



STUDENT NAME:

TUTOR GROUP:

**"EVERYONE EXCELS EVERYDAY"**







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# ***FUTURE ME***

In this session, we introduced the start of Year 11's "Be The Best Week", marking the countdown to your GCSEs. The week will include activities, workshops, and resources to help you build the skills, mindset, and confidence for success. Remember, we're here to support you every step of the way, as you prepare for the challenges ahead!



## ***A LETTER TO YOUR FUTURE SELF***

**Write a letter to your future self, describing how you'll feel after achieving your GCSE goals. Include specific actions you'll take to reach that vision, such as study habits, time management, and self-motivation strategies.**

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# MINDSET MATTERS: EMBRACING A GROWTH MINDSET

In this session, we looked at the importance of adopting a growth mindset for success, both in your GCSEs and in life. We discussed how embracing challenges and learning from mistakes can help you improve and reach your full potential, using examples like Michael Jordan, Thomas Edison, and J. K. Rowling. The key takeaway is to see every setback as an opportunity to grow and keep moving forward with perseverance and effort.



## REFRAME THE CHALLENGE

Think about a current challenge you are facing in your studies. Write it down in the space below. Now, reframe this challenge using a growth mindset. For example, instead of saying "I can't do this," think of how you can improve with practice and effort. Write your reframed statement in the space provided.

### CURRENT CHALLENGE

A large, light green, rounded rectangular box with a dark green border. It has a small notch at the bottom center, resembling a speech bubble or a callout box.

### REFRAME YOUR CHALLENGE

A large, hand-drawn style rectangular box with a dark blue border. The corners are decorated with small, dark blue floral or leaf-like shapes. The interior is white, intended for writing.

# EFFECTIVE REVISION TECHNIQUES: STUDY SMARTER, NOT HARDER

In this session, we looked at effective revision techniques to help you study smarter, not harder. We explored different strategies for various learning styles, including traditional methods like mind maps and flashcards, visual tools like diagrams, auditory methods such as podcasts, and active learning through practice and teaching. The key is to actively engage with the material, using both traditional and modern techniques to make your revision more effective and enjoyable.



## CHOOSE YOUR STRATEGY

Pick one revision technique that you learned about in today's video. Choose something that you haven't tried yet and plan how you'll use it for a specific subject. Write a brief statement about why you've chosen this strategy and how you will apply it.

REVISION TECHNIQUE:

SUBJECT:

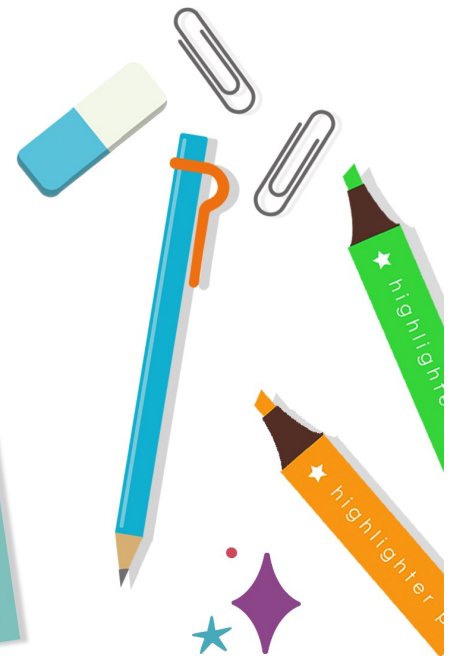
STATEMENT:

# STAY FOCUSED: BUILDING HABITS FOR SUCCESS

In this session, we looked at the importance of staying focused and building small, consistent habits for success. We discussed how setting aside time each day for revision and trusting the process can help you make steady progress, even when results aren't immediate. The key takeaway is that success is built on small daily actions, and by staying committed, you'll see your efforts pay off over time.



	MON	TUE	WED	THU	FRI	SAT	SUN
3:10pm - 4:00pm	Revision Session	Revision Session	Revision Session	Revision Session	Revision Session		
4:30pm	Science	Maths	Spanish	R-S		Maths	Science
5:00pm	English	Science	Maths	English	Maths		
5:30pm	↓	↓	↓	↓	↓		
6:00pm	Break (tea time)	Break (tea time)	Break (tea time)	Break (tea time)	Break (tea time)		
6:30pm	Spanish	R-S	Enterprise	Science	Enterprise	free time	free time
7:00pm	↓	↓	R-S	↓	↓		
7:30pm	free time		free time		free time		
						TOP PRIORITIES THIS WEEK	
						★	
						★	
						★	



## TASK

### MY STUDY ROUTINE

Create your study routine for the week, using the timetable provided on the next page. Think about when and where you will study, and be realistic about the amount of time you can commit to each day.



**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

3:10pm – 4:00pm  
Revision Session

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Revision Session

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Blank box for Sunday Evening

Blank box for Saturday Evening

EVENING

AFTERNOON

MORNING

TOP PRIORITIES THIS WEEK



# POSITIVE AFFIRMATIONS & SELF-BELIEF

In this session, we looked at the power of positive affirmations and how they can help you build self-belief. We explored the practice of Mirror Therapy, where you stand in front of a mirror and repeat affirmations like "I can do this" to reinforce your confidence and shift away from negative self-talk. The key takeaway is that by consistently practicing affirmations, you can strengthen your self-belief and empower yourself to take action toward success.



## TASK

### MIRROR THERAPY

Find a mirror and practice speaking positive affirmations aloud. These can include statements like "I am capable of success," "I am focused and determined," or "Every effort I make brings me closer to my goal."



# STRESS MANAGEMENT: STAYING CALM UNDER PRESSURE

In this session, we looked at how to manage stress and exam anxiety using effective techniques. We explored strategies such as deep breathing, regular breaks, mindfulness, positive self-talk, visualization, and staying organized with a plan. The key takeaway is that by practicing these techniques, you can reduce stress, stay focused, and approach your exams with confidence.



## TASK

### PERSONAL STRESS TOOLKIT

Think about what helps you manage stress. List three strategies that work best for you, based on what you've learned in the video. These could include breathing exercises, taking breaks, or talking to someone you trust.

1

2

3

# CELEBRATING SMALL WINS: PROGRESS, NOT PERFECTION

Today, we focused on celebrating small wins, like sticking to your revision schedule or completing a past exam paper. These small victories build momentum and keep you motivated. Remember, success is about progress, not perfection. Celebrate your wins by writing them down, sharing with others, or rewarding yourself. Every small step brings you closer to your goals—keep going!



## MINI WINS TRACKER

Think about the small achievements you've made over the past week, whether it's a productive study session, staying positive, or overcoming a challenge. List at least five wins in the spaces below.



# YOU'VE GOT THIS!

In this session, we reflected on the progress you've made during Be The Best Week. We reviewed the key tools you've learned, such as goal visualization, building a success mindset, studying effectively, staying focused, and managing stress. We also celebrated the small wins that are helping you build confidence and resilience. Keep moving forward, knowing you're capable of achieving your goals and that you're not alone.



# AN AUDIENCE WITH...

In this session, you had the opportunity to engage with former Hollingworth students and/or inspirational speakers. Consider how their journeys might inform your own aspirations and the lessons you can take forward. **Use the space below to reflect on the session.**



A large light blue rectangular area containing horizontal lines for writing.





**"EVERYONE EXCELS EVERYDAY"**

