ABOVE & BEYOND

Purpose …

- Y11 Intervention will be known as '**Above & Beyond'.**
- The idea is that we will support you in going 'Above and Beyond' and if you do, you will achieve your potential!
- We expect you to attend after school Above & Beyond sessions (Period 7's) - **Compulsory.** This is to support you with your learning and we will ensure this is a positive learning experience. **We are in this together!**
- Morning intervention - Form tutor will let you know where to go for this
- Above and Beyond Success Card in your planners - stamped

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Above & Beyond Success Card Prizes…

Completed Cards	Eligible Reward
1 card	Chocolate bar
3 cards	Academic Stationary
5 cards	Weekly Skip the Queue Pass
6 cards	Free Breakfast
7 cards	Free Lunch
9 cards	Water Bottle
10 cards	x2 Cinema Tickets
12 cards	GOLDEN PROM TICKET

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“Getting Revision Ready”

Tuesday 1st October 2024

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Additional Notes

Please can we have this page in your planners out for the duration of this sessions and take notes on useful information

Above & Beyond Timetable (HT1)…

Date	Focus	Staff
Tues 1st Oct	**"Getting Revision Ready"**	*Mr Kenny*
Thurs 3rd Oct	**Learn, Revise, Test Yourself'**	*Mr Fuller*
Tues 8th Oct	**Condensing your notes**	*Mrs Holme*
Wed 9th Oct	**Careers Talk - Engineering**	*MFT*
Thurs 10th Oct	**Memory Techniques**	*Mr Loftus*
Tues 15th Oct	**Past Papers & Exam Q's**	*Mrs Dawson*
Wed 16th Oct	**Careers Talk - NHS Senior Manager**	*NHS*
Thurs 17th Oct	**Flash Cards & Mind Maps**	*Mr Floweth*

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Motivation & Procrastination

Knowing **why** you're revising can **motivate** you

1. Think why you want to do well in your exams:
- To get into college after your GCSEs?
- To help you get your dream job?

1. Be positive about revision - it is tough but remaining positive will really help you
2. Focus on your goals and don't compare yourself to other people

What is Procrastination?

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Motivation & Procrastination

Procrastination **Wastes** valuable **Time**

1. Procrastination means putting off a task that needs doing
2. You need to avoid procrastination to make the most of your revision:

- Turn off your phone, TV, laptops etc or put them in another room
- Give yourself regular breaks - Pomodoro technique?

1. What is the pomodoro technique?

Organisation and Planning

Reasons to Plan

- You know you have time to cover everything
- You won't forget any topics
- You can prioritise early exams or tricky subjects
- It reduces stress
- It's more efficient

What happens without a plan

- You'll waste time deciding what to revise each session
- You might not allow enough time to revise everything
- You can't easily check what you've already revised
- You may forget some topics

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Organisation and Planning

Being **organised** will **save time**

1. Organise your notes and books for each subject

1. Write a to-do list each week, then prioritise which tasks need to be done first

1. Ensure you have all the stationary you need

1. Create a revision/independent learning timetable each week - we have dedicated every Tuesday morning for you to do this!

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Week...Example.....

	Above & Beyond	4pm	5pm	6pm	7pm	8pm	9pm
Monday			Geog	Sci	Eng		
Tuesday	Maths		Sci	Mat	Eng		
Wednesday	English		Geog	Mat	B		
Thursday	Science		Sci	Eng			
Friday	Geog		A	Mat			

Sat							

Sun		B			A	Eng	

Believe Achieve Succeed

Your Revision Environment …

Different Places work best for different people

1. Create a dedicated learning space at home where you can keep your revision guides, materials, stationary - well lit, door closed

1. Ensure there are no distractions around this learning space

1. Bedroom? Is this suitable?

1. School Study Centre?

1. A Tidy Space is important - a clear space, a clear mind!

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Looking After Yourself

Exams are stressful for **everyone**
Keep your **mental health** in mind
Take a **break** from **technology**
Exercise can **reduce stress** - Outdoors and fresh air helps!
Mindfulness
Talk about your feelings or if you're feeling stressed
Sleep and Diet - relax before you go to bed and turn off your devices
Drink plenty of water and stay hydrated

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