



NAVIGATING YEAR 11 - A MINDFUL TOOLKIT

Awareness and Acknowledgement

The aims of this session are to address common talking points and concerns that year 11 students have. This session is exploratory: we will use it to consider the different tools and resources we can access to help you navigate your final year in main-stream school.

Awareness and Acknowledgement: let's take a few minutes to journal how we are feeling and acknowledge our thoughts about year 11.



What is good stress and bad stress?

Read the handout, which explores the synergistic mindset

In pairs, discuss the difference between good stress and bad stress.

Be specific with what good stress and bad stress look like and feel like.

Write a scenario, which features good and bad stress. Consider how we can navigate this scenario to help us navigate it, healthily.

When the going gets tough...

What are your motivations? What is going to keep you going over the next few months?



Grit: mindset is important.....



How does our mindset affect our resilience?

We need to believe we can do it. Why is this important?

What are the risks of negative beliefs or catastrophising?

How can positivity and optimism help?

What are the outcomes of these different coping strategies?

‘Two students are studying for an exam and both fear failure. Student A copes by working hard, setting aside time to learn; they are clear about what they will do in that time because they use the checklist, they ask for help and let off steam by playing tennis with friends. Student B copes by avoiding work, denying that they are worried and letting off steam by scrolling social media’.





Think about this.....

Will revising my Biology for next 30 minutes make my Biology worse? Even it doesn't make it perfect, will it be **BETTER** after 30 minutes of concentrated revision and practice?

Managing Stress... advice from 'Mind'

Organise your time. Some of us may feel stressed because we have a lot of things to manage in our lives. In this case, planning the way we organise our time can help us feel more in control.

You could:

Try to identify when you have the most energy, such as in the morning or in the evening. If you can, do your most important tasks around that time of day, to help you concentrate better.

Make a list of things you have to do. Arrange them in order of importance. Try to focus on the most urgent thing first. You might find it helpful to create a timetable, planning when to spend time on each task.

Set smaller, achievable targets. When we feel stressed, it's easy to set ourselves large or unrealistic goals.

Have breaks and take things slowly. It might be difficult to do this when you're stressed. But it can help to deal with things better and get through a stressful situation.

Ask someone if they can help.





Key study tips and skills: what are they?

Revision is important.....

What do I
do that is
successful?

What do I
need to
change?

Common problems.....

Procrastination

Mobile Phone

Find your Flow

Tool yourself up

Eat That Fr^og



- **Your frog**= the worst thing you have to do everyday
- You're most likely to **procrastinate** on this
- Always do this thing **first!**



Do the worst task first.
Eat the frog.

What might 'eating the frog' involve in terms of revision

PROCRASTINATION

Science tells us.....

Mobile phones can and do have a negative impact on academic grades, as students overestimate their ability to multi-task. Furthermore, switching tasks takes time, effort and energy.

Multi-tasking is a myth. It is not possible for you to fully engage with homework or revision when your phone is on standby next to you, its mere presence is enough to distract you.



6 Reasons to Put Your Phone Away
by @Inner_Drive
www.innerdrive.co.uk

Lowers Concentration
Having your phone out while doing homework or revision has been shown to reduce performance by 20%.

Increases FOMO
Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.

Increases Stress and Anxiety
Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation,

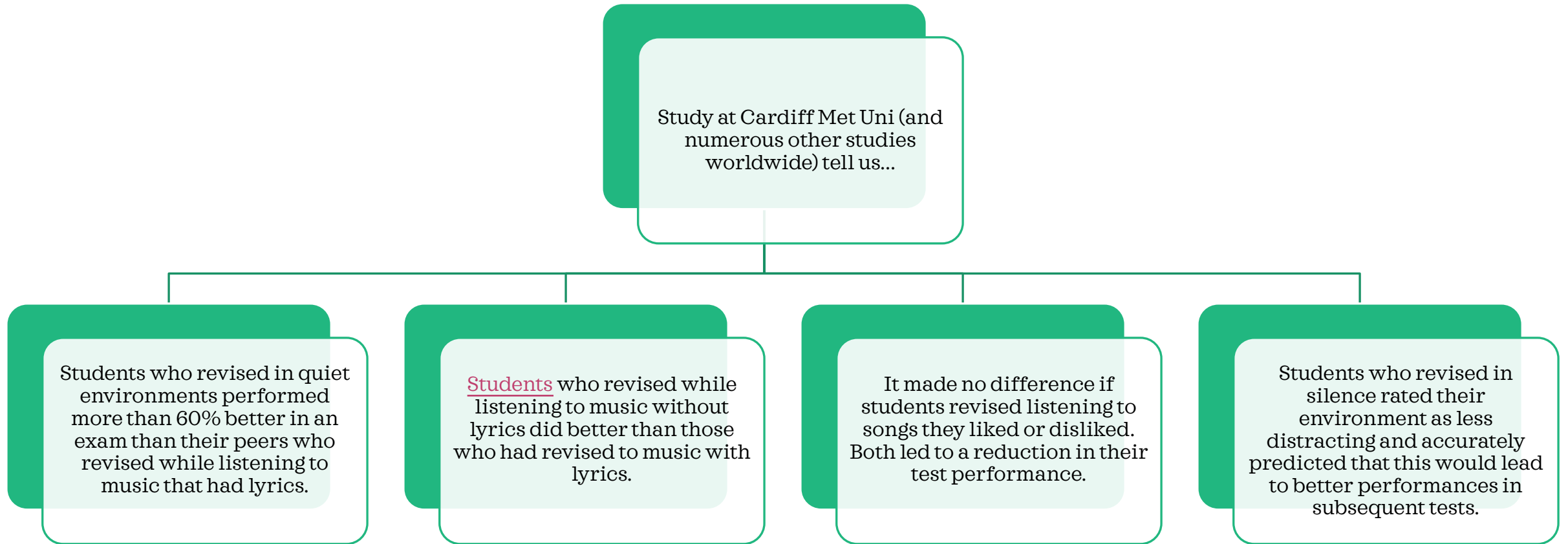
Warps Your View of Reality
Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.

Reduces Memory
Instant messages are distracting, which often leads to forgetfulness.

Makes You Sleep Worse
Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release

The infographic features a central illustration of a woman with pink hair holding a smartphone with a red 'no' symbol over it. It includes icons for a book, a question mark, a lightning bolt, a sad face, a lightbulb, and an envelope.

Many students do their homework and revision while listening to music. Many of them will swear that listening to their favourite songs makes them study better.



Find Your Flow....

Being "in the zone" or achieving a 'flow state' can give us the focus and energy we need to perform at our best. One trick is to insulate yourself from tasks that might distract you by scheduling TIME to revise.

1. How else might you insulate yourself from distraction?
2. How might you aid 'flow'?





Tool
yourself
up...

WHAT 'TOOLS' DO
YOU NEED TO REVISE
EFFECTIVELY?



Managing Stress....

1. Is stress always bad?
2. What can you do
3. when you feel 'stressed'? Maybe consider a 'coping planner' approach as suggested by The Samaritans.....



Making a revision timetable....tips

1. Don't over plan; design a timetable for the week or fortnight ahead
2. Don't waste time making it pretty! (see examples on next slide)
3. Do decide what times you are NOT going to work; blank them out so you don't feel guilt
4. Do tackle all subjects BUT give more time to weaker subjects
5. Do RAG rate your specification/ checklist and focus on moving the ambers to greens and the reds to amber

2	Chemistry Explain formation of crystals during crystal chromatography Distillation	Chemistry CC7d	Chemistry CC9	History WWI	History WWI Chapter 2	Chemistry CC5	Physics CC9 6-23-6-32	History WWI Chapter 4?
3	History WWI	History medicine	History medicine Koch	Bus St Paper 2 stuff Use checklist	Food The effect of cooking on food chapter Just revision/learning	History	History WWI Chapter 3	Chemistry CC13a+b
4	Physics Conservation of energy	Chemistry CC8c, CC8d	Chemistry CC10	Chemistry workbook	History Medicine Koch Ehrlich	Physics 4-17 Core Practical	Chemistry CC13a	Food Revision Qu sheet x 15 mins Revision workbook x 30 mins
5	Chemistry Water purification Isotopes Mendeleev	History WWI	History WWI Moroccan Crisis x2 Crisis in Balkans	Chemistry Exam Paper or Physics	Biology Paper 2 Topic 1	Bus St 3-2-2	History Medicine Women + WWI p 194	History Medicine WWI + improvements in medical treatment p 195-198
6	English Lit	Physics Waves	Physics Light + electromagnetic Spectrum	History Medicine	Business St P2 PLCs benefits + drawbacks The purpose of Bus Plan Main Sectors Methods of Expansion	History Medicine Magic bullet Good Action + War	Bus St 3-2-3	Bus studies 3-5-3
7	Seneca Chemistry Periodic table CC4a, CC4b, CC4c	Eng lit	Chemistry Autumn Term workbook	Chemistry Seneca	Chemistry P2 CC4	Food Revision Qu sheet	Food Revision Qu sheet	Chemistry CC13c
			Eng Lit					

			3.6.2 (writing part) 3.6.3	weaknesses?	paper		3.2.2 3.2.3
Chemistry CC14	History Medicine p.202-205	Chemistry CC16 CC16 a, b, c	Physics	Bus Studies 3.6.4 Go back over any hard stuff	History WW1	History WW1	Biology 9.6-9.9
Physics Workbook questions	Chemistry CC5 and workbook questions	History WW1 Revision activities from revision book	History WW1 what are your weaknesses?	Physics Workbook	Bus St	Physics	Chemistry CC17
Bus St 3.5.4	History WW1 Chapter 5	Physics workbook questions	Chemistry CC16 d, e, f	History Medicine	Biology 6.7-6.12	History Med	Biology Core Practicals 1.6 + 6.5
History WW1 Chapter 4 con'd	Bus St 3.5.4 con'd	Bus Studies 3.5.4 con'd	History Medicine	Biology Photosynthesis 6.1-6.5	History Med	History	Bus St workbook Ex practice
Food Workbook Questions	History WW1 Chapter 5 con'd	History Medicine Do tasks from Revision book towards end of topic	Biology Cells + microscope 1.1-1.6	Physics Workbook	Physics Workbook	Physics	Physics Paper 2 Topic 8



Self-Care Plan

[MY-SELF-CARE-PLAN-SECONDARY.PDF](#)