

Mock Exam Results January 2018

Review, Reflect and React



Striving for Excellence and overcoming FOF

- Don't compare yourself to others – compare with what you are capable of.
- Mocks are like an experiment, think of any failures as scientific results – what do you need to do to improve?

What to do next



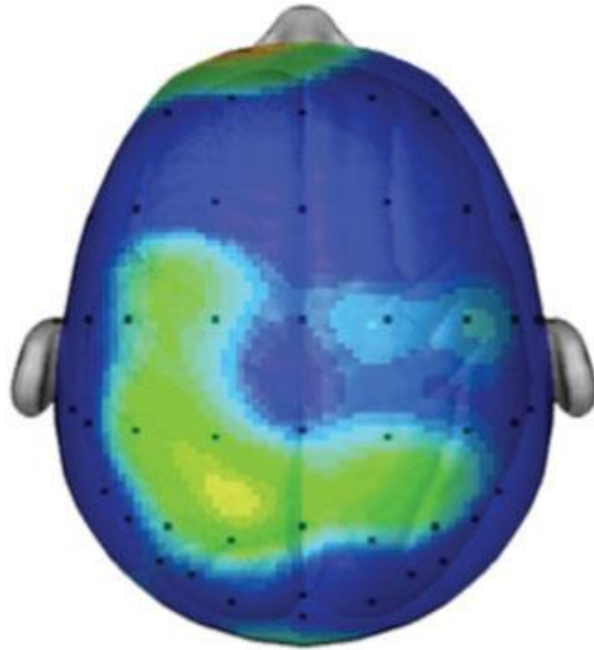
- Revision
- Coursework/Controlled Assessment
- Day to day work
- Subject drop ins
- Extra sessions

Revision

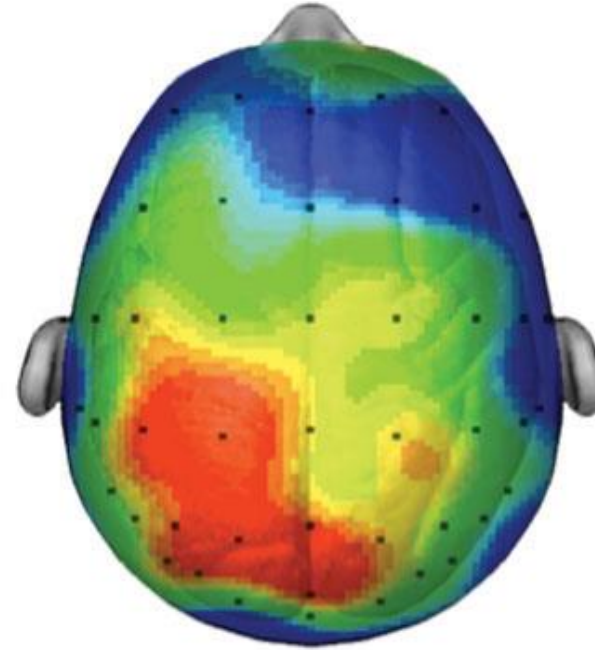
Start early

Commit yourself to a date to start, write it down, tell people, stick to it.

Working at your best



**After 20 minutes of
sitting quietly**



**After 20 minutes of
walking**

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

Create your environment

- If you haven't got one, create a regular work space that is organised and not cramped
- Music can help you study unless it's through headphones but some tasks need to be done in silence – especially those that need lots of working memory
- Leave your phone in another room or at least on the other side of the room.
- Don't get too comfortable – sitting on your bed in PJs doesn't work



The importance of study breaks and sleep

- Using social media for 10 minutes is not a break – a recent study by the Huffington Post suggests that using certain social media can increase stress.
- Sleep has a vital role in learning as it promotes new synaptic connections – it is better to get good sleep than to keep studying.