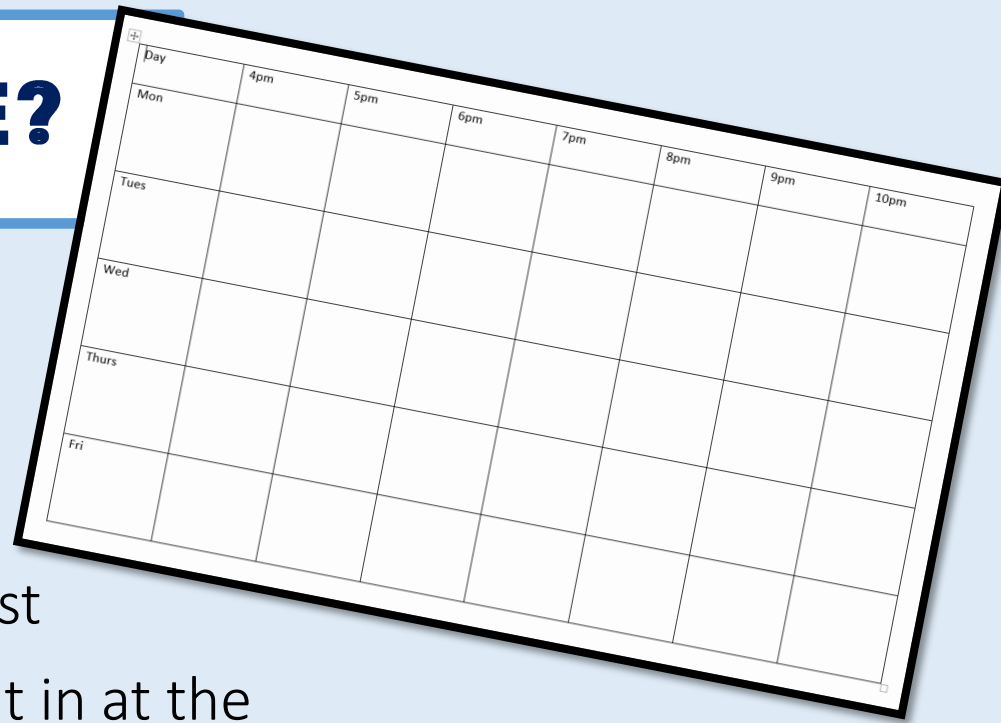


# The Revision Sessions

- Have a start and end time.
- Try and make it a habit
- Break every 20 minutes to half an hour.
- Most people are at their best in the morning.



# WHAT TO REVISE?



| Day   | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm |
|-------|-----|-----|-----|-----|-----|-----|------|
| Mon   |     |     |     |     |     |     |      |
| Tues  |     |     |     |     |     |     |      |
| Wed   |     |     |     |     |     |     |      |
| Thurs |     |     |     |     |     |     |      |
| Fri   |     |     |     |     |     |     |      |

- Use a Personal Learning Checklist
- Focus on what you are confident in at the start and end
- Always concentrate on the areas that you find hardest/don't enjoy



# Consistency: Time Management

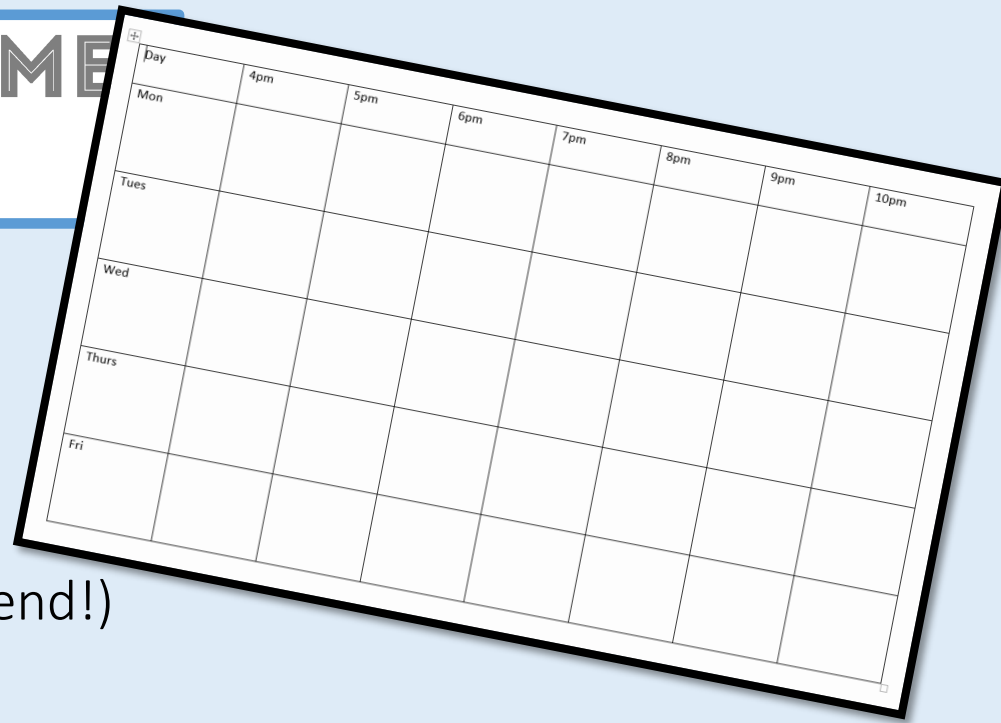
Consistency



**SUCCESS**

is key to success

# CONSISTENCY: TIME MANAGEMENT



A tilted grid timetable for time management. The grid has 5 rows labeled 'Day', 'Mon', 'Tues', 'Wed', 'Thurs', and 'Fri'. The columns are labeled with times: '4pm', '5pm', '6pm', '7pm', '8pm', '9pm', and '10pm'. The grid is empty, intended for scheduling study sessions.

| Day   | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm |
|-------|-----|-----|-----|-----|-----|-----|------|
| Mon   |     |     |     |     |     |     |      |
| Tues  |     |     |     |     |     |     |      |
| Wed   |     |     |     |     |     |     |      |
| Thurs |     |     |     |     |     |     |      |
| Fri   |     |     |     |     |     |     |      |

- Start now (avoid cramming at the end!)
- Try and make it a habit
- 1 - 2 hours on week days approx (including 7th sessions) but not in succession. Some days this will not be possible.
- More at weekends or holidays (but not in succession!)
- Have the timetable pinned in your study space AND centrally for all the family to see.



# TIME MANAGEMENT

Shade in your sleep, eating and exercise blocks (Power to perform)

Shade in the blocks to cover any jobs

Shade in the blocks that cover any activities that you are committed to on a regular basis.

Now you must identify the time for revision (including 7<sup>th</sup> sessions)

Leave the time that is left blank. This is your FREE time that can be spent as you wish/reward time.

| Day   | 4pm                             | 5pm  | 6pm                                  | 7pm    | 8pm                                  | 9pm                       | 10pm      |
|-------|---------------------------------|--|--------------------------------------|--------|--------------------------------------|---------------------------|-----------|
| Mon   | 7 <sup>th</sup> Session Science | FREE TIME                                      | Revision: Test Biology (flash cards) | Dinner | FREE TIME                            | Walk Dog                  | Wind down |
| Tues  | FREE TIME                       | Revision: 1.1 Computer Architecture (Mind Map) | Violin practice                      | Dinner | Revision: Geography Topic 2, paper1  | Homework : Exam Questions | Wind down |
| Wed   | FREE TIME                       | Revision: English Lit paper 1                  | Revision: Maths (Algebra)            | Dinner | FREE TIME                            | Walk Dog                  | Wind down |
| Thurs | Swimming lessons                |  | FREE TIME                            | Dinner | Revision: French speaking past tense | FREE TIME                 | Wind down |
| Fri   | Revision: English Lit paper 1   | Revision: Maths (Algebra)                      | FREE TIME                            | Dinner | Church                               | FREE TIME                 | Film      |



# Timetable example



awsuccessks4

...

| Key  | Monday                  | Tuesday                 | Wednesday               | Thursday  | Friday    | Saturday  | Sunday    |
|------|-------------------------|-------------------------|-------------------------|-----------|-----------|-----------|-----------|
| 9-4  | School                  | School                  | School                  | School    | School    |           |           |
| 4-5  | 7 <sup>th</sup> session | 7 <sup>th</sup> session | 7 <sup>th</sup> session | free time | free time | Geography |           |
| 5-6  | Maths                   | Chemistry               | English Lit             | Geography | Maths     |           |           |
| 6-7  | Dinner                  | Dinner                  | Dinner                  | Dinner    | Dinner    | Dinner    | Dinner    |
| 7-8  | Biology                 | English Lang            | Maths                   | Physics   | Music     | Poetry    |           |
| 8-10 | free time               | free time               | free time               | free time | free time | free time | free time |
| 10-→ |                         |                         |                         |           |           |           |           |

First:  
Add in your subjects

Then:  
Add in your specific topics

Don't focus purely on the bits you enjoy or are good at!



# Timetable example

Instagram post by @awsuccessks4

| Revision time - note: these 2 days might switch around | Mon               | Tue               | Wed               | Thu               | Fri    | Sat | Sun |
|--|-------------------|-------------------|-------------------|-------------------|--------|-----|-----|
| 3:30 - 4:00 pm   | School            | School            | School            | School            | School | /   | /   |
| 4:00 - 5:00 pm   | PSYCHOLOGY        | Business          | SCIENCE           | ENGLISH           | /      | /   | /   |
| 5:00 - 6:00 pm   | SCIENCE           | Geography         | /                 | MATHS             | /      | /   | /   |
| 6:30 - 7:30 pm   | /                 | ENGLISH           | /                 | Gym               | /      | /   | /   |
| 7:30 - 8:30 pm   | /                 | PSYCHOLOGY        | /                 | Gym               | /      | /   | /   |
| 8:30 - 9:00 pm   | Get ready to zzzz | Get ready to zzzz | Get ready to zzzz | Get ready to zzzz | /      | /   | /   |

Star Maths™



# TIME MANAGEMENT

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| Fri   | Revision: English Lit paper 1   | Revision: Maths (Algebra)                      | FREE TIME                            | Dinner | Church                               | FREE TIME                 | Film      |