

## Sixth Form Study Guidance

Use the following guidance to help you study effectively from home –

**1) Stick to your original timetable and stay in your routine!** Avoid the temptation to delay the start of the day (no need for a lie in!), get up at your normal time, get dressed and be ready to start work for 8:25am. You may find it helpful to print off the Study Planner sent to you on email this week. This helps you organise your time by blocking out your 'taught' lessons and building in your revision topics. Download the Adapt app, enter your subjects and it creates a timetable for you based on what you have covered in your specification!



**2) Find a quiet place to study.** It is likely other people in your household may be working from home so space may be limited, but try and find yourself a quiet desk somewhere free from distractions (no phones!).

**3) Aim for a minimum of 5-6 hours of school work per day.** This needs to be broken up with breaks, do not work for longer than an hour without a 5-10 min break, you aren't able to concentrate and retain information for much longer than that.

**4) Know how to access the work you will be set.** Your subject teachers will set you work on SMHW, Microsoft Teams, or ask you to access resources on the Student Shared area. Please ensure you know how to access all of these forums and you have your relevant passwords at the ready. Your teachers are likely to ask you to submit work you have completed, this may be via email or through Teams.

**5) Teachers will be on hand.** Teachers will be on hand to help you via email, the chat facility in Microsoft Teams, if your teacher has indicated they are using this, or they can always give you a quick call. Please be realistic though, teachers often have their own families and children to look after, and they may also be unwell, so you may not get an immediate response. Staff will do everything they can to get back to you, but you will need to be patient. Please make sure you have been as proactive as possible in finding out the answer before you contact someone, as this will save time. If you haven't had a response after 48hrs, please email Mrs Jennings who may be able to advise you further.



**6) How to revise.** For Yr 12 students this is a perfect opportunity to revise everything you have studied so far and the most effective revision strategies require you to retrieve information from your memory. Don't waste time reading over notes unless you are doing something meaningful with them, like creating a mind map, revision cards etc. Then test yourself on what you know, whether this is writing things out from memory, completing a multiple-choice knowledge quiz, explaining things to a friend or completing past exam questions. Remember, you don't know what you know until you try and recall it!

**7) Practice, practice, practice.** Complete every exam paper which exists for your subject, then complete them again and again! With essay writing subjects, you can often work out the range of questions you may be asked, your teacher may have even given you a list. Write them all in full. This is an excellent revision strategy as it means you are constantly rehearsing information and practising retrieving it from your memory (but only if you do this without notes!).



**8) Look after your mental well-being.** Make time to exercise, try and get outside each day for fresh air and avoid sitting on social media, it wastes time, and often makes you feel worse! Remember there is support online for you at [www.kooth.com](http://www.kooth.com) or [www.giveusashout.org/](http://www.giveusashout.org/) should you need it.

**9) Breathe.** Take time to breathe! When things get a little overwhelming, focus on your breathing for a minute. It calms the mind and gets well needed oxygen to your brain. Try these online meditations provided by our yoga teacher Maria <http://www.mariayoga.co.uk/free-meditations/> or her online classes <http://www.mariayoga.co.uk/online-classes/>.

**10) Be socially responsible** – think about how you can help others in this time of need, look around your local community and see how you can make a difference, your help is invaluable to others. Remember the guidance on social distancing, you really should be limiting your face-to-face interaction with others. See further guidance here <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>.