

Managing study time

In term time and in the holidays.

How much should I be doing?

- We say that on average you should be doing 4- 5 hours per subject and 2 hours for EPQ/core maths, outside of lessons
- For most of you that is 17 hours a week
- You have 5 study periods (some have more).
- That means you need to study for 2 hours a day 6 days a week.
- If you are home by 4 you could be done by just after 6 and you could have every Saturday as a complete rest day.

Handout

What if

- I am doing much more than that.....
- Talk to your teachers and tell them what you are doing with your time and they can tell you which bits are least useful.
- I am doing a lot less than that
- Why is this? We know you want to succeed
- I am doing this amount and not doing as well as I want.
- Talk to your teachers about whether you are doing the right things.

Over Christmas you have 16 days without lessons



Find some balance

- **If you do no work at all** ...you will come back feeling stressed about the exams – not a good start to the year!
- **If you work most of the holidays** then you will be exhausted and not at your best.
- **If you do a bit of rest/play and a bit of work** then you will come back refreshed and give yourself the best chance to perform in your exams.

Choose

- Pick some days when you are doing nothing school related and don't feel guilty – I have told you too (and I will be doing this too!)
- Pick when you want to work so that you don't miss family fun
- Use the time properly.

Give yourself some choices

Rule of three

If you allocate a day as a work day you should not study for more than $\frac{2}{3}$ of it.

Choose your pattern according to what else you WANT to do.

Morning	Work	Work	Play/sleep
Afternoon	Work	Play	Work
Evening	Play	Work	Work

Rule of 8 - York University

- 8 hours sleeping
- 8 hours
- 8 hours – your time



Share your plans and goals

- Parents often worry that you are doing too much or too little work
- Sharing your plans with them makes them realise that ...you've got this!
- Equally they can keep you accountable.

**“WHETHER YOU THINK
THAT YOU CAN, OR
THAT YOU CAN'T, YOU
ARE USUALLY RIGHT.”**

-HENRY FORD

HELPFUL SELF TALK

I WANT
THE BEST
GRADES I
CAN GET

EVERY
LITTLE BIT
OF
REVISION
HELPS

THE
HARDER I
WORK, THE
BETTER I
GET

IF I DO SOME
WORK IN
THESE
HOLIDAYS I
WILL FEEL SO
MUCH BETTER

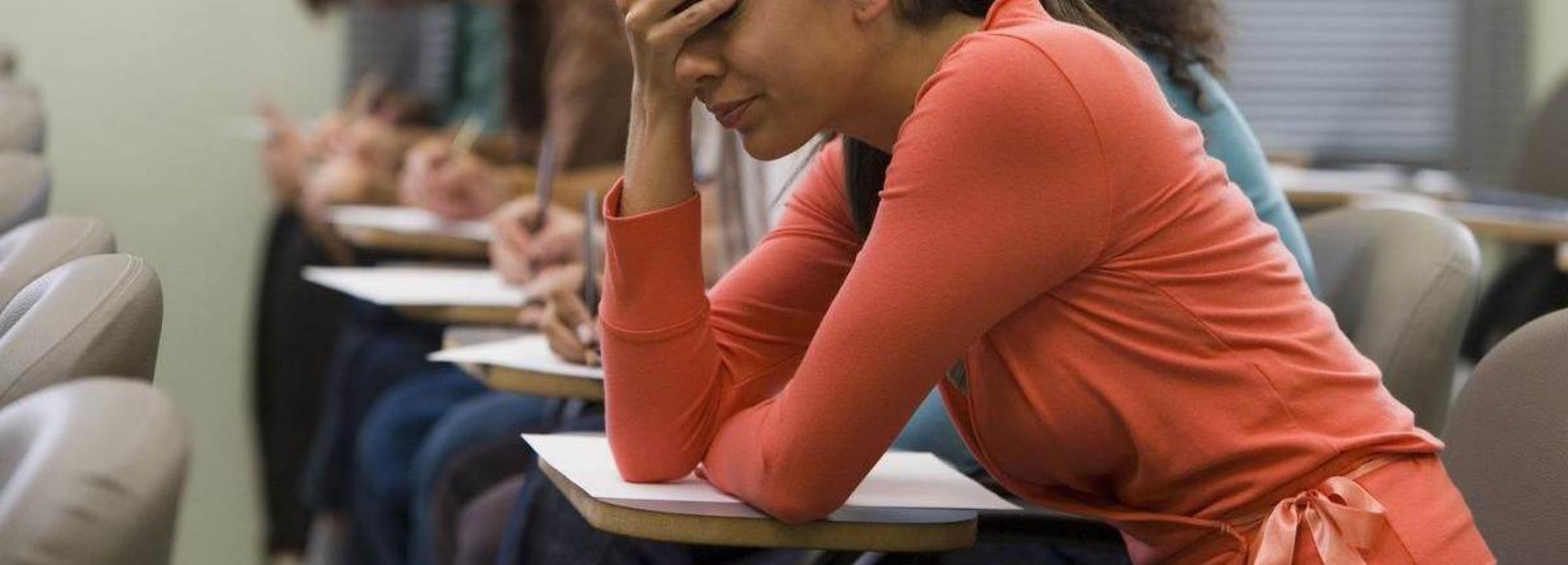


BUTsome revision rules

- Don't procrastinate – if you have decided not to watch The Grinch on TV – then get on and make the most of the time. Get on with it!
 - Otherwise you miss two opportunities
- Plan your time – what to revise and make sure you will have time for the most important bit – applying the knowledge to questions.
- Check you know what you need to revise for each exam.



CONTROLLING YOUR EMOTIONS AND
GETTING DOWN TO STUDY
LOOKS LIKE THIS...



Not controlling your emotions and procrastination can lead to this in the exam

Learning is the transformational process

- REVISION needs to turn the information into another format.
- Keep **practising** recall & exam questions & using mark schemes



Subscriber video 'Revision – application and practice

- Log on to the video and enter your access code.
- You will need to minimize the PPT to watch the video
- Note – these are all state school students from non-selective sixth forms



Revisiting learning
to
UNDERSTAND,
RECALL and,
APPLY to exam
questions does
NOT look like this



Which level are you in terms of revision? 3e?

Level 1 – I READ through my notes

Level 2 – I MAKE NOTES from what I read

Level 3 – I **TRANSFORM** my notes into another format e.g. diagrams, lists, mnemonics, flash cards, tables

Level a – I answer **past questions** but avoid hard ones

Level b - I answer **hard** past questions until I get it right

Level c – I use **mark schemes** to help me improve my answers

Level d – I use **Examiner reports** and mark schemes

Level e – I **practise AGAIN and AGAIN** until I KNOW I have got it right & seek support when I need it.

It's simple

(3E)

+ HOURS IN =

GRADES OUT

