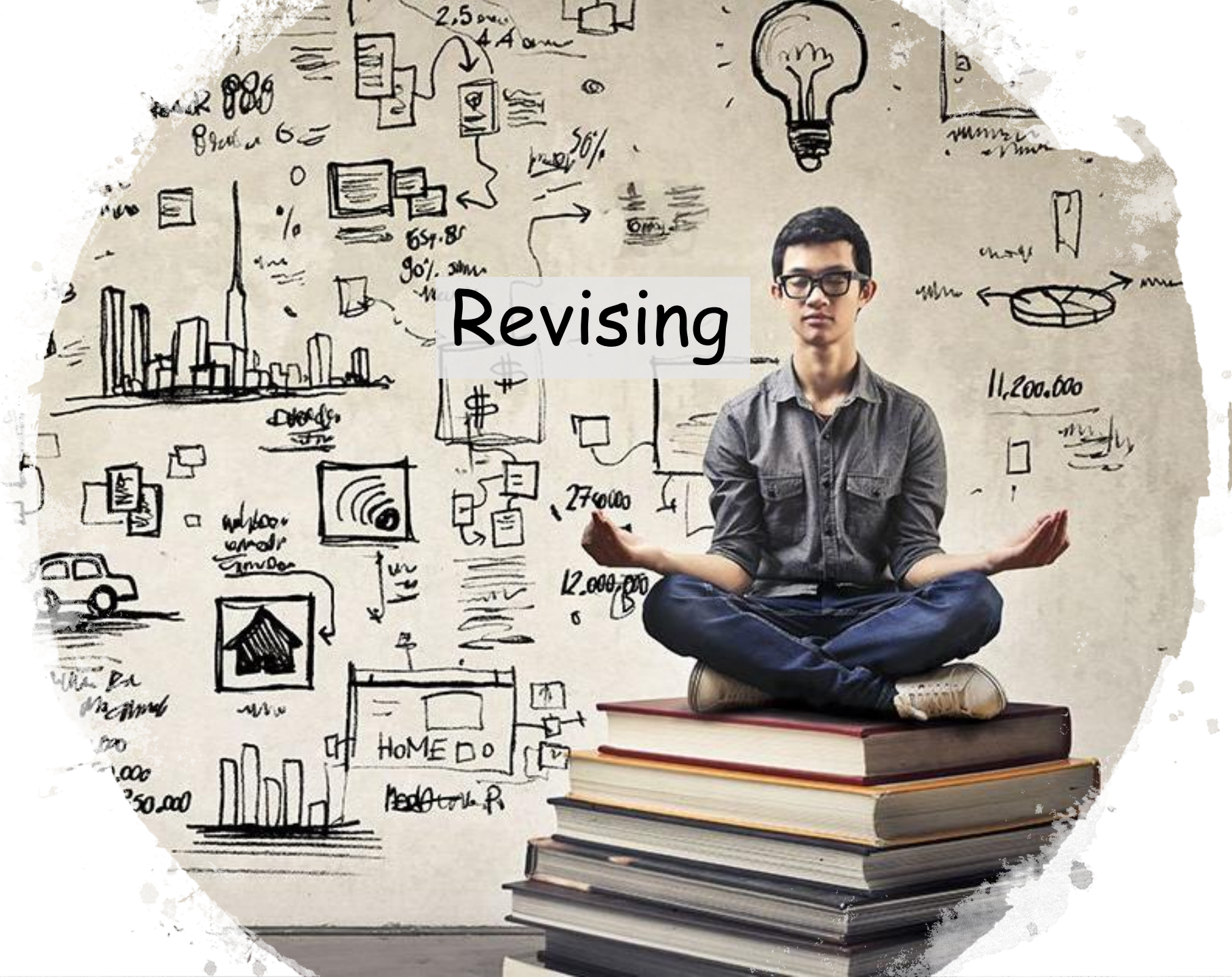


PSHE in Year 11

Further Support

Revising



Long term revision timetable - work out what to revise and when.

Organise timetable well in advance be realistic about how long it will take.

Use other to help.
Organise a "study buddy" or to see a teacher regularly

Weekly timetable - to organise both your working, rest and leisure time.

Break your sessions down into 20 - 40 minute chunks.

Good Time Management

Do difficult topics in your "best" slots

Review your "dead" time. Could you look over notes on the bus?

Mix up subjects and topics you find easy and difficult.

Have a "treat" at the end of each study session (eg: computer time)

Use exam questions to check what you know and only revise what you NEED to.

Create your own questions after you have revised a section of a topic

Active reading 2: spend 5 minutes looking at headings and summaries in notes or a textbook - then mind map all you can remember

Make own revision notes and stick them on walls, cupboards, mirrors, doors etc... so you see them everyday

Practise exam questions systematically: start by doing one section at a time and progress to doing whole papers against the clock

Make mind maps or association maps rather than linear notes. Then use colour and images to emphasise key ideas.

Have a strategy for learning things you don't understand.; this could be a study partner, a teacher at school, a particular textbook or websites.

Active reading 1: spend 5 minutes reading through a section of a book or notes - then mind map all you can remember

Create mnemonics for key ideas that are easy to forget. These can be rhymes, stories, acrostics, or even puns.

Create a ritual to help you start each revision session.

A scenic landscape photograph showing a deep, lush green valley seen through the branches of trees in the foreground. The sun is shining from behind a mountain ridge in the distance, creating a bright, hazy glow and a rainbow-like light effect across the valley. The word "Wellbeing" is centered in the middle of the image in a black, sans-serif font.

Wellbeing

Suggestions for wellbeing

- Go for a walk outside, (with your dog if you have one)
- Tidy up your workspace
- Create a timetable for lockdown - include breaks from your screen, time with your family and exercise and think about how you will stick to this.
- Read a book you know you will enjoy
- Do a hobby or interest you enjoy - such as playing an instrument
- *Listen* to a podcast about something that interests you, or some music you haven't tried before - BBC Sounds is a good place to start

Suggestions for wellbeing

- Cook something to share with your family
- Practise some mindfulness techniques using the resources in the following slides
- Practise some Yoga, again using the resources that follow
- Make a plan for getting better sleep (again there are resources to help you further down)
- Complete some outstanding work or revision that is weighing on you.



Mindfulness

- The following are three I have taken from YouTube but there are lots of other Guided meditations to try if you find it helpful.
- 10 Minutes - For beginners
- <https://www.youtube.com/watch?v=U9YKY7fdwyg>
- 10 Minutes - Specifically for anxiety
- <https://www.youtube.com/watch?v=O-6f5wQXSu8>
- 10 Minutes - Female voice
- <https://www.youtube.com/watch?v=ez3GgRqhNvA>



Yoga

- Again, there are lots of Yoga teachers on YouTube. Adrienne is popular because she is very engaging and inclusive.
- <https://www.youtube.com/watch?v=v7AYKMP6rOE>
- And TED-Ed will explain the benefits!
- https://www.youtube.com/watch?v=_8kV4FHSdNA





Better Sleep

- Lockdown can seriously affect your sleeping routine. Use the advice below to come up with a plan for better sleep!
- <https://www.youtube.com/watch?v=EiYm20F9WXU&t=1s>
- AND don't forget the NHS!
- <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>



Support

- If you think things are getting on top of you, now might be a good time to talk to someone you trust. Perhaps they are in your house or maybe you will need to send them a text or e-mail.
- You can also get help anonymously with **anything** that is troubling you at the two services below:
- NHS: <https://www.meetwo.co.uk/>
- Childline: <https://www.childline.org.uk/>
- What calling Childline is like:
- <https://www.youtube.com/watch?v=fCA6EhBhiC8>

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

The advertisement is set against a bright yellow background. At the top left, there are three logos: NHS, the Apple App Store, and the Google Play Store. In the center, the text "When it's hard to talk talk to MeeTwo." is written in a bold, black, sans-serif font. Below this text is a white speech bubble containing the words "MEE TWO" in black, with a small red heart icon above it. At the bottom left, the text "Teenage Mental Help" is written in a small, black, sans-serif font. On the right side, there is a black smartphone displaying the MeeTwo app interface, which shows a list of messages and a chat window.