



Congleton High School
Together in the Pursuit of Excellence

Creating Positive Learning Environments

THURSDAY 2ND NOVEMBER 2023

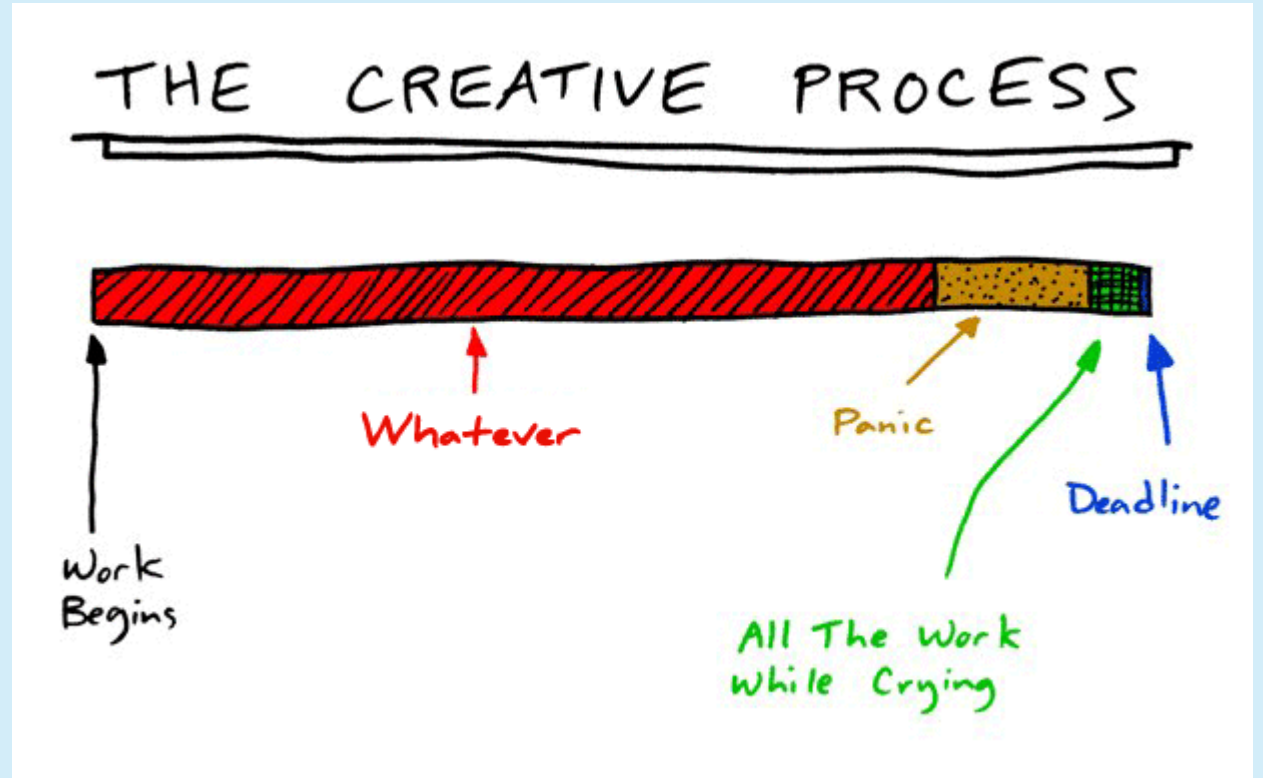
Rationale

- This focus is on maximising the time revising.
- Based on range of advice
- Aims to provide effective insight
- Allows for better stress management
- Ensures supportive relationships



Rationale

- **S**ocial Media
- **P**lanning
- **O**nline Apps
- **T**imetable
- **S**ounds



Social Media

- **What do ex-Y13s suggest?**
 - Phone in a different room
 - Turn off notifications
 - Choose time to delete Apps
 - Switch to an old phone?



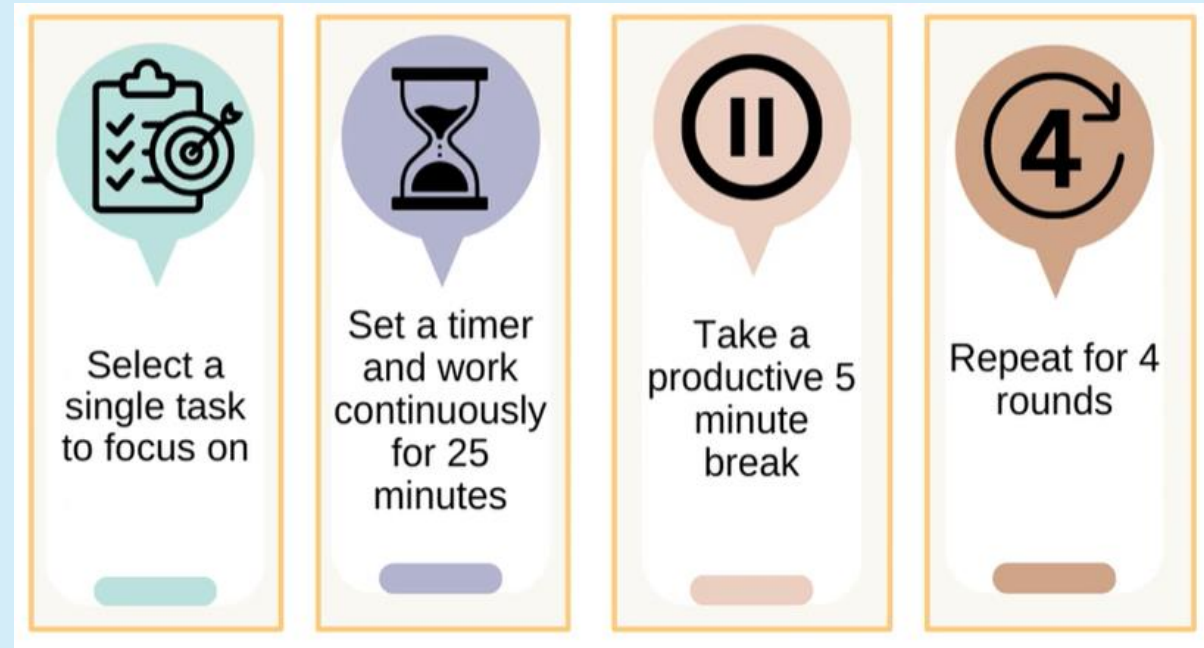
Planning

- **Two aspects:**
 - **Making the most of their hour**
 - **Ensuring they are ready to revise**



Planning

- **Making the most of their hour**
- **POMODORO technique**
- 5 min breaks 4 rotations = 2 hrs of revision.
- If working for longer than 2 hours have a 30 min break before restarting.



Planning

- **Folder Organisation**
 - Scaffolded
 - Self-appraisal
 - Consolidated notes
 - Marked feedback
 - Exam focus
- Think –what do they want to see when they begin their revision? Is their folder at that level? Are they building or reducing stress?



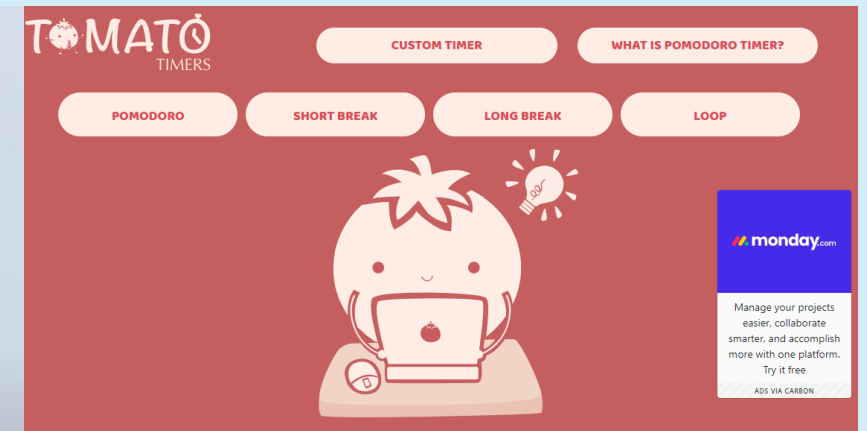
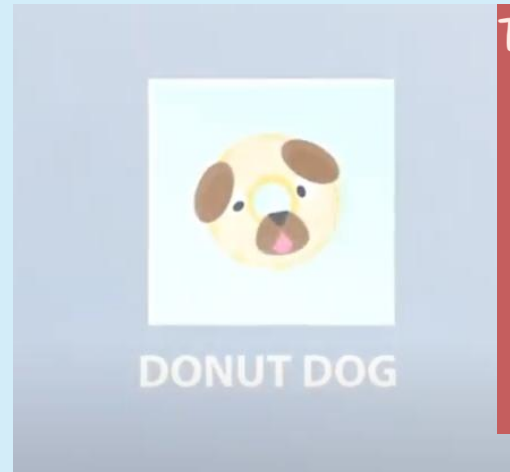
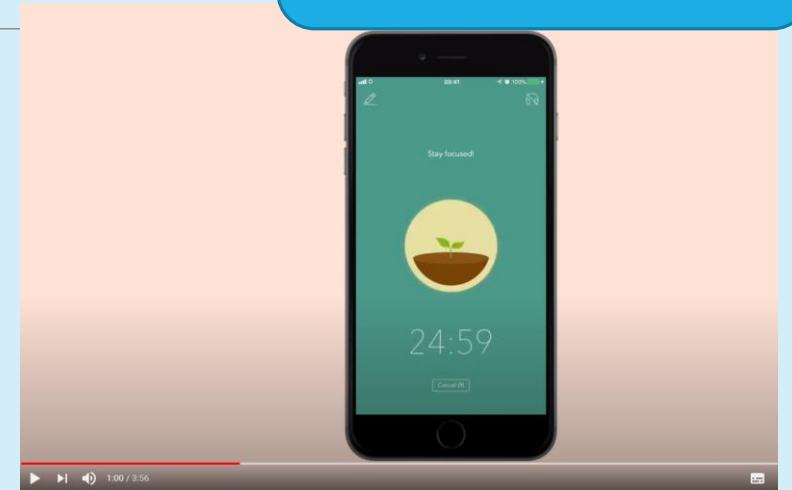
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Online Apps

- **Staying focussed**

- **Tomato Timers**
- **Forest**
- **FlipdIcon**
- **Donut Dog**

4 million downloads in
136 countries.



Timetable

- **Realistic**
- **Regular & often**
- **Wake early**
- **Prioritise**
- **Recovery**

[illegible]

Sounds

- **Multiple ideas**
 - **Classical – ‘Mozart effect’**
 - **Wordless**
 - **Create**
- **Ideally without!**
Exam conditions



Summary

- **S**ocial Media
- **P**lanning
- **O**nline Apps
- **T**imetable
- **S**ounds

