



Self-Regulating Calendar (Year 7).

Preparing to succeed.

Advent term:

<u>Term</u>	<i>Phase 1: Routines, habits and organisation</i>
<u>Advent 1</u>	• Plan of the course ahead/ Self-Regulated Learning Baseline • How do I get organised? • What am I ok, good and great at? How can I get better? • What are my routines and habits? • Building new habits • How do I set goals?
<u>Advent 2</u>	• How do I write and use a list? • How do I improve in school? • Improvement from actions • How do I revise? • My development as a Self-Regulated Learner.

Lent Term:

<u>Term</u>	<i>Phase 2: Building memory strategies</i>
<u>Lent 1</u>	• Memory for words • How to memorise words • Memory for numbers • How to memorise numbers • Memory for shapes • How to memorise shapes
<u>Lent 2</u>	• Memory for objects • How to memorise objects • Memory for faces • How to memorise faces. • Memory for places • How to memorise places

Pentecost term:

<u>Term</u>	<i>Phase 3: Linking memory strategies to revision methods</i>
<u>Pentecost 1</u>	• Am I doing exams properly? • Gameplan for an exam • Memorising sentences • Mnemonics
<u>Pentecost 2</u>	• Journey Method for Lists • How to make and use flash cards • Making and using mind maps • Using songs to revise. • Self-Regulated Learning Progress Check.