

Making the most of the final weeks:

Exams commence from the 5th June.

That's in:

12 Weeks

83 Days

43 school days

1992 Hours



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What stops students from studying?

- Feeling overwhelmed
- Organisation
- Apathy
- Laziness
- Lack of a goal
- Fear of failure



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What positive motivations are there to help students to commit to studying?

- Self –esteem
- Sense of achievement
- Learning
- University
- Opportunities in the future



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Myth Busting



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Myth Number 1 :

“I didn’t have time!”

- Students have 16 hours of lessons per week
- Most students have 14 non-contact sessions per week (out of 30 teaching hours)
- 4 hours of study per day – on top of lessons is adequate, if used wisely.
- This means that if students make use of all non-contact sessions, they only need to commit to an additional 1 – 2 hours of study per day.
- The working day can end at **5.30 at the latest** and weekends can be kept largely free.

Myth Number 2:

“I was ill.”

- 16-18 year olds are not disproportionately affected by ill-health
- Tiredness is not an illness
- Not being in the mood is not an illness
- Hangovers are not illnesses

Myth Number 3:

“The bus/train/tube was late”

- No it wasn't
- You live round the corner
- Get up earlier

Myth Number 4:

“I didn't understand the work.”

- Most lessons will begin with objectives and learning will be clearly explained.
- Teachers are always available to help any students who are struggling
- There are a wealth of study guides and online resources for all subjects
- You were chatting or staring into space

Myth Number 5 :

“I have too much work to do.”

- You spend hours on Instagram/snapchat/ youtube
- You talk constantly when you should be studying
- You go out every evening

Effective Study Skills



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Time:

- Commit to a study schedule with regular timings – studies demonstrate that routines are a crucial part of any successful task completion
- Start and end at the same time each day
- Work in 45 minute bursts followed by 15 minute breaks
- Go to bed at a reasonable time
- Turn it off!



Effective Study Skills

- Think in Ink – mind maps, flash cards, post-it notes
- Working in Pairs – testing each other, teaching each other, short burst of writing E.g. I have learned ...
- Organise each subject into study topics and create posters with Key Words and put them up in your room
- Create Vlogs or recorded notes
- Practice Past Papers



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wikiHow to Have Fun While Studying

Wellbeing

- Exercise and diet
- Regular sleeping habits
- Mindfulness – Apps such as HeadSpace



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YOU HAVE THE POWER!



**The person who can help you
most is YOU!**