

“Dream, believe, achieve; If you believe in yourself, anything is possible”

It is vital that students have an idea about what they want to achieve this year.

Goals must be:

- **Long term** - To provide you with a long term vision of what you want to achieve in your lifetime.
- **Short term** - To provide you with short term motivation on a daily, weekly or monthly basis.
- **Realistic** - Some of the goals you set yourself will be easy; others will be harder.
- **Flexible** - Goals are not set in stone. You should be prepared to change and modify your goals along the way.
- **Measurable** - Always put a timescale on your goals and work to a deadline, otherwise tomorrow may never come.

Important Lifestyle choices:

Sleep

- It is generally agreed that students should be sleeping for approximately 8.5 – 9.5 hours per night.

Blue Light

- Televisions and more recently iPads, tablets, kindles and mobile phones are often the last thing we look at before turning the lights off and going to sleep. All of these devices are understood to disrupt sleeping, especially those with message alerts – it is best that phones etc. are put into a silent mode or better still not in the bedroom at all.

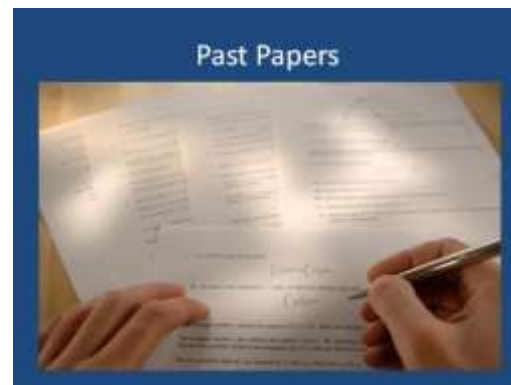
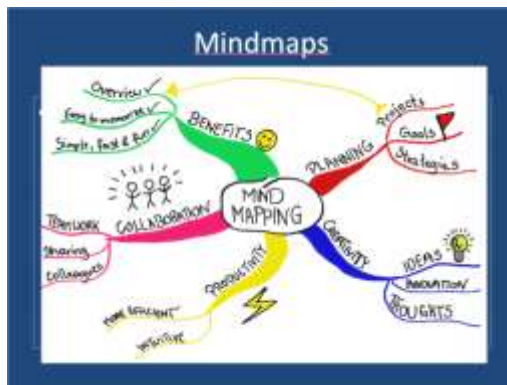
Stress Management

- Stress is a very natural and important part of life. We all need stress but not too much or for too long. Stress helps keep us alert, motivates us to face challenges, and drives us to solve problems.
- However, distress, on the other hand, results when our bodies over-react to events, leading to a “fight or flight” reaction. If we think something is scary or worrisome, our bodies react accordingly.

Top Tips on Stress Management

- Get organised. Having a realistic schedule of daily activities, including time for work, sleep, relationships and recreation.
- Exercise releases endorphins which counteract negative feelings and anxiety.
- Eat breakfast as this reduces the production of cortisol, a stress related hormone.
- Keep sugar levels stable by avoiding sugary snacks. Blueberries, walnuts, pumpkins seeds and almonds can provide energy without drastically increasing sugar levels.
- Avoid caffeine as it can replicate the physiological effects of stress.
- Stay hydrated as this also reduces the production of cortisol.

Revision Techniques



And finally or there's no such thing as 'No Homework'.....

We would suggest that revision is done every night, but the secret is not in the amount but the **quality**. 20 minutes making revision cards or a mind map is very valuable. Teachers are working with students to help them get more confident in these tasks.

Some tips for effective revision/homework:

1. Find a **quiet place** to revise – your bedroom, school, local library and refuse to be interrupted or distracted.
2. Make sure you don't just revise the subjects and topics you like. Work on the **weak ones** as well.
3. You will **need help** at some stage; ask parents, teachers, or even friends.
4. **Eat properly** and get lots of **sleep**.
5. **Believe in yourself**