



Self-Regulating Calendar (Year 8).
My Good Habits

Advent term:

<u>Term</u>	<u>Getting a flying start to year 8.</u>
<u>Advent 1</u>	• Plan of the year ahead • How do I stay organised? • What did Year 7 teach me? • How do I grow good routines and habits? • Has my ability to focus grown?
<u>Advent 2</u>	• Please help, how do I start? • How do I manage my nerves in an exam? • Reflection of my revision • Multiple exam preparation • Creating a Multi-Assessment Timetable

Lent Term:

<u>Term</u>	<u>Different methods of revising.</u>
<u>Lent 1</u>	• What is revision? • Using Mind Maps & Brain Dumps to revise • Creating a Mind Map • Writing a Brain Dump • Using the internet to revise • Using and creating Flash Cards
<u>Lent 2</u>	• My Listening Skills • Using the senses for revision • Multitasking and monotasking • Making personal changes • Asking for help

Pentecost term:

<u>Term</u>	<u>Completing assessments successfully</u>
<u>Pentecost 1</u>	• Do the reps • How to use revision guides effectively • The compound effect of preparation • Upgrading from marked work • Command words and Key words
<u>Pentecost 2</u>	• Exam game plan • Being calm in assessments • Teach your friends and relatives. • Memorising key words and terms • Memorising Text • Mnemonics for memorisation