



# 5 HOURS IN...

## CONSOLIDATE

secure new knowledge  
soon after a lesson



## REACTIVE

react to homework your  
teachers set – get it done!

## PROACTIVE

wider reading, watching and  
listening that deepens and  
broadens knowledge and  
understanding



Research shows that the most successful students do between 20 and 25 hours of independent study per week by the end of Year 13. That may seem a lot, but it's something that you will build up to over the course of your A-Levels. In Year 12, you may begin with 15 hours per week. This is roughly 5 hours of independent study per A-Level.

**Purposeful hours of study is what will make the  
difference**

 Sheldon School  
BE KIND | BE BRAVE | BE THE BEST YOU

YOU DO NOT  
DECIDE  
YOUR FUTURE.  
YOU DECIDE YOUR  
HABITS  
AND YOUR HABITS  
DECIDE YOUR  
FUTURE.

- 1, Complete outstanding HW...
- 2, ...including Revision Olympics for Yr13
- 3, Consolidate knowledge from recent lessons
- 4, Use '5hrs in....' documents to be proactive....
- 5, ...including Seneca!

Be specific about what you are doing and when:

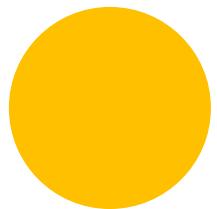
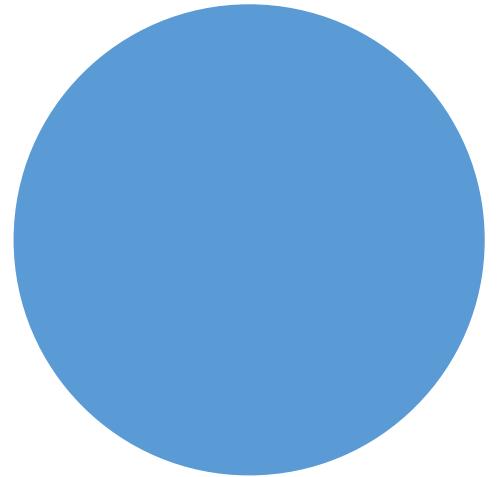
**I will...**revise key terms for topic 1

**For...**45 mins

**In...**the Study Room

Put your phone in your bag and turn off notifications, otherwise it is still distracting you!





**Sheldon Sixth Form**  
Mr Spiers  
Mr Humphreys

Year 13 Parent and  
Student Revision and  
Information Evening  
  
@sheldonsixthform

# Welcome and overview



UCAS – what next?

Non-UCAS – what next?

Exams, revision and wellbeing

Key dates

# UCAS – what next?

TODAY!

Firm and  
insurance

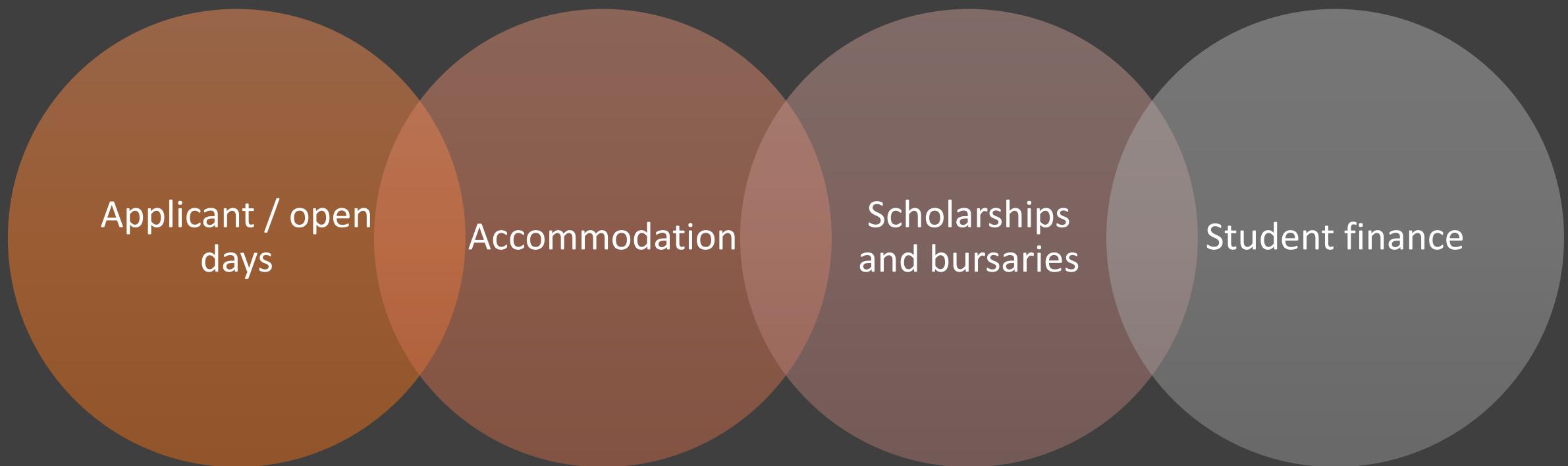
Feb 28th -  
UCAS Extra  
opens

31/03 =  
06/05  
deadline to  
make your  
F+I choices

14/05 =  
02/06  
deadline to  
make your  
F+I choices

2nd July –  
Clearing  
opens

# UCAS – what next?



# Student Finance:

<https://studentfinance.campaign.gov.uk/>

01

Usually opens in  
March

02

To secure  
payment in Sept  
there is usually  
a deadline end  
of May

03

You DO NOT  
need to have  
made your F+I  
choice to apply

04

You will need to  
know household  
income etc

Household Income	Living at home	Away from home (outside London)	Away from home (London)
£25,000 or less	£8,610	£10,227	£13,348
£30,000	£7,887	£9,497	£12,606
£35,000	£7,163	£8,766	£11,863
£40,000	£6,440	£8,035	£11,120
£42,875	£6,024	£7,614	£10,692
£45,000	£5,716	£7,304	£10,377
£50,000	£4,993	£6,573	£9,634
£55,000	£4,269	£5,842	£8,891
<b>£58,307</b>	£3,790	£5,359	£8,400
£60,000	£3,790	£5,111	£8,148
<b>£62,347</b>	£3,790	£4,767	£7,799
£65,000	£3,790	£4,767	£7,405

**Student Finance:**  
<https://studentfinance.campaign.gov.uk/>

Annual salary	Monthly repayments <small>(6th April 2026 – 5th April 2027)</small>
£25,000	£0
£30,000	£38
£40,000	£113
£50,000	£188
£60,000	£263
£70,000	£338
£80,000	£413
£90,000	£488
£100,000	£563

# Non-UCAS – what next?



There are no national / set deadlines!

Check SF Notes and social media

Careers newsletter

Amazing Apprenticeships and NAW

WIN – CVs and interviews workshop tbc

"The Parent Perspective" is an exciting [podcast series for parents and carers](#), helping them to support their children with careers advice and guidance. Series 2 is bigger and better than ever, led by our brilliant new host, Rachel Burden.

Together with Not Going to Uni, we want to make sure that we are supporting parents to feel informed and confident in providing careers support and guidance to their child, so that they ultimately make the best decisions for them.

Through the podcast Rachel and guests offer a fun and informative space for listeners to:

- Explore which careers are available today
- Showcase the experiences of interesting and diverse role models
- Provide real-time insights into how the world of work is changing

Each episode Rachel speaks to a diverse mix of parents, bringing their burning questions to expert speakers from the careers world. Together they uncover practical solutions and informative answers, to help you and your child make informed decisions on those all important next steps.

Listen via your [preferred platform](#) now or [listen below](#)!

BE THE FIRST TO HEAR



# Non-UCAS – what next?

- Katie Witchell – [kwitchell@sheldonschool.co.uk](mailto:kwitchell@sheldonschool.co.uk) to make an appointment or you can drop-in to the Careers Hub on Thursday or Friday lunch times.
- <https://amazingapprenticeships.com/vacancies/>
- <https://www.amazingapprenticeships.com/zones/parent/>
- <https://careerfinder.ucas.com/>
- <https://pathwayctm.com/register/>
- <https://www.findapprenticeship.service.gov.uk/>
- <https://www.springpod.com/apprenticeships/opportunities>

# Gap year?

- <https://www.unifrog.org/teacher/search?search=gap+year> - Work book; A guide to gap years; Work abroad resources
- Start early – plan, plan, plan
- Don't waste it
- Remember UCAS and apprenticeship deadlines

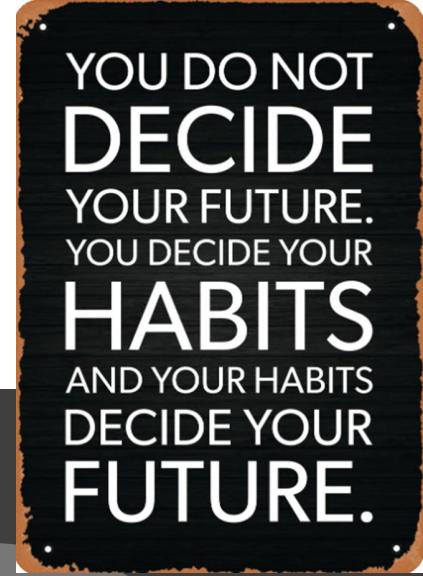
# Revision

5hrs in...

Revision  
Olympics

Plan your  
study  
time

Atomic  
Habits





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# What is '5hrs in...' (timings are for guidance)

## **Consolidation – 45mins**

- e.g. making a mind map, flash cards, talking a topic through with someone immediately after a lesson

## **Reactive – 3hrs**

- Specific homework tasks set by teacher. For Yr13 this could include specific tasks from Revision Olympics documents

## **Proactive – 1hr 15mins**

- Extra tasks, individually chosen from a selection available to students, e.g. wider reading/watching/listening, exam question planning etc. For Yr13 this could include additional tasks from Revision Olympics documents

# 5hrs in...planning

- **I will...**revise key terms from unit 1
- **At...**1055 for the whole of lesson 3
- **In...**the Study Room

- **I will...**write a practice essay about...
- **At...**9am
- **In...**my bedroom after breakfast

#1 NEW YORK TIMES BESTSELLER

**Tiny Changes,  
Remarkable Results**

# Atomic Habits

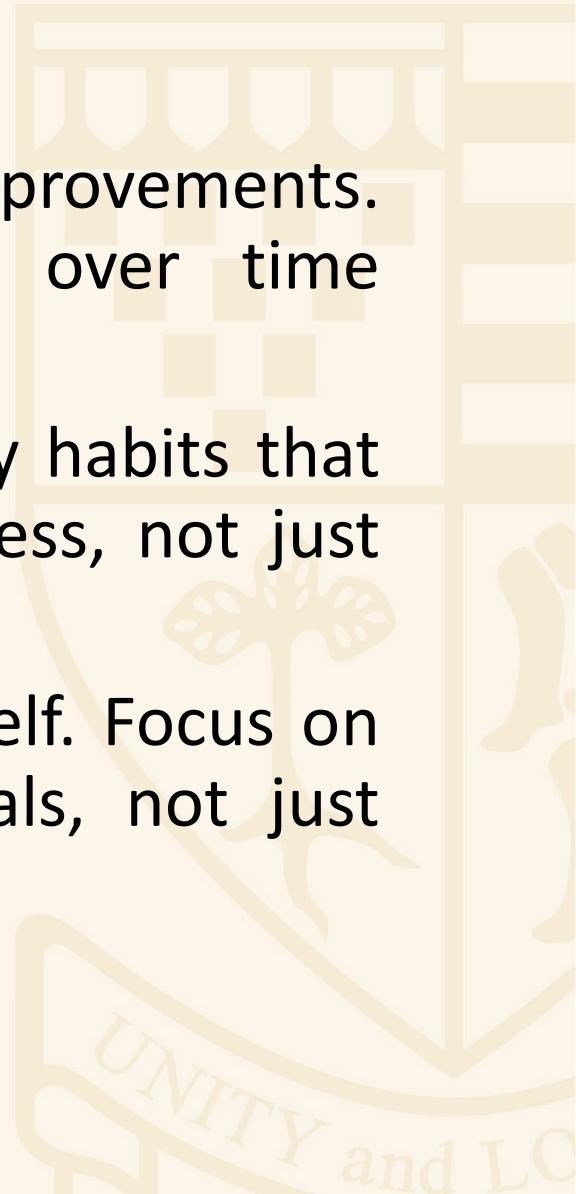
An Easy & Proven Way  
to Build Good Habits  
& Break Bad Ones

OVER  
15 MILLION  
COPIES  
SOLD

**James Clear**

# Atomic Habits - Key Takeaways for A Level Students

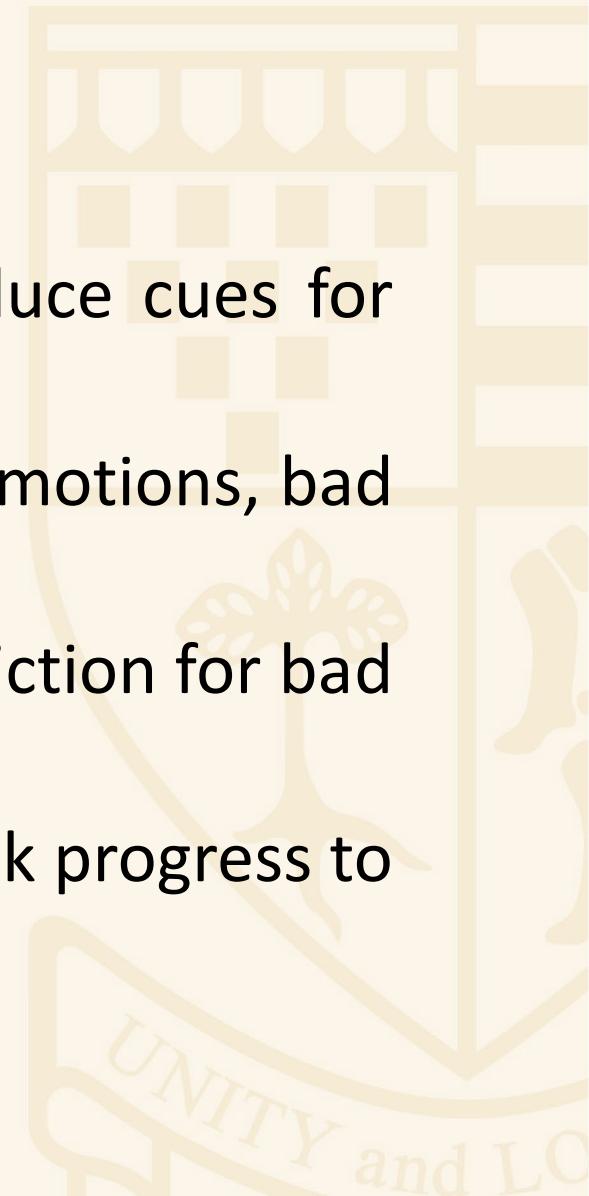
- **Small Changes, Big Impact:** Focus on tiny, consistent improvements. 1% better every day leads to significant growth over time (compounding effect).
- **Systems Over Goals:** Don't just set goals; build the daily habits that lead to those goals. Your system determines your success, not just your aspirations.
- **Identity-Based Habits:** Change your beliefs about yourself. Focus on becoming the type of person who achieves your goals, not just achieving the goals themselves.



# Atomic Habits - Key Takeaways for A Level Students

## The 4 Laws of Behaviour Change:

- **Make it Obvious:** Increase visibility of good habits, reduce cues for bad ones.
- **Make it Attractive:** Associate good habits with positive emotions, bad habits with negative ones.
- **Make it Easy:** Reduce friction for good habits, increase friction for bad ones.
- **Make it Satisfying:** Reward good habits immediately, track progress to stay motivated.



# Atomic Habits - applied specifically to studying

## Study Schedule:

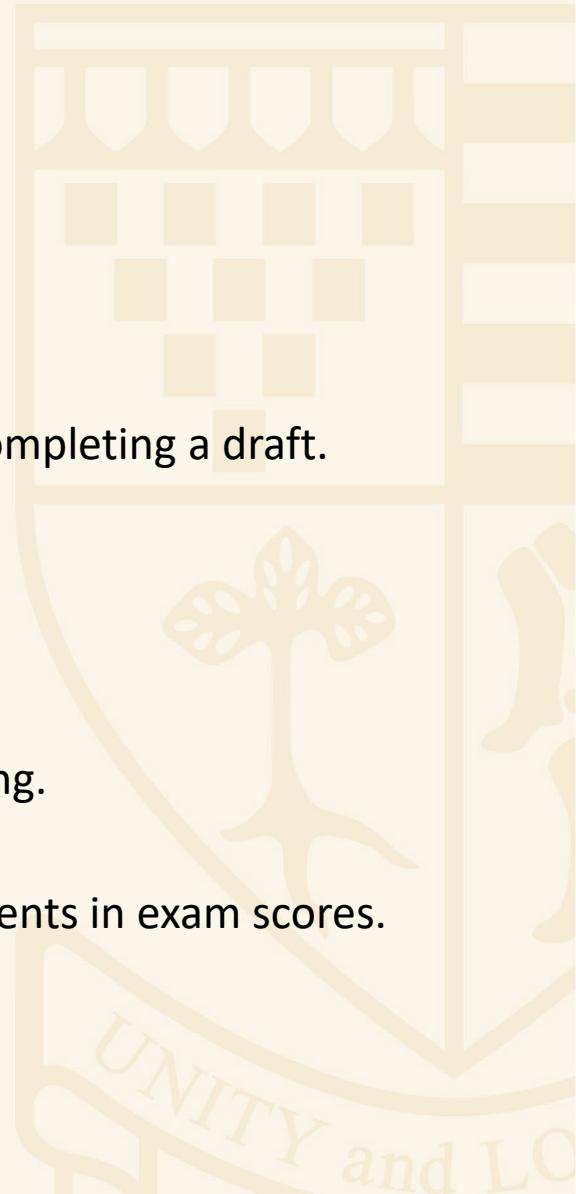
- **Make it Obvious:** Schedule specific study times, create a dedicated study space.
- **Make it Attractive:** Listen to motivating music, reward yourself after study sessions.
- **Make it Easy:** Prepare study materials in advance, break down large tasks into smaller ones.
- **Make it Satisfying:** Track your study progress, celebrate milestones.

## Essay Writing:

- **Make it Obvious:** Set a timer for writing, dedicate a specific time for brainstorming.
- **Make it Attractive:** Find a writing partner for feedback, reward yourself with a break after completing a draft.
- **Make it Easy:** Use templates or outlines, start with a simple sentence to get going.
- **Make it Satisfying:** Review and celebrate well-written essays, track your progress.

## Revision:

- **Make it Obvious:** Schedule regular revision sessions, use a planner to track progress.
- **Make it Attractive:** Study with friends, use flashcards or mind maps to make revision engaging.
- **Make it Easy:** Break down revision into smaller topics, use past papers for practice.
- **Make it Satisfying:** Reward yourself after completing a revision session, celebrate improvements in exam scores.



# The Two Minute Rule

## The Benefits Of The 2-Minute Rule

- If you're trying to build new habits and skills, making every step of the way an easily achievable 2-minute chunk, will make you more likely to do it over and over again.

Discuss and decide some 2 minute habits you could start today!



BE

Two Minute Rule	End Goal
Meditate for 2 minutes daily	Meditate for 30 minutes daily
Read one page	Read daily
Open my notes	Study for school
Fold one pair of socks	Put away clean laundry
Put on my running shoes	Run three miles

Very Easy (Kindling) →	Easy (Kindling + Smaller logs) →	Moderate (Small to medium logs) →	Hard (Medium logs) →	End Goal (Big Logs)
<b>Meditate for 2 minutes every day</b>	Meditate for 4 minutes every day	Meditate for 8 minutes every day	Meditate for 14 minutes every day	<b>Meditate for 20 minutes every day</b>
<b>Put on your running shoes</b>	Walk for ten minutes	Walk 10,000 steps	Run a 5K	<b>Run a Marathon</b>
<b>Write 1 sentence</b>	Write 1 paragraph	Write 1,000 words (several pages)	Write a 5,000 word article	<b>Write a book (~50,000 words)</b>
<b>Open your notes</b>	Study for ten minutes	Study for three hours	Get straight A's	<b>Earn a college or graduate degree</b>
<b>Be home by 10pm every night</b>	Turn off all devices by 10pm every night	Be lying in bed by 10pm every night (with lights on)	Have lights off by 10pm every night	<b>Wake up at 6am consistently</b>
<b>Have vegetables at each meal</b>	Stop eating four-legged animals (cow, pig, etc)	Stop eating two-legged animals (chicken, turkey, etc)	Stop eating animals with no legs (fish, etc)	<b>Stop eating all animal products (eggs, milk, etc)</b>
<b>Put on my workout clothes</b>	Step out the door for a walk	Drive to gym, exercise for 5 minutes, then leave	Exercise for 15 minutes at least once per week	<b>Exercise three times per week</b>

# Habit Stacking

- **Identify a current habit:** Choose a habit you already do consistently (e.g., brushing teeth, making coffee).
- **Stack a new habit:** Decide on a new habit you want to incorporate (e.g., learn a key term, read for 10 minutes).
- **Create a trigger:** Link the new habit to the existing one (e.g., "After I brush my teeth, I will test myself with revision cards for 5 minutes").

Discuss and decide some habits to start stacking!



# Redesign Your Environment to Make Good Habits as Easy as Possible

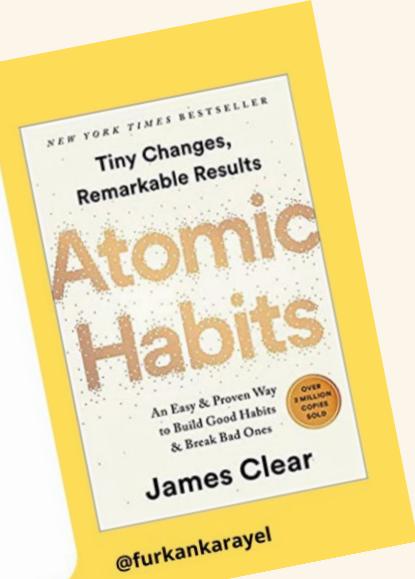
- Put your phone in another room when you are working or trying to sleep at night
- Make it harder to access your social media accounts
- Mix with people who reinforce good habits
- Unplug your games console and put it in a cupboard after use
- Place revision cards round the house



# Make the New Habit Satisfying

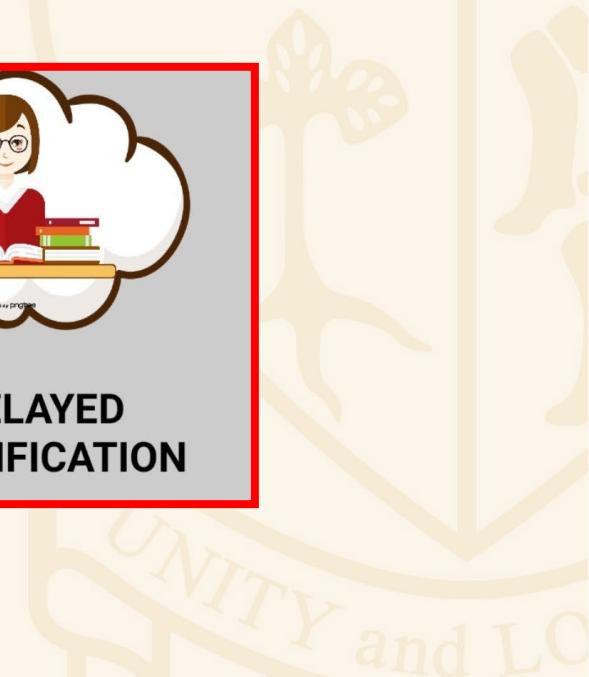
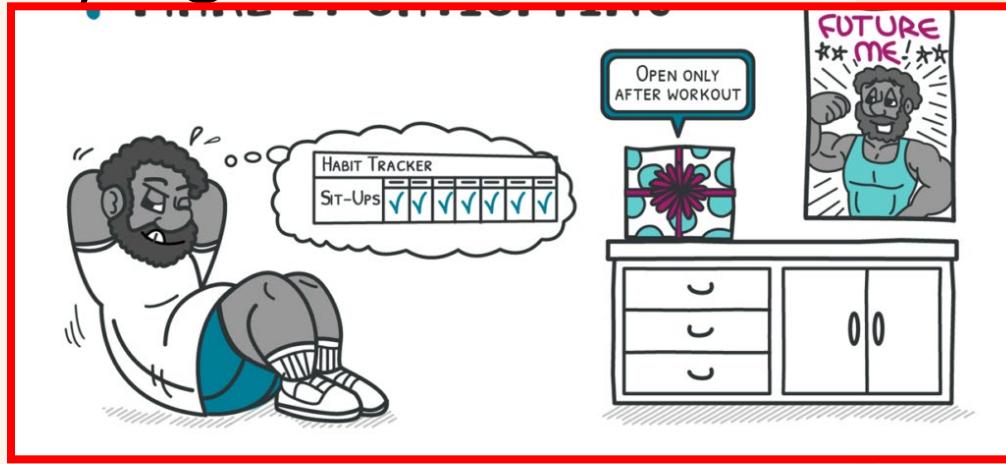
Nuggets from the book:  
Atomic Habits By James Clear

**"What is immediately rewarded is repeated.  
What is immediately punished is avoided."**



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**BUT**



# THE HABIT LOOP - THE FOUR LAWS OF BEHAVIOR CHANGE

**CUE** → **CRAVING** → **RESPONSE** → **REWARD**

## MAKE IT OBVIOUS

### MAKE A LIST OF YOUR DAILY HABITS



"One of the greatest challenges in changing habits is maintaining awareness of what we are actually doing."

### HABIT STACKING

Identify a habit that already exists and stack the new habit on top

"After \_\_\_\_\_, I will \_\_\_\_\_."

### ENVIRONMENT DESIGN

Habits can be created more easily in new environments

If you want to learn to play the guitar, leave it in the middle of the room, not in the closet.

"One space, one use."



## MAKE IT ATTRACTIVE

### TEMPTATION BUNDLING



### TEMPTATION BUNDLING

Create attractive behaviors while doing something you really enjoy. Run + Netflix

"Habits are attractive when we associate them with positive feelings."

### WE IMITATE

- 1) THE CLOSE
- 2) THE MANY
- 3) THE POWERFUL

Join a culture where the desired behavior is the normal behavior and you already have something in common with the group

"The shared identity begins to reinforce your personal identity."

### MOTIVATION RITUAL



Create rituals to start the day and to prepare you for a specific situation.

"Whenever you want to get in the mood, you press PLAY."



## MAKE IT EASY

### REPETITION NOT PERFECTION

With repetition you perform a behavior unconsciously, effortlessly.

"Habits are formed by frequency, not time."

### REDUCE FRICTION

Prime the environment for future use so there is no friction.

"A new habit should not feel like a challenge."

### THE 2-MINUTE RULE

"When you start a habit, it should take less than 2 minutes to do."

### AUTOMATE

Whenever you can, automate good habits and automatically eliminate bad habits.

Ask someone to reset your social media password on Monday and deliver the new password on Friday.



## MAKE IT SATISFYING

### IMMEDIATE SATISFACTION

Add a little bit of immediate pleasure to habits that pay off in the long run.

"What is rewarded is repeated. What is punished is avoided."

### PERSONAL LOYALTY PROGRAM

Make the avoidance visible. Whenever you pass on a purchase, put the same amount of money in the account.

### HABIT TRACKER

Measure your progress. Whenever possible, automatically.

### WARNING

GOODHART'S LAW: "When a measure becomes a target, it ceases to be a good measure."



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## START BY PUTTING YOUR FREE TIME INTO YOUR PLANNER THEN ADD YOUR REVISION SESSIONS:

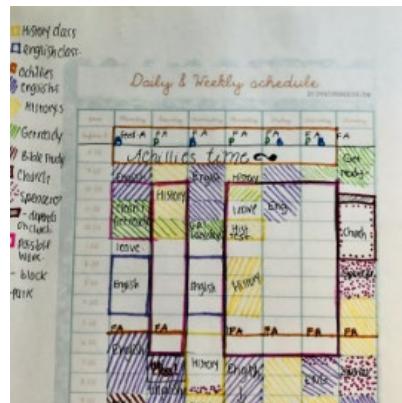
# WEEKLY REVISION PLANNER

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

# MAKE IT YOUR OWN

REVISION TIMETABLE						
MON	TUE	WED	THU	FRI	SAT	SUN
9-3						
4-5						
5-7						
7-8						
8-9						
9-10						

//: FRENCH  
 //: ART  
 //: ENGLISH LITERATURE  
 //: MATHS  
 //: MUSIC  
 //: BIOLOGY  
 //: CITIZENSHIP  
 //: HISTORY  
 //: ENGLISH LANGUAGE  
 //: CHEMISTRY  
 //: PHYSICS  
 //: SCHOLAR  
 //: FREE TIME  
 //: VIOLIN PRACTICE





# Are you 3e?



# What **level** are you?

# What **letter** are you?

**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 and seek support when I need it



# 3e Revision Style

+

# Commitment to Hours In

=

# Grades Out

# Wellbeing checklist

Plan ahead

Sleep

Eat and drink well

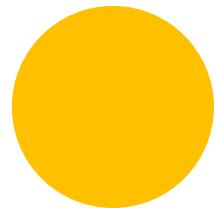
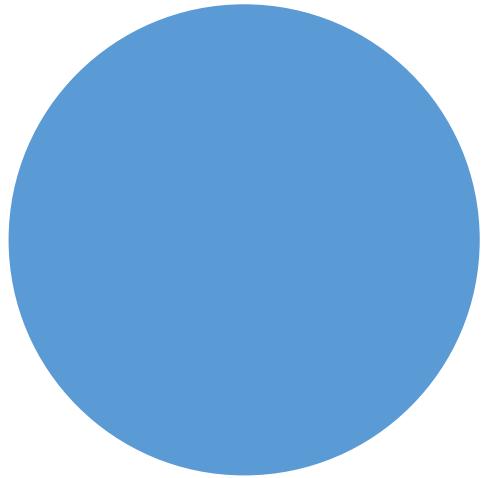
Downtime and breaks

Ask for help – school

Make opportunities to chat

# Key dates

- TODAY – UCAS deadline
- w/b 26th Jan – mock exams in exam venues – study leave
- 4th – 15th Feb - Harderhuish mock week
- w/b 9<sup>th</sup> Feb – National Apprenticeship Week and GCE Drama NEA
- Weds 11th Feb - Varsity
- Fri 13th Feb – Culture Day
- Mon 2nd March – Yr13 report goes home
- Fri 8<sup>th</sup> May – Leavers' Day
- Mon 11<sup>th</sup> May – A Level exams start
- End of May – student finance deadline - tbc
- Weds 24<sup>th</sup> June - Y13 last exam contingency day - students should be available until this day
- Tues 30th June – Yr13 ball
- Thurs 13<sup>th</sup> Aug – results day



# Sheldon Sixth Form

Questions?

@sheldonsixthform

Sixth Form Notes



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