

Student bulletin 2nd issue!

17.05.24

Key upcoming dates

- ▶ 27th to 31st May: Half-term!
- ▶ Monday 3rd June: Start of Year 11 GCSE Study Leave
- ▶ Thursday 6th June: Sports Awards Evening, 6:15 – 9pm, Coates Theatre
- ▶ Thursday 20th June: English Carnegie Hall Celebration trip
- ▶ Thursday 20th June: Year 11 Leavers' Day
- ▶ Monday 24th June: Sixth Form Taster Day for Year 10
- ▶ Thursday 27th June: Year 11 Prom

CAMBOURNE VILLAGE COLLEGE

Student Leadership



Student Successes!

STUDY SKILLS FOR YEAR 11

Exams are coming up so we thought it would be useful to share some study skills you could use to revise:

1. Manage your time

Make a study schedule, prioritise weaker subjects and drop any activities that you do not need to participate in and that take you away from revision.

2. Get enough sleep.

Getting enough sleep is essential if you want to focus when studying, and if you want to be able to concentrate during your exams.

3. Take smart notes.

You do not have to write down everything from your lessons (summarise things, rewrite the most important points, etc.).

4. Create mind maps.

Mind maps are among some of the very best ways to revise. Start with a concept and write it in large letters in the centre of the page. Draw curved lines branching from the central concept and write a related idea on each line. Add branches to each of these related ideas with further ideas. Use colour and pictures in your mind map to make it vivid and memorable.

5. Lecture yourself.

After taking notes, repeat aloud what you have just studied as if you are delivering a lecture on the topic. Explain the concept in your own words. Don't worry if you get stuck or forget things. Part of the exercise is to help you identify areas you don't really understand so you can review those points. Studies show you are more likely to remember things when you engage more than one of your senses. By lecturing yourself, you include hearing as well as seeing. Using your own voice and your own words helps make the information more meaningful to you.

6. Teach others.

You know that you really understand a subject when you can teach it to someone else. Find a friend or relative who is willing (or not) to listen to you talk about the subject you have been studying. Encourage them to ask questions since that will help you determine how well you know the topic. You may also choose a study partner who wants to learn about the same topic. You can then discuss the subject and reinforce or correct one another's understanding.

7. Make a mnemonic device.

A mnemonic device is a learning technique in which you pair a piece of information with a catchy phrase or tune to memorise it more easily. This technique can help you transfer information from your short-term memory to your long-term memory. There are a variety of types of mnemonic devices, including: songs, rhyming, alliteration, spelling, visual and organisation.

8. Test yourself.

Testing yourself helps to exercise your memory so you not only retain the information but can also retrieve it quickly. Here are some self-testing techniques to try:

- **Look for textbook questions:** Your textbook might have study questions for each chapter. If so, answer them as part of your study time.
- **Make flashcards:** You can make flashcards to test your knowledge of key phrases or concepts.
- **Make an online quiz:** There are a variety of online quiz options that you may use to test yourself. You can find a quiz that focuses on the topic you're studying, or create a new quiz for yourself.

Exam Stress?

Well-being

It is important to exercise to maintain good mental health, and it also has benefits with focus and concentration - which helps with your schoolwork. Whether this is going to the gym, doing cardio, playing football, being part of a sports club, dancing or any form of physical activity , doing it regularly is very beneficial for your mental well-being.



Being outside is an effective coping strategy, the oxygen is proved to help your mental health



MENTAL HEALTH

Socialising can help with your mental health as your friends can bring positivity to your life. But it is also important to spend time alone if that is what makes you feel better.

- ▶ Featuring contributions from:
- ▶ Abbie E, Year 10
- ▶ Polly W, Year 10
- ▶ Zara C, Year 10
- ▶ Dalia H, Year 10
- ▶ Mollie H, Year 10

