

## Learner Outcomes

### Short-term outcomes:

- Learners are able to identify a study style that aids effective revision related to specific barriers they may face during revision.
- Learners have tools and techniques to improve their revision skills.

### Medium-term outcomes:

- Learners develop their own creative solutions for how, when and why to study.
- Learners develop effective strategies for combatting any issues with studying.
- Learners feel supported to be better prepared for exams.

Sequence of Learning Activities:	Timings	Facilitator Activity	Attendee Activity	Resources
Introduction	3min	<ul style="list-style-type: none"> <li>● Introduce yourself and Hello Future</li> <li>● Run through workshop aims and outcomes</li> </ul>	Active listening	PowerPoint
Activity	10	<p>Learners will reflect upon what they spend their time doing on an average day and fill in a body template to reflect this (each row is 1 hour). They will consider ordinary aspects of their day i.e. sleeping and eating and then more personal aspects i.e. Instagram, TikTok, Sports clubs, Online games etc.</p> <p>Then dependant on time and space play a game of 'one step back, and one step forward'. Get the learners to line up and ask a series of questions i.e. take one step backward if you sleep less 8 hours, take one step forward if you spend 1 hour on homework a day.</p>	Active engagement	PowerPoint  Activity Sheet
Discussion	5min	<p>Mini activity – ask the learners if they know how many days it is until results day [with the winner getting a prize]</p> <p>The session begins with a discussion amongst the learners about why they avoid revision or homework. After a few minutes ask learners to feedback to the whole group. After learners have discussed their barriers to revision and homework, the next slide is revealed with common reasons to avoid work</p>	Active discussion	PowerPoint  'Study Well' Booklet

		i.e. "it's too boring" or "I'm too tired". They can then turn to the last page of the booklet and fill in the top question "What are you 2 main excuses to avoid revision and homework?"		
<b>Solutions to barriers</b>  <b>Notifications Sound Game</b>	17 min	<p>Go through the barriers to revision as previously discussed and highlight various solutions to overcome these excuses they may have when it comes to revision.</p> <p>"It's too boring" - think about using Apps such as Quizlet to keep it interesting, or small strategies such as if you're bored of working alone, try working in a group or pair with friends or try changing the tools you use to revise i.e. draw pictures, make your own colourful mind-maps, use post-it notes etc.</p> <p>"I'm a procrastinator" – try using the Tomato Timer Technique - break your work into 25 minute intervals and give yourself 5 minutes in between to have a break. Start by giving yourself a realistic timetable, so you don't fall guilty of over-planning and then not sticking to the plan. And as always minimise distractions – try and put your phone in a different room, or have a friend check in with you every now and then to see your progress.</p> <p>"I keep getting distracted"- try to find somewhere to revise where you feel most relaxed and least distracted and put your phone on mute or turn it off to avoid distracting notifications.</p> <p>GAME: Explain to the learners that we are about to play a number of sounds and they must guess what they are. This is followed by a short discussion about how fast they guessed each sound and how it made them feel and why this is i.e. research shows that these sounds were developed for our brains to respond to them immediately they have been known to trigger dopamine (the 'feel good' hormone) and also cortisol (the 'stress' hormone)</p> <p>"I'm too stressed" - make sure you get some fresh air, it'll help de-stress and clear your mind, maybe use this time to get some exercise – it's recommended for 13-19 year olds to get at least 30 mins of exercise 3 times a week. Don't forget to do things you enjoy – remember to make time for your hobbies and interests, it's fine to take a break to do these hobbies or find calming activities i.e. drawing, jigsaws, use a Meditation or Mindfulness app to wind down and meditate.</p> <p>"I'm too tired" – think about your screen time, as electronic devices emit artificial blue lights that stop the release of the body's sleep-inducing hormone, melatonin, making it harder to fall asleep. Sometimes we think we can get more done in a day if you sleep less, but your brain is still working</p>	Active listening	PowerPoint  'Study Well' Booklet

		whilst you sleep – it's processing memories and resting your body. Don't forget young people between 13-19 years old need 8-10 hours of sleep to function best.		
<b>What is Revision and how do I do it?</b>	10min	<p>Go over the definition of revision: "Revising is the study of work you have done, in order to prepare for an exam" (Cambridge Dictionary), and what this means for the learners i.e. this can be through re-reading notes, re-writing notes or other various methods.</p> <p>We then cover the skills involved in revision such as; note taking, organisation etc. Get learners to fill out the questions on the back page of workbook; "What are your 2 best revision skills?" and "What are 2 skills you would like to improve?", highlight that their best skills and skills to improve upon do not have to be skills mentioned but can be personal to them.</p>	<p>Thinking about skills involved in Revision</p> <p>Active engagement</p>	<p>PowerPoint</p> <p>'Study Well' Booklet</p>
<b>Conclusions</b>	5min	<p>To conclude, some top tips on how to revise effectively:</p> <ul style="list-style-type: none"> <li>• Plenty of sleep</li> <li>• Create a plan</li> <li>• Switch it up</li> <li>• Take breaks</li> <li>• Ask for help</li> </ul> <p>And different software they may find helpful</p> <ul style="list-style-type: none"> <li>• Quizlet</li> <li>• Mindfulness App</li> <li>• 'My Water Balance' App</li> <li>• Youtube</li> </ul> <p>Highlight that these are listed in their workbook for easy access!</p>	Active listening	<p>PowerPoint</p> <p>'Study Well' Booklet</p>