

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



How can parents help?

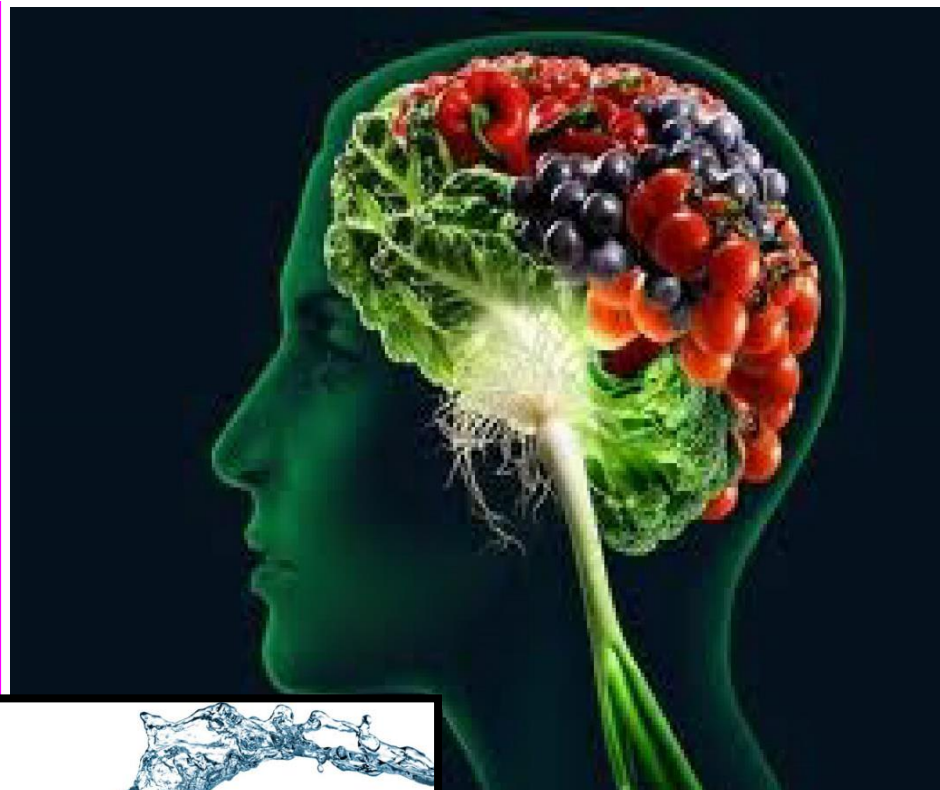
- Organise breaks
 - Remind your son or daughter that they need to take breaks
 - Take drinks / food to them so a natural break occurs
 - Discuss what they have been doing so they get a chance to talk about what they have learnt
- Encouragement
 - Encourage the revision times as well as the breaks!



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

