



Self-Regulating Calendar (Year 11).
Self-Regulated Achievers.

Advent term:

<u>Term</u>	<u>Phase 1: V.O.C.A.T.I.O.N</u>
<u>Advent 1</u>	• Make me a better person • Organise yourself! • Revision Preferences • How to know when you're ready • Creation of resources
<u>Advent 2</u>	• Memory development • Self-Assessment for a perfect response • How to deal with exam stress • Exam Wrapper (preparation and evaluation of examinations) • Guest speaker

Lent Term:

<u>Term</u>	<u>Phase 2: Final Preparations for GCSE Examinations.</u>
<u>Lent 1</u>	• Guest speaker • Habitual revision • Pomodoro Technique • Exam Gameplan • Enhanced written and verbal communication for revision
<u>Lent 2</u>	• Tips for Solitary Study • Study buddies and Study Groups • Getting the most out of revision sessions • Short revision exercises • Use command words for revision

Pentecost term:

<u>Term</u>	<u>Phase 3: Get the Grades you Deserve.</u>
<u>Pentecost 1</u>	• Reflections on all mocks. • Read First • Musical revision • Managing nerves in examination season • Keep calm and do your own test • Remaining calm and determined
<u>Pentecost 2</u>	<i>Self-Regulated Achievers completing public examinations</i>