



Mental Health and Wellbeing

The purpose of this session is to:

- Equip students with a range of practical solutions that will help maintain positive mental health throughout the exam season.
- Explain the benefit of a revision timetable and how to write one.

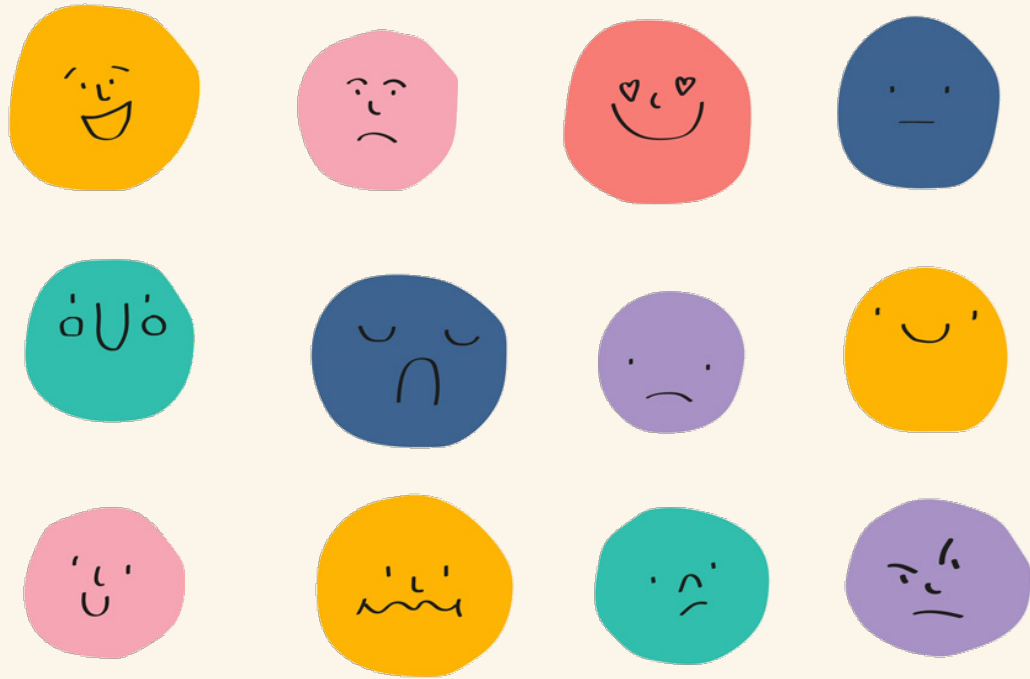


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27/09/2024

How are you feeling about exams?



- It is normal to feel a whole host of emotions and feelings when it comes to thinking about and preparing for exams.
- Recognising how you are feeling can help you to manage levels of stress and anxiousness.

A little stress can be positive!

As you may already have experienced, stress can be overwhelming and difficult to manage. However, it can also motivate us into action and make us more resilient.

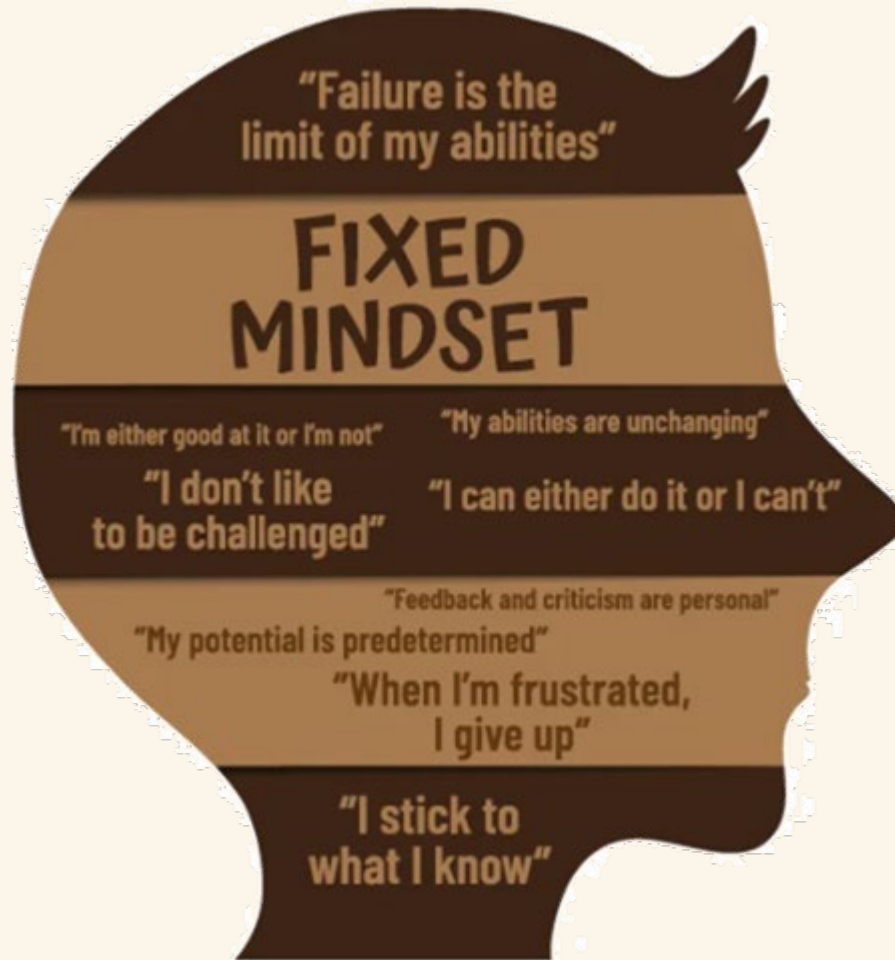
“Sometimes, a small amount of stress can help us to complete tasks and feel more energised” – Mind.

Psychiatry UK suggest that how we deal with stress can be linked to our mindset.

- “A positive growth mindset will encourage us to seize the day and learn from our experiences. It will help us focus on constructive feedback, learn from mistakes and enjoy being faced with challenges.
- A fixed mindset will not be open to any of the above and could fan the flames of stress.”

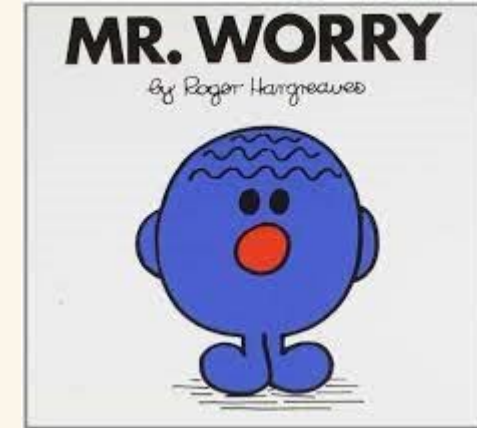


Fixed Vs Growth Mindset



What can trigger stress?

- Leaving revision until the last minute.
- Trying to revise without a plan for revision.
- Fear of failure.
- Worrying about the future.
- Pressure from yourself/others to attain certain grades.
- Not sleeping well/enough.
- Having difficulties at home or in relationships.



How can stress be positively managed?

- Creating and **using** a revision timetable.
- Scheduling down time and fun things to do.
- Asking for help in school and at home.
- Speaking to older siblings/parents/friends.
- Prioritising sleep, healthy eating and exercising
- Accessing online websites for support.
- Keeping an eye on the bigger picture!

Creating a Revision Timetable



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The Learning Scientists

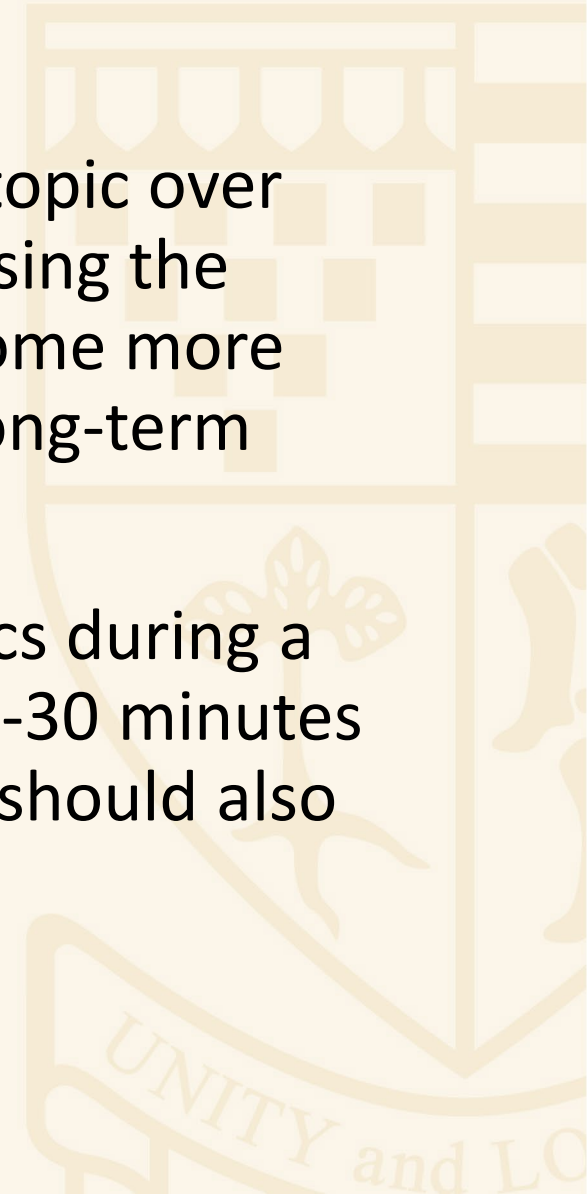
The Learning Scientists are cognitive psychological scientists whose research focuses on the science of learning.

They have come up with the **‘six strategies for effective learning’**, two of which link to revision timetables!



Key Learning Principles

- **SPACED PRACTICE** is when you spread the learning for a topic over different revision sessions rather than spending time revising the whole of one topic in a day. This helps knowledge to become more embedded (and should be considered when planning a long-term revision timetable).
- **INTERLEAVING** is when you move between different topics during a revision session to improve productivity, e.g. spending 20-30 minutes revising a topic before moving on to a different one. This should also be considered when planning your revision timetable.



Two Approaches

- You can take one of two approaches to revision timetables – you may even want to use both!
- You could create a weekly planner/timetable to structure your time, breaking it down into time slots to focus on different subjects throughout the week. This approach helps with interleaving.
- AND/OR, you could create longer term plan to show exactly what you will focus on each day, ensuring that all topics are covered across your subject areas. This approach helps with space practice.

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM-4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM-10AM	BREAKFAST/SHOWER	BREAKFAST/SHOWER
4PM-5PM	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	10AM-11AM	REVISION - ENGLISH	REVISION - SCIENCE
5PM-6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM-1PM	SEEING FRIENDS/ LUNCH	SPORT/ LUNCH
6PM-7PM	REVISION - GEOGRAPHY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM-3PM	REVISION - MATHS	REVISION - FLASH CARDS
7PM-8PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM-5PM	OUT WITH FAMILY	SPORT/ TV/ GAMING
8PM-9PM	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	6PM-8PM	DINNER/ FREE TIME	DINNER/ FREE TIME

JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Printable Calendars From [123Calendars.Com](https://www.123calendars.com)

Weekly Planner

- Weekly revision planners/timetables help break your study time up into manageable chunks.
- They also give each day a clear structure, which can help alleviate stress and help you stay focused.
- Research suggests that study sessions should be 20-25 minutes long, with a short break in between. Two subjects / topics can therefore be looked at each hour.
- After your distraction time, you re-focus your attention with another round of focused studying.

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM-4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM-10AM	BREAKFAST/SHOWER	BREAKFAST/SHOWER
4PM-5PM	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	10AM-11AM	REVISION - ENGLISH	REVISION - SCIENCE
5PM-6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM-1PM	SEEING FRIENDS/LUNCH	SPORT/LUNCH
6PM-7PM	REVISION - GEOGRAPHY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM-3PM	REVISION - MATHS	REVISION - FLASH CARDS
7PM-8PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM-5PM	OUT WITH FAMILY	SPORT/TV/GAMING
8PM-9PM	FREE TIME/SHOWER	FREE TIME/SHOWER	FREE TIME/SHOWER	FREE TIME/SHOWER	FREE TIME/SHOWER	6PM-8PM	DINNER/FREE TIME	DINNER/FREE TIME

My Revision Timetable

Name: _____
Week Beginning: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-45 mins	Science	English	Maths	PD	Science	PD	Science
30-45 mins	Science	Geog	Maths	English	Geog	English	Maths
30-45 mins	SPM	Science	Science	Science	Maths	Maths	PD

Use your subject Learning Checklists and Topic to Success to populate your revision. Print off the PPD before half term that you will need, download the [resources](#) at home.

8am-10am					Product Design coursework		
9am-10am					Product Design coursework		
10am-11am							
11am-12pm							
1pm-2pm							
2pm-3pm							
3pm-4pm	Spanish intervention	College Interview					Science 1 hour
4pm-5pm		English study club	Magritte 1hour		English Tutoring	PD	Science
5pm-6pm		Service 1hour		CRS revision		English	Maths
6pm-7pm	CRS revision	CRS revision	CRS revision	Science	CRS revision	Maths	
7pm-8pm	Science	Geog	Maths		Science		
8pm-9pm	English	Science	Science		Maths		
9pm-10pm							

Weekly Planner

When developing your plan:

- Factor in down time, including before you go to bed so your brain can switch off.
- Have a set wake-up and bedtime so that you are in a good routine.
- Make sure your plan is realistic. Don't overload it – make sure it is something you can stick to!

Are you productive in the morning? Could you factor some revision in before school? Or will you be more productive after-school?

Name _____
Week Beginning _____

My Revision Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-45 Mins	Science	English	Maths	PD	Science	PD	Science
30-45 Mins	Science	Geog	Maths	English	Geog	English	Maths
30-45 Mins	MM	Science	Science	Science	Maths	Maths	PD

Use your subject Learning Checklists and Topic to Success to populate your revision. Print off the PPD before half term that you will need, download the [revision timetable](#) at home

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am-9am					Product Design Homework		
9am-10am					Product Design Countdown		
10am-11am							
11am-12pm							
1pm-3pm							
3pm-3pm							IL
3pm-4pm	Spanish Intervention	College Interview				IL	Education Hour
4pm-5pm		English study club	Hegarty Hour	IL		CRS revision	Science
5pm-6pm		Seneca Hour		English	English Tutoring	PD	Maths
6pm-7pm	IL	IL	IL	Science	IL	Maths	
7pm-8pm	Science	Geog	Maths		Science		
8pm-9pm	English	Science	Science		Maths		
9pm-10pm							



Longer Term Plan

- Longer term plans are useful to plan your time over a longer period.
- Using specifications, you can plot out when you will revise the different topics you need to learn in your different subject areas. You could also factor in exam practice.
- You can also note when your exams will be, and any upcoming events (including rewards!) / chill days where you will have some study-free time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 School days	21	22	23	24	25	26
			Revision Evening			
27	28	29	30	1 st Dec	2	3
No School						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
				End of Term		
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Creating your Plan: Top Tips

- Plan in your down / chill time first so that you have time to rest and decompress. Make sure you find time to do what you enjoy!
- Divide your time fairly between different subjects.
- When working out what topics to revise and when, you may find it helpful to RAG rate subject specifications. You can then start with topics in each subject that you find most difficult so you have more opportunities to come back to them.
- Allocate a topic to each revision session or make a list of what needs to be done and tick it off as you go along.
- Don't let the timetable add to the stress! Use it as a guide to help you manage your time.
- If you prefer working digitally, use a timetable app to help get you start, such as <https://getadapt.co.uk/>. BUT, don't let your timetable being on your device be an excuse to keep checking it when you should be revising!



Where do you start?

Review B1 Cell Biology			
Can you...?			
B1.1 Cell Structure			
Name the main organelles of plant and animal cells (eukaryotic cells)			
Recall the relative size of bacterial cells (prokaryotic cells)			
Describe the difference in how the genetic material is found within eukaryotic and prokaryotic cells.			
Explain how the main sub-cellular structures, including the nucleus, cell membranes, mitochondria, cell wall and chloroplasts in plant cells and plasmids in bacterial cells are related to their functions			
Explain how the structure of different types of cells relate to their function in a tissue, an organ or organ system, or the whole organism. Including sperm cells, nerve cells and muscle cells in animals and root hair cells, xylem and phloem cells in plants.			
Describe cell differentiation			
Describe the differences in magnification and resolution between electron and light microscopes			
Define binary fission (biology only)			
Explain how to prepare an uncontaminated culture (biology only)			
B1.2 Cell division			
Recall that the nucleus of a cell contains chromosomes made of DNA molecules. Each chromosome carries a large number of genes. In body cells the chromosomes are normally found in pairs			
Give an overview of mitosis			
Understand that Cell division by mitosis is important in the growth and development of multicellular organisms			
Recognise and describe situations where mitosis is occurring.			
Define a stem cell			
Recall that stem cells from human embryos and adult bone marrow can be cloned and made to differentiate into many different types of human cells			
Name some conditions which may be helped by treatment with stem cells			
Discuss the ethical or religious objections and potential risk of stem cell use			
Recall that stem cells from meristems in plants can be used to produce clones of plants quickly and economically and describe possible uses			
B1.3 Transport in cells			
Explain how substances may move into and out of cells across the cell membranes via diffusion			
Describe diffusion			
Recall that some of the substances transported in and out of cells by diffusion are oxygen and carbon dioxide in gas exchange, and of the waste product urea from cells into the blood plasma for excretion in the kidney			
Describe factors that affect the rate of diffusion			
Recall that a single-celled organism has a relatively large surface area to volume ratio to allow sufficient transport of molecules into and out of the cell			
Explain how the small intestine and lungs in mammals, gills in fish, and the roots and leaves in			

Revision Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Revision Plan Tips
3:55 – 4:30		Band Practice		Guitar Lesson	Maths revision	9:00 – 10:00		Subjects: English lit Maths Biology Chemistry Physics Music Drama German Media Ideas to help you revise: - Flash cards - Online quiz - With a friend - Recreate notes into a spider diagram - Try teaching it at home - Diagrams - Categorize - Write a synopsis - Create questions you may be asked - Past papers
4:30 – 5:00	English Homework		Maths Homework			10:00 – 11:00		
5:00 - 5:30	Drama Homework	German Homework	Media Homework	Music Homework	Science revision	11:00 – 12:00	Science revision	
5:30 – 6:00						12:00 – 1:00		
6:00 – 6:30		Run				1:00 – 2:00		
7:00						2:00 – 3:00	English lang Revision	
7:00 – 7:30			German Revision			3:00 – 4:00		
7:30 – 8:00						4:00 – 5:00	English Lit revision	
8:00 – 8:30						5:00 – 6:00		

This is just one topic within biology



Use of AI to create your revision plan

Top Tips:

- Include a time frame (6 months)
 - Include realistic expectations
 - Check the specification that you are using
 - Include the tier of entry
 - Don't forget to alter this if you want more detail
- <https://openai.com/chatgpt/>
 - It is not perfect, but it is a starting point when lost
 - Check the specification while they are doing this to ensure nothing is missed
 - It can provide Exam questions and mark scheme
 - This is NOT to be used for coursework

Prompt example:

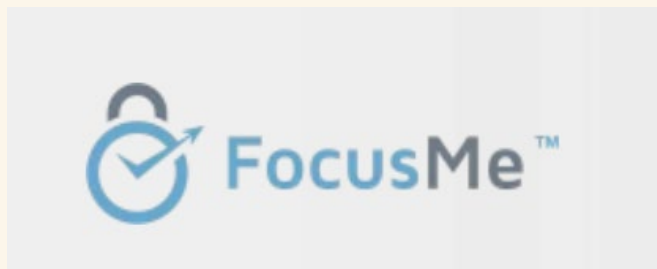
Create a 6-month revision plan for the whole GCSE AQA Science specification for Separate science. Alternating between biology, chemistry and physics. covering content from paper 1 and 2. use retrieval practice throughout. based on 2 hours a week. include higher tier content

Suggestion for improvement: improve this to ensure that the required practical's have been included

Fact: The Digital World is Designed to Be Addictive...

You can use apps to block distractions so you can get your work done.

Block what you want, when you want, and be more productive.



Creating your Plan: Dividing your Time

1. English
2. English
3. Maths
4. Science
5. Science
6. Option 1
7. Option 2
8. Option 3
9. Option 4
10. Buffer

English is worth 2 GCSEs and science are worth 2 or 3 GCSEs depending on if you are studying combined or triple science, so you should spend more time on these to ensure you are well-prepared.

A buffer slot can be used as a spare in case your plans change or something takes longer than you'd hoped.

Problems + Solutions

Problems
I don't know where to start.
I spent ages creating a timetable now I've missed a day and I need to start again.
I can't keep to my plan and I'm getting stressed out.
I'm procrastinating and am hoping revision will go away.

How can you
overcome these
problems?

Maintaining a Healthy Lifestyle



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Sleep, Eat, Exercise, Repeat



- The National Sleep Foundation recommends GCSE students get around 9 hours sleep a night, with research suggesting a strong correlation between getting a good night's sleep and achieving good exam results!
- The Sleep Foundation define a bedtime routine as “a set of activities you perform in the same order, every night, in the 30 to 60 minutes before going to bed”.
- The following link suggests ways to achieve a successful bedtime routine:
<https://www.sleepfoundation.org/sleep-hygiene/bedtime-routine-for-adults>

Sleep, Eat, **Exercise**, Repeat

- Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is – walking, cycling, swimming, football, dancing - all exercise is effective!
- The NHS recommends that young people aged 5 to 18 should:
 - aim for an average of at least 60 minutes of physical activity a day across the week.
 - take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.
 - reduce the time spent sitting or lying down and break up long periods of not moving with some activity.

Asking for Help

- If you have any questions or worries about exams, or if you're feeling stressed or overwhelmed, it's important you talk to someone. Remember, you won't be alone in how you are feeling. There will likely be lots of other students feeling the same way! We're in this together.
- Speak to a teacher or your tutor, a parent, a sibling or another family member. We are all here to help and are with you every step of the way!
- If you don't feel comfortable talking, send a message or write it down. It's okay to start small and say, 'I'm not finding things easy or I'm not having a good day'.



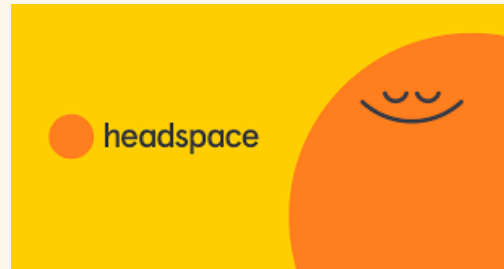
I have asked for help at school from teachers, and they have been an excellent source of help. Some subjects also have after-school revision sessions, which I find really helpful.

Online Websites for Support

Mind



Focussing during exams



Support during exams



Help your child beat exam stress

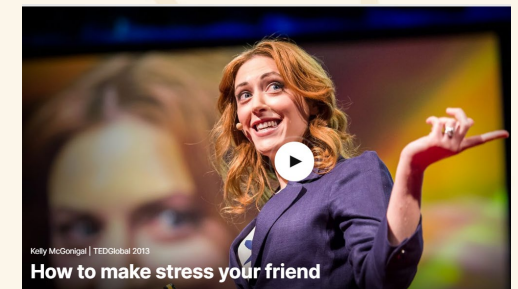


BITESIZE

Revision Timetables and Planning



Beating exam stress



How to make stress your friend

The Bigger Picture

The next few months are going to feel busy and stressful. BUT, keeping your mind focused on what you are working towards will keep you going.

You've got this!

**Success is the sum
of small efforts,
repeated day-in
and day-out.**

Robert Collier

**Satisfaction lies in the
effort, not in the
attainment. Full effort is
full victory.**

MAHATMA GANDHI



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