

Welcome to Outwood Academy

Danum's



Students First
OUTWOOD
ACADEMY DANUM

Creative Revision

EVENING

Mrs Jayne Gaunt - Principal



What we will cover

- Managing your time
- How to revise effectively- lots of strategies
- Subject specific support
- Access arrangements and how they can help you





Revision – Time management

- Exams are nothing to panic about. If you carefully plan your revision time now, revision will be much easier.
- Remember:
- Revising **isn't** something that should be challenging or difficult at all.
- Revision, unfortunately, is time consuming.
- It takes **TIME**



Timetable example

- Here is an example of a timetable
- Use colours to show different subjects
- Include timings
- Include the actual exams.
- Remember break time!

March	3 rd March	1 st April	2 nd April	3 rd April	4 th April	5 th April
PHARMACY SPOONS	PHARMACY	PHARMACY / PATIENT HAIR at 6.	PATIENT 4-8	SCOTLAND		
PATIENT 12-15			PATIENT 16-17	PATIENT		
5 th April BACK TO UNI		15 th April PUBLIC 1-5	16 th April PUBLIC 4-7	17 th April PUBLIC 9-10	18 th April PUBLIC 11	19 th April PUBLIC 12
20 th April	21 st April PUBLIC	22 nd April MEDICINE 1-3	23 rd April MEDICINE 4-8	24 th April MEDICINE 9-10	25 th April MEDICINE 11-12	26 th April MEDICINE 13-14
27 th April MEDICINE 15-16	28 th April at	29 th April MEDICINE 17-19	30 th April MEDICINE 20-22	1 st May PATIENT	2 nd May PATIENT	3 rd May PUBLIC
4 th May READING	5 th May READING	6 th May PATIENT	7 th May PATIENT	8 th May PUBLIC	9 th May PHARMACY	10 th May PHARMACY
11 th May MEDICINE	12 th May MEDICINE	13 th May PHARMACY	14 th May MEDICINE	15 th May EXAMS	16 th May PHARMACY	17 th May PHARMACY
18 th May PHARMACY	19 th May LAW EXAM	20 th May	21 st May	22 nd May	23 rd May PHARMACY	24 th May PHARMACY
25 th May	26 th May	27 th May	28 th May	29 th May	30 th May	31 st May
1 st June	2 nd June LAW	3 rd June	4 th June	5 th June	6 th June	7 th June PARTY!



How can parents help?

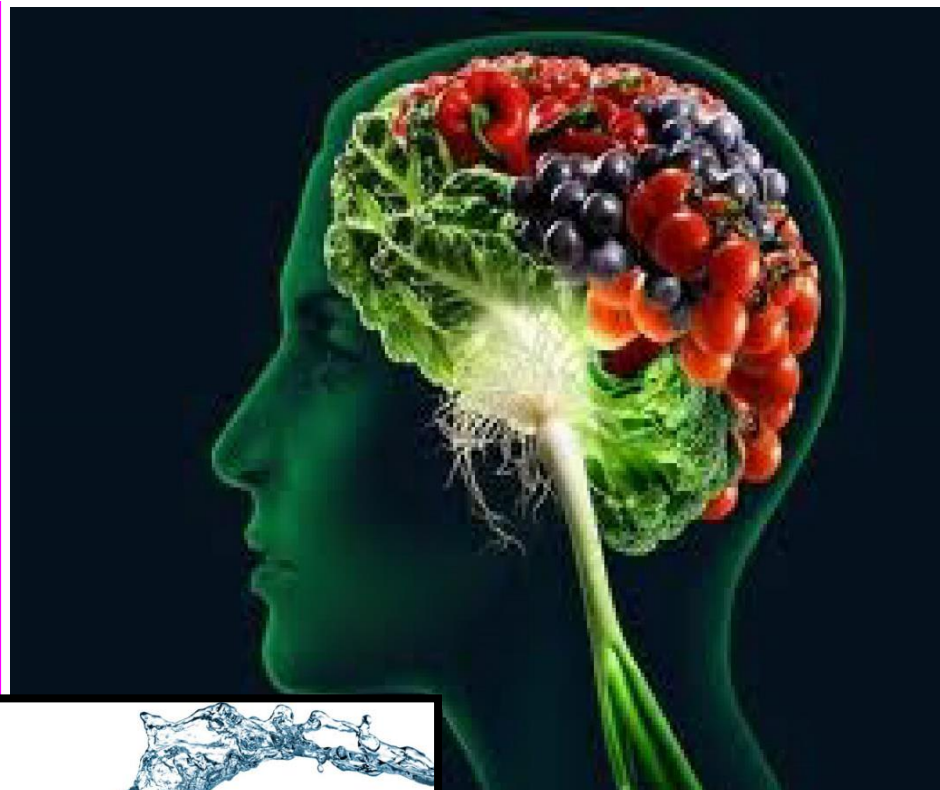
- Organise breaks
 - Remind your son or daughter that they need to take breaks
 - Take drinks / food to them so a natural break occurs
 - Discuss what they have been doing so they get a chance to talk about what they have learnt
- Encouragement
 - Encourage the revision times as well as the breaks!



Good Brain Foods!

- Nuts and seeds
- Fish that are rich in omega-3 essential fatty acids – salmon, sardines, trout, tuna (only small amounts), herring, and mackerel.
- Eggs and milk products
- Green leafy vegetables,
- Vegetables such as corn, potatoes, carrots and beetroot.
- Whole grain breads, cereals, and crackers
- Fruit juices in a blender
- Non-starchy vegetables stabilise blood sugar levels.
- Tomatoes
- Red Meats

- Keep hydrated – drink lots of water.





Effective learning environments?



Where should you revise?

- Warm
- Well lit (a reading lamp reduces eye-strain)
- In a quiet room
- Have a clock or watch nearby (time your revision sessions)





Importance of Sleep!

- **The mechanism by which a good night's sleep improves learning and memory has been discovered by scientists.**
- Scientists used advanced microscopy to witness new connections between brain cells - synapses - forming during sleep.
- Even intense training could not make up for lost sleep.





Sleep! zzzZ!!

- Teenagers need about 9 1/4 hours of sleep each night to function best

Not getting enough sleep can:

- Limit your ability to learn, listen, concentrate and solve problems.
- Make you more prone to pimples, acne and skin problems.





REMEMBER!

Attend school

**Arguably, your most valuable
revision will be done in class with
your teachers**



Guest Speaker

Fraer Morrow

GB Athlete

