

# SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life

## FINDING YOUR REVISION MOTIVATION



Are you struggling to get motivated to complete your revision?

Here are some top tips to get you started:

1. Use your WorkSmart timetable to plan out when you will be allocating time to each subject for revision;
2. Plan out what you need to do for each subject and prioritise the areas you are finding the most challenging;
3. Decide on a reward for once you have completed your revision for the day or week, this way you will have something to work towards and earn;
4. Speak to your friends and find out how they are revising and how they're getting on, you might be able to help each other out.

*Make sure you read the next edition to find out more about Sixth Form life!*

### Easter Treats!

It's the only time of the year the shops sell Cadbury's Creme Eggs so why not make some delicious brownies whilst you still can!

This recipe only takes 35 minutes to make and makes a great post revision treat.



<https://www.bbcgoodfood.com/user/3204381/recipe/delicious-creme-egg-brownie>

### Getting the most out of your revision

As the time for assessments draws closer, it is important to reflect on your revision techniques and what you can improve. The brain works at it's best when it is taking in small amounts of information regularly, so keep this in mind when you are revising.

The Pomodoro Technique is time management method designed to increase productivity by breaking down your work into manageable 25 minute chunks.

1. Write down the tasks you need to complete in each 25 minute segment
2. Begin the timer and spend 25 minutes on your first task
3. Once the timer is up, take a 5 minute break
4. Repeat the process a further 3 times
5. After your 4th 25 minute segment, it is time for a longer break of up to 30 minutes before you start the whole process again.

#### THE POMODORO TECHNIQUE



**DECIDE**  
ON THE  
TASK TO  
BE DONE



**SET THE**  
**TIMER TO**  
25 MINUTES



**WORK ON**  
THE TASK  
UNTIL THE  
TIMER RINGS



**TAKE A**  
**SHORT**  
**5 MINUTE**  
**BREAK**



**TAKE A**  
**15-30**  
**MINUTE**  
**BREAK**

Follow this link to find the timers set up and ready for you to use: <http://www.tomatotimers.com/>. Put your phone to one side to avoid distraction and use the 25 minutes effectively!

The University of Birmingham has a handy guide about memory techniques for revision.

Take a look at the guide, there might be something you've not tried before.



**LibGuides: A Short Guide to**  
**Memory Techniques for**  
**Revision: Home**

libguides.bham.ac.uk

### Thinking about wider reading

Wider reading is an excellent way to expand your knowledge of a topic area and enhance your learning, whether you are looking to improve to your personal statement or have found an interest in a particular subject area and just want to know more!

When we think about reading, the first thought is probably a book but have you thought about academic articles? [Google Scholar](#) is a great resource to find research papers specific to your area of interest. You can also save articles to refer back to later on.

If you are planning to go to university, get ahead of the game and familiarise yourself with academic articles, you'll most likely be reading a lot of them for your course.

[Google Scholar](#)