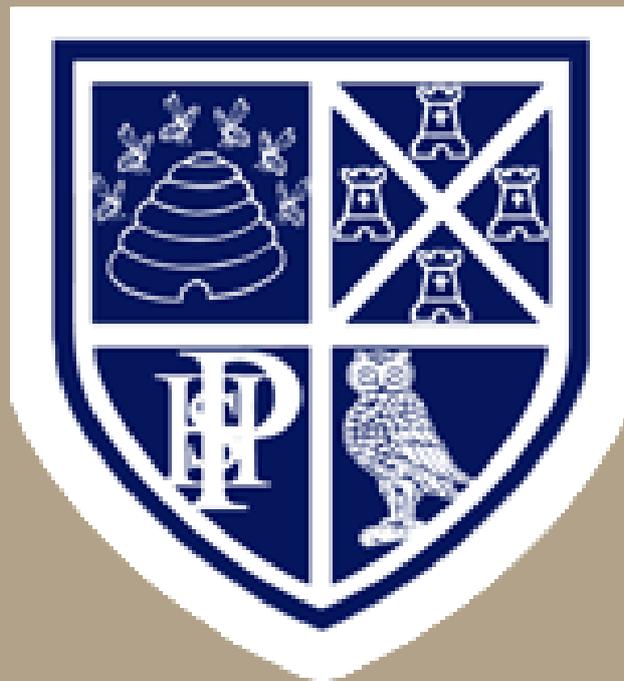

SCHOOL SURVIVAL KIT

FROM THE HST



**FIND GUIDANCE ON TOPICS SUCH AS
WELLBEING, EXAM/REVISION ADVICE, ETC
INSIDE OUR SCHOOL SURVIVAL KIT!**

2021

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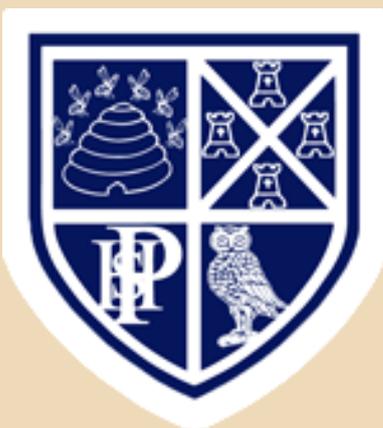
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AN INTRODUCTION FROM YOUR HEAD STUDENT TEAM



AN INTRODUCTION FROM US:

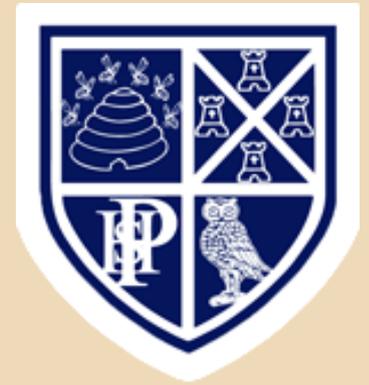
Hello everyone! We have put together this leaflet with guidance to share our advice, tips and tricks for managing school work and revision while maintaining a balance with hobbies and personal wellbeing. This leaflet is by no means written by professionals, however it is written by students with the intention of helping you all. We know from personal experience the challenges that come with school and exams, and how at times it can be easy to lose sight of looking after ourselves. Above all else, it is important that we are able to ensure that we are both physically and mentally well. This can be supported by a wide range of factors such as making sure that we're getting enough sleep and finding time to take a break from school work to relax and socialise with friends. We have compiled things that we have learnt from our experience of school so far in the hope that you may learn something that will help you. We hope that you enjoy reading!

Thank you,

The Head Student Team (Jess, Dominique, Maisy and Naomi)



GENERAL WELLBEING & YOUR MENTAL HEALTH



DOMINIQUE FARUANU

WHY AND HOW?

Your mental health and wellbeing are the two most important things and affect your thoughts, behaviour, emotions and sometimes your physical health/capability, which is why taking care of yourself is so vital. Being healthy emotionally can promote productivity and effectiveness in and outside of school, and in every other aspect of your life. School, homework and revision can take a toll on your mental health, and it is OKAY if it does, you are never alone,

How do I take care of my mental health and wellbeing? Taking care of yourself comes in many different shapes and forms - everyone is different. This can be through talking about your feelings to a friend or trusted adult and asking for help if you are able to, keeping active and having a healthy diet, taking a break or even by doing something you are good at. My personal top tips are...

1. Surround yourself with people/things that make you happy and don't drain your energy.
2. Create set times where you do schoolwork/homework, and times to relax - you can do this by meeting friends, watching some Netflix, baking, etc. The list is endless. In my experience, balancing your school/work and social time helps to maintain a positive mentality towards school, and can lead to your work being more focused. If you are constantly working, you will burn yourself out.
3. Sometimes, when you are upset or stressed, trying to cope or trying to make yourself feel better can make it worse. Listen to your body and your brain: if you need to take some time to have a break, that is okay.
4. Take time to understand yourself and your emotions, you will thank yourself in the long run.
5. It is okay to ask for help.

If you do feel you need help because you are struggling, there are many routes you can go down. **A01 in school** are extremely supportive and can help with many issues.

Some other places you can go are kooth.com , The Zone for counselling, your GP, your tutor or a teacher you trust, Text "SHOUT" to 85258. If you need any more advice, please reach out to an adult.

EXAM AND REVISION ADVICE

MAISY STAPLES



THE WHEN, WHERE, WHAT, WHY AND HOW OF REVISION.

Why? People revise to help them retain information, practice exam technique and to help manage exam stress, by helping them to feel prepared.

When? For larger exams/ an exam series, you might want a revision timetable to make sure you cover everything you need to. To make your own. Start by working out when your 'working day' starts and ends- the times between which you could be doing revision. If you have a long commute, you may want to include that time, and try to finish your 'working day' an hour before you would go to bed. From there, block in activities you know are going to happen- school, work, clubs/ activities, time for homework. From there, break up left over time into revision slots. You don't have to stick to this 100%, but it will give you some guidance. Personally, I will always work in 30mins slots per subject, where I revise for 25mins and then take a break for 5, but it's what works for you.

Where? Aim for a reasonably clear workspace, away from other people and your phone if you can do this. In warm weather, try working outside for a change of scenery if you feel that will help you.

What? Make yourself a checklist! See if your teachers have one you can use, or if you're doing GCSEs/ A-Levels, use your course specification. Rank the items on the checklist red, amber or green, based on how confident you feel with the topic, and then you can focus your revision on the weaker topics.

How? How is going to be different for everyone. Try to make sure you are actively revising, instead of passively reading notes, but beyond that, try different techniques until you find something that sticks. Practice questions, flashcards, mind maps, and tables can all be valuable ways to use your time, but so are podcasts and youtube videos, you can even try making your own!

IN EXAMS...

- Try not to get flustered, take deep breaths.
- Flick through the paper first, try to start with something you're confident on
- Keep an eye on the time
- Always write something/ take an educated guess!

HOBBIES AND USING YOUR FREE TIME PRODUCTIVELY

JESS TOWERS



WHAT ABOUT EXTRACURRICULAR ACTIVITIES AND HOBBIES?

It is so important that we are able to find time to take part in activities that we enjoy and get a break from school. Extracurriculars and hobbies can be a great way to find out what you like doing, meet new people and also help focus your studies. From my experience, spending all of your time working or studying is an unrealistic expectation. The only way that we are able to get a balance with school is if we also make room for fun stuff. This might be meeting a friend and going for a walk, or doing some painting, maybe reading a book, or even taking up a new sport, the list goes on.

HOW DO I FIND OUT MORE?

It can be worth having a conversation with your tutor or a teacher about clubs available both in school and outside of school. I would also recommend having a look at Plymouth Library or the Waterstones shop in Plymouth located in Drake's Circus as there are lots of opportunities with book clubs and special talks. A quick google search or look on Facebook may also help you get some ideas and start thinking about what interests you.



KEEPING UP WITH HOMEWORK AND SCHOOLWORK



NAOMI AGBOBLI

HOW DO I STAY ON TOP OF ALL MY HOMEWORK?

It is really important to have a method of keeping track of assignments; this may be in the form of your planner, notes on your phone or even a post-it note. Making notes of the work you have to do will prevent you from forgetting pieces and rushing to complete them 10 minutes before they're due. Everyone is different and has different schedules but you should aim to complete your homework a few days ahead of the due date so that you have time to ask for help from your teacher.

Make sure that you have a system that works for you.

When it comes to longer projects, it's easy to put it off until the last minute. From experience, it's best to do little and often so that you don't feel the full brunt of the workload. As a procrastinator myself, I know all too well the temptation to come home and nap but the work doesn't go away; it's just waiting for you when you wake up. Once you've started you'll get into the zone. It may be hard to find the motivation to start but it can be as simple as sitting at your desk instead of your bed when you get home just so that you aren't tempted to fall asleep.

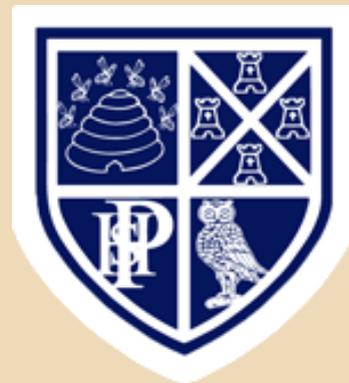
Procrastination causes unnecessary stress and takes away from your relaxation time as there's something constantly hanging over your head. Some of you may be experiencing or have experienced academic burnout and have zero motivation. It is nothing to be ashamed of, more people than you expect have gone through this. It's important to take time for yourself and try not to spread yourself out too thinly; stress and lack of motivation can affect your ability to learn. *Your mental health always comes first.*

WHAT IF I AM STRUGGLING?

You are not the only one struggling. It is not anything to be embarrassed about and you shouldn't compare yourself to other students as we all have our own trajectories. Asking questions is a good way to clear up misconceptions. If it is the content of a specific subject that you struggle with, maybe get together with a friend and have them try to explain it to you; this could also be a great revision tool for them. The internet is an amazing resource and there are videos out there to help you with any subject. I know for me personally freesciencelessons on youtube was a massive help for GCSE science.

Time management is a skill that is more and more important as you move up the school, especially if you participate in a lot of activities outside of school hours. If you are struggling with the workload, teachers are always there to help and if you talk to them in advance, they are very understanding and can help you out.

THANK YOU!



A HUGE THANK YOU FROM US:

We really hope you have enjoyed reading our School Survival Kit as much as we have enjoyed compiling it!

We also hope this has given you some valuable advice, guided by our experiences as students at Plymouth High over the last 6 years!

Thank you,
The Head Student Team



If you have any queries, questions, or any suggestions on how we can further support you in your journey at Plymouth High, these are our contact details:

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Keep an eye out for updates from us on the PHSO Facebook and the PHSO website!

