

Lesson 7

PREPARE TO PERFORM!



Take responsibility...

- In an earlier session we discussed the difference between being a KS4 and a KS5 student, the importance of being proactive and responsible for your own learning and progress.
- On your own, take a couple of minutes to jot down anything that stops you performing as well as you would like to in class or in exams.
- Share these thoughts with a family member or friend– can you agree on any solutions? Feed back issues and solutions to the whole class.

You have the power to perform – but you have to plan for it!

Usain Bolt – fails in 2011. How does he deal with this setback and is there anything you can learn from it?

<https://www.youtube.com/shorts/d4-gTYMvooE>

Worth remembering: everyone can fail or underperform - what's important is how you deal with it!

Some things **YOU** can take control of



It can be a valuable experience to have a part-time job.

It's essential that you spend quality time with your friends and family.

You're 15-16 years old, so of course you want to socialise and enjoy yourself!

How do you manage all of these things and still stay in control of your studies and keep on target to achieve your dreams?

Get organised!

Do you remember in Lesson 3 we looked at time management? How is that going? Have you used any of the tips in there?

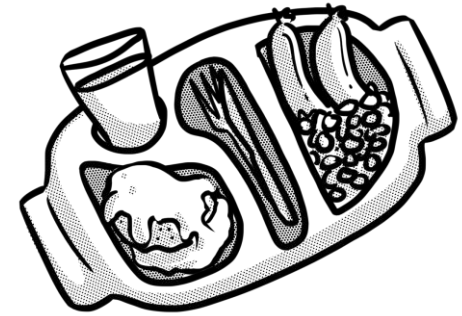
- Use an online diary (such as Outlook).
- Plan each week / month and colour-code your activities: green for your studies, blue for part-time job, red for social events - you decide!
- You will easily start to see patterns – and you'll realise that you have more time than you imagine!
- Spend a couple of minutes setting one up now, or adapting what you already have.

Lack of motivation...

<https://www.youtube.com/watch?v=9oW0socN7qg&t=3s>

Watch this short video. Is there anything else you could suggest that helps to defeat the feeling of a lack of motivation?

Start to really look after yourself



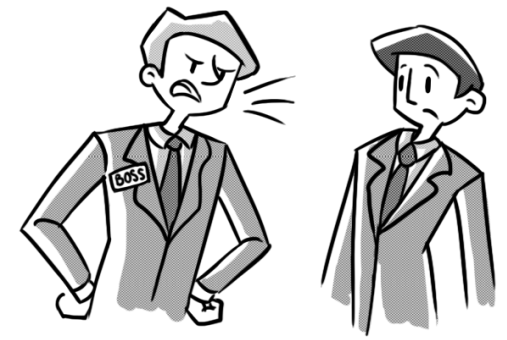
Nutrition and hydration: what are you eating, when are you eating? If you want to optimise your performance you have to think about how you are fuelling yourself.

Make a list of what you have eaten and drunk over the last 24 hours. (Be honest!). Are there any switches you could make to ensure that you are eating less sugar, less refined carbs? Have you drunk enough water?

Exercise: You don't have to go near a gym or run a marathon – just build in a walk or a swim everyday. Something for you.

Have a look at the ideas on the PiXL student website under POWER TO PERFORM

Controlling stress



Some of us get more stressed than others...but we'll all feel some stress in the next few months. So, some tips for dealing with it!

Remember that it's perfectly normal to get stressed. If it feels like it's too much to deal with, talk to a friend, parents, teacher. **SHARE!**

Be kind to yourself: have quiet times when you can relax. Try something like mindfulness. There are lots of websites where you can find out more, such as www.mindful.org.

Eat properly – don't fill up on sugary food that will result in a quick drop of energy and make you feel rubbish!

Sleep!

Sleep.... Zzzzzz



Essential: studies show that sleep **mends** your body and makes you in to a **better learner**.

What time do you normally go to sleep? Are you sleeping for long enough?

Are you winding down in the hour before you go to sleep?

E.g. stopping work, turning screens / devices off?

Talking of screens and devices....



The power of THE PHONE to stop you working

(and sleeping and talking and living in the real world....)

Does this seem familiar to you?

https://www.youtube.com/watch?time_continue=45&v=i9uydDEez3c



Be honest – how much time do you spend on your ‘phone?
Is it a distraction when you’re supposed to be working?

A Challenge! We're going to do a digital detox!

For ONE week the challenge is to break up with your phone! (And I'm doing it too!)

Here's an article to help you:

<https://www.nytimes.com/2018/02/13/well/phone-cellphone-addiction-time.html>

- How do you think this could help you with your studies?
- We will have a daily catch-up in registration to see how we are doing!