



# Excel in Exams Personal Performance Preparation Plan

**Miss Miranda Banks**

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**Episode 1: enhancing motivation - WATCH the video, READ the notes, then DO the Activities...**

**Activity: goal-setting & daily reminders**

What are your goals and aspirations? For your career or for life - or both  
To become an aerial photographer

My subjects are:	Current grade	MY target grade
Maths	C	A
English	C	B
Photography	B	A

My Daily reminders will be (click as they apply to you):

Poster  
Phrase

My Daily reminders will be (click as they apply to you):

On my bedroom door  
On the fridge door

## Episode 2: your coaching & support team

**Activity: energy Pumps & Parasites**

ENERGY PUMPS	ENERGY PARASITES	ENERGY PUMP & PARASITE
Ben	Herman	Sid
Natalie	Errol	Kyrie
Ozzie		

My honesty person will be:

My mother

My honesty person will help by:

Help me to better understand subject content

Work alongside me

## Episode 3: training space & training gear

### Activity: training space & training gear

I need to make the following changes to my study space (click all that apply to you):

Clear the area of anything other than study stuff

Put together a study play-list with only songs without lyrics - music only

I need to make the following changes to my training gear (click all that apply to you):

Rubber

Calculator

## Episode 4: self-analysis & setting expectations

### Activity: self analysis and setting expectations

If I have done poorly in past exams, it is because:

Haven't worked

If I have done well in past exams, it is because:

Actually revised

My weaknesses when it comes to studying are:

Video Games

My strengths when it comes to studying are:

Once I start, I'm ok

To help me stay on my track to success, I shall:

Identify possible times when I am more likely to stray from my study plan

At a regular time each week, look to the week ahead and anticipate events. Make changes to study plan as required

Eat sandwiches

## Episode 5: your learning style

### Activity: your preferred learning style questionnaire

#### Questionnaire Results

You scored 7 - V's

If you scored mainly V's, your preference is to take in information in a visual way. You like to see how things are done and you are likely to form pictures in your mind to help you remember information. You like diagrams and you like to see information set out in a clear manner.

You scored 6 - K's

If you scored mainly K's, your preference is to take in information by doing it. You are usually an active person and you like to touch and move things in order to understand and remember them. You like information to be given in steps and to be able to practise or demonstrate it, step by step.

You scored 3 - W's

If you scored mainly W's, your preference is to take in information through the written word. You like to read how things are done and you like to write down information, to help with remembering it. You like information to be set out clearly, to be written down in easy-to-read points.

You scored 4 - A's

If you scored mainly A's, your preference is to take in information in an auditory way. You like to hear how things are done and you are likely to be able to "listen" to a voice in your head playback information that you have listened to in the past. You also like information to be set out in a clear manner, but you prefer to have it delivered to you via your ears.

## Episode 6: being efficient in the classroom

### Activity: improving efficiency in the classroom

Things I shall do to improve my effectiveness in the classroom (click those that apply to you):

Move seats

Engage more in class discussion

Try to link what I'm currently learning with stuff I've learned in the past

## Episode 7: effective independent study

### Activity: improving efficiency of independent study

Things I shall do to improve the effectiveness of my independent study (click all that apply to you):

Do harder stuff first

Be more systematic with how I work - read through stuff first to refresh and then build on my knowledge

## Episode 8: effective group study

### Activity: improving efficiency of group study

Things I need to do to improve my next group study session (click as it applies to you):

Make sure everyone knows their particular job and the deadline for getting it done

## Episode 9: effective recovery

### Activity: effective recovery

What are you going to do for effective recovery for your mind (click all that apply)?

Finish ticking off completed work and move away from my study zone

Absorb myself with other activities

What are you going to do for effective recovery for your body (click all that apply)?

Walk the dog

Swimming

## Episode 10: sleep & exercise

### Activity: improving sleep & exercise

DAY	ACTIVITY	DURATION	COMPLETED/NOT
Monday	Swimming	1 hour	
Wednesday	Football	2 hours	

To improve my sleeping at night, I shall (click all that apply)?

Take a bath to chill out

Fix up my curtains or blinds so that the light doesn't come in  
Put a notepad and pen by my bed to write down any recurring thoughts that stop me from sleeping

## Episode 11: confidence - finding your fabulous!

### Activity: enhancing confidence

Things I shall do to develop my confidence (click all that apply):

Write out some inspirational quotes and stick them up where I can see them  
Be assertive - ask for help when I need it

## Episode 12: resilience - power to bounce back

### Activity: enhancing resilience

My strategies to build resilience (click all that apply):

Manage my emotion around the problem, if the problem can't be solved.  
Practise relaxation techniques such as PMR and breathing exercises - then distract myself  
Surround myself with people who believe in my ability to conquer and achieve  
Focus on my strengths and not my weaknesses. CAN do stuff!

## Episode 13: time management and prep for calendar

### Activity: time efficiency & preparation for planning

#### Your Term and Holiday Dates

Term 1 Start Date:	02/02/2015	Term 1 End Date:	10/04/2015
Holiday 1 Start Date:	11/04/2015	Holiday 1 End Date:	26/04/2015
Term 2 Start Date:	27/04/2015	Term 2 End Date:	24/07/2015
Holiday 2 Start Date:	25/07/2015	Holiday 2 End Date:	06/09/2015

SUBJECT (PER EXAM)	EXAM BOARD	UNIT (A LEVEL ONLY)	LEVEL (GCSE ONLY)
English Lit	edexcel	Unit 2	
Maths	edexcel	C1	
Maths	edexcel	C2	

I shall improve my time efficiency by (click all that apply):

Use a diary properly on a daily basis: allocate tasks to time slots  
List my things to do and tick them off

## Episode 14: your personal study calendar

### Activity: creating my Calendar

#### Chosen Subjects

LEVEL: A LEVEL/BOARD: Edexcel / SUBJECT: English Literature Unit 2  
LEVEL: A LEVEL / BOARD: Edexcel / SUBJECT: Maths C1  
LEVEL: A LEVEL / BOARD: Edexcel / SUBJECT: Maths C2

## Episode 15: Smartivate mindset overview

### Activity: Smartivate Mindset Overview

TERM TIME				HOLIDAY TIME			
Day	Revision	Time Start	Hours	Day	Revision	Time Start	Hours
Sunday	YES	10:00	4	Sunday	NO	OFF	OFF
Monday	YES	17:00	3	Monday	YES	10:00	5
Tuesday	YES	18:00	2	Tuesday	YES	10:00	4
Wednesday	YES	17:00	3	Wednesday	YES	10:00	4
Thursday	YES	18:00	1	Thursday	YES	10:00	5
Friday	YES	17:00	3	Friday	YES	10:00	5
Saturday	NO	OFF	OFF	Saturday	NO	OFF	OFF

## Episode 16: Smartivate Mindset I: Planning & organisation

### Activity: Smartivate Mindset: Planning & Organisation

To organise myself, I shall (click all that apply):

- Organise my folders into sections using dividers
- Label my dividers according to the topics in the subject specification (syllabus)
- Check my notes to ensure that they are complete

## Episode 17: Smartivate Mindset II and III: Understanding & consolidation

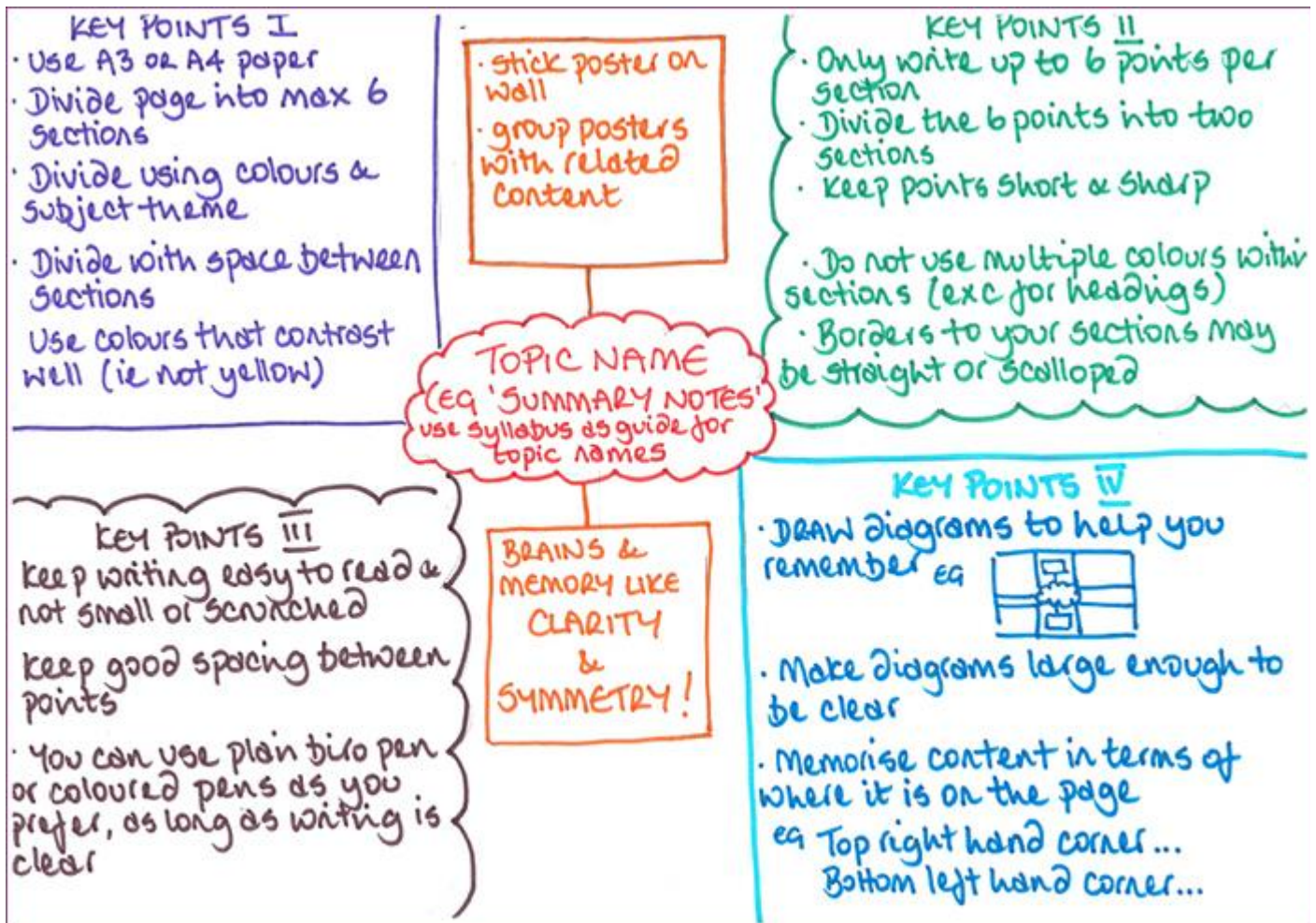
### Activity: Smartivate Mindset: Understanding and testing understanding

In order to thoroughly understand my subject content, I shall (click all that apply):

- Read through the content sections
- Work through examples that have been demonstrated with either teacher or text book
- Be honest with myself before it is too late to do anything about it!

## Episode 18: Smartivate Mindset IV: Memory Work

### Activity: Smartivate Mindset : Memory work



To enhance my memory, I shall (click all that apply):

Have a warrior spirit when it comes to studying for subjects I find irritating or boring  
 Create spider or cloud diagrams that follow the same rules for summary notes.  
 Use lots of space and easy-to-read writing.

## Episode 19: Smartivate Mindset V: Application & exam day strategies

**Activity: Smartivate Mindset: Practice papers and exam day strategies**

I am going to use the following strategies to improve my knowledge application in exams (click all that apply):

Read the examiners reports (available on the website of my exam board for that subject) to know what they're looking for.  
 Know the exam techniques particular to my subjects.  
 Use essay planning for all essay questions.

## Episode 20: maximum performance for multiple exams

**Activity: multiple exam strategies**

Things that I shall do if I have multiple exams (click all that apply):

After emerging from my first exam, take a few minutes to drink water and eat a snack.

## Episode 21: ready to win!

**Activity: you're ready to win!**

I am going to make positive changes in my life in order to be my best starting from:

This evening

## **Episode 22: program pdf**

**Activity: program pdf**

Are you ready to print the PDF?

Yes