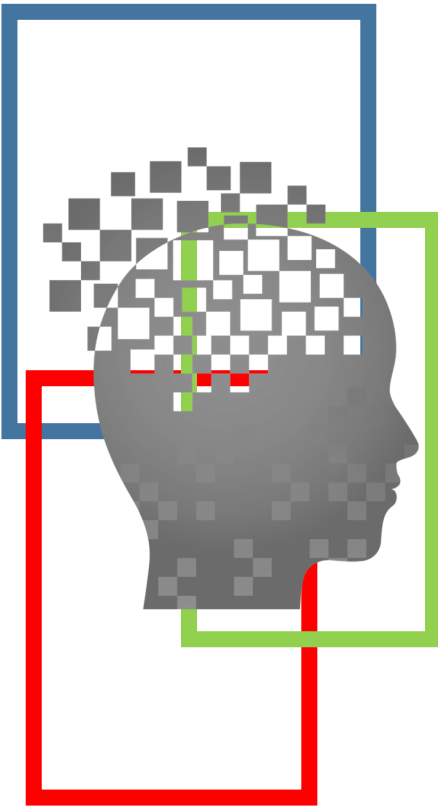


USE YOUR BLOCKS



Use your blocks from the sheet above and add some of the active learning suggestions to create a structure for studying.

Most teenage brains can only concentrate for chunks of two or three hours, so keep that in mind as you plan.

DO NOT use any of the things in your red boxes as 'brain breaks' keep them for the end of your sessions as a reward to unwind.

EXAMPLE EVENING STUDY SESSION

7:00 - 7:40 ENGLISH

7:00 - 7:20 Create Active Learning Resource
7:20 - 7:40 Use Active Learning Resource

7:40-8:00

BRAIN BREAK

8:00 - 8:40 BIOLOGY

8:00 - 8:20 Create Active Learning Resource
8:20 - 8:40 Use an Active Learning Resource

8:40-9:00

BRAIN BREAK

9:00-9:30 PAST PAPER

9:00- 9:20 Past paper practice questions
9:20-9:30 Mark past paper questions

9:30 +

WIND DOWN

A weekend or study leave plan would involve using a couple of sets of these blocks, but remember to take time to refresh your brain in between to help you concentrate at your best.