



## **Self-Regulating Calendar (Year 7).**

### **Preparing to succeed.**

#### **Advent term:**

<u><b>Term</b></u>	<b><i>Phase 1: Routines, habits and organisation</i></b>
<u><b>Advent 1</b></u>	<ul style="list-style-type: none"> <li>• <i>Plan of the course ahead</i></li> <li>• <i>How do I get organised?</i></li> <li>• <i>What am I ok, good and great at? How can I get better?</i></li> <li>• <i>What are my routines and habits?</i></li> <li>• <i>How do I set goals?</i></li> </ul>
<u><b>Advent 2</b></u>	<ul style="list-style-type: none"> <li>• <i>How do I write and use a list?</i></li> <li>• <i>How do I improve in school?</i></li> <li>• <i>Who can help me at school?</i></li> <li>• <i>How do I revise?</i></li> <li>• <i>What do I think of this course?</i></li> </ul>

#### **Lent Term:**

<u><b>Term</b></u>	<b><i>Phase 2: Building memory strategies</i></b>
<u><b>Lent 1</b></u>	<ul style="list-style-type: none"> <li>• <i>Memory for words</i></li> <li>• <i>How to memorise words</i></li> <li>• <i>Memory for numbers</i></li> <li>• <i>How to memorise numbers</i></li> <li>• <i>Memory for shapes</i></li> <li>• <i>How to memorise shapes</i></li> </ul>
<u><b>Lent 2</b></u>	<ul style="list-style-type: none"> <li>• <i>Memory for objects</i></li> <li>• <i>How to memorise objects</i></li> <li>• <i>Memory for faces</i></li> <li>• <i>How to memorise faces.</i></li> <li>• <i>Memory for places</i></li> <li>• <i>How to memorise places</i></li> </ul>

#### **Pentecost term:**

<u><b>Term</b></u>	<b><i>Phase 3: Linking memory strategies to revision methods</i></b>
<u><b>Pentecost 1</b></u>	<ul style="list-style-type: none"> <li>• <i>Am I doing exams properly</i></li> <li>• <i>Gameplan for an exam</i></li> <li>• <i>Memorising sentences</i></li> <li>• <i>Mnemonics</i></li> </ul>
<u><b>Pentecost 2</b></u>	<ul style="list-style-type: none"> <li>• <i>Journey Method for Lists</i></li> <li>• <i>How to make and use flash cards</i></li> <li>• <i>Making and using mind maps</i></li> <li>• <i>Using songs to revise.</i></li> </ul>