

Inner Drive Academy Guides:

The Best Ways to Study and Revise



WORKSHOPS ▾

RESOURCES ▾

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The best ways to study

We now know more than ever about the science of learning. Evidence from research suggests that there are certain strategies that help students learn more efficiently and more effectively.

Knowing what does and doesn't work will allow students to feel more in control and be better equipped for revision in the build up to their exams. As a result, they'll have a better chance of acquiring and demonstrating their knowledge when it really counts.

Inner Drive are an Educational and Sports Psychology company that work with schools (including Holyhead) amongst others to help to improve student motivation, learning, confidence and performance.

Click the link and/or the image to access their guide for parents, students and teachers on what will work best when studying and revising.

7 Ways That Parents Can HELP

A Parent's Survival Guide to Revision
by @inner_drive | www.innerdrive.co.uk



1 Have high expectations and provide plenty of support

Both are needed to help your child improve, perform and develop resilience

2 Help them work smarter

Not all revision techniques are equal. Spacing out their revision and quizzes are better than cramming and highlighters

3 Cope well with their setbacks

There will be highs and lows. How you react to their lows will impact how many highs they have

4 Minimise distractions

Provide a revision area with minimum distractions (this include mobile phones!)

5 Rise and dine

Make sure they eat breakfast. It plays a big role in concentration and memory

6 Regular bedtimes and lots of sleep

If they sleep right, they will think right the next day

7 Avoid cabin fever

Encourage them to get fresh air each and every day

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A Parent's Guide to Surviving the Exam Season

The article includes more on each of the 7 tips for parents to support their children before and during the exams that you can see on the poster to the left. Read on and find out more!



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EXAM COUNT DOWN

USE YOUR TIME WISELY

by @inner_drive | www.innerdrive.co.uk



TWO WEEKS TO GO

Plan your revision effectively by spacing it out. Little and often is better than cramming at the last moment.



ONE WEEKS TO GO

Do lots of past papers and quizzes. Teach the material to someone else. Seek advice, guidance and feedback from others.



THE NIGHT BEFORE

Pack your bag for the next day. Do an equipment check. Get plenty of sleep.



THE MORNING OF

Eat breakfast to fuel you for the day.



AN HOUR BEFORE

Get to school early and spend time with relaxing people.



1 MINUTE BEFORE

Take a deep breath and gather your thoughts.



AN HOUR AFTER

Once you have reflected on the exam, don't dwell on it. Move on.



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Exam Countdown: Using your time wisely

The article includes more on each of the tips for every student that you can see on the poster to the left, covering the weeks before to the hour after an exam. Read on and find out more!



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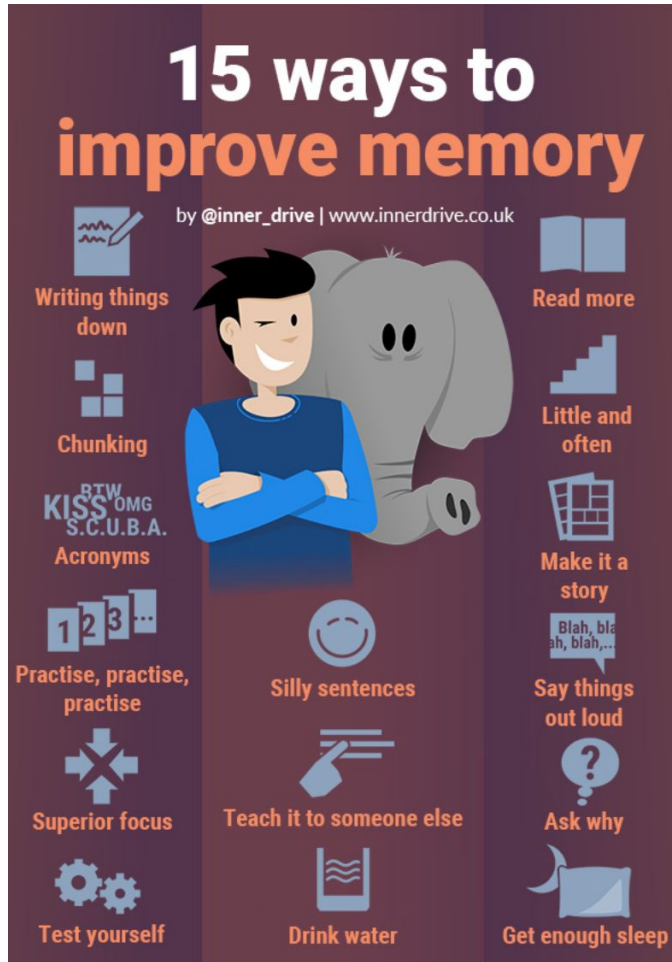
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15 Ways to Maximise Memory

Whatever you revise you are aiming to remember for the big day when you come to use it in an exam. Read on with the article about 15 different ways to build your memory power and find out more! (Some are lifestyle habits too!)

How Can Students Revise Effectively?

by @inner_drive | www.innerdrive.co.uk

TEST YOURSELF

Research has shown that testing yourself helps you remember significantly more than just re-reading information.

Testing yourself can also help reduce the negative effects of stress associated with exams.



USE SPACING

Spread out your learning of material across several days and revisit it.

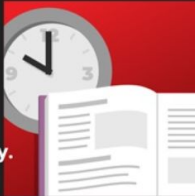
This helps transfer information to your long-term memory.



STOP PROCRASTINATING

Schedule the revision of harder topics for the morning when you will be most awake.

This stops you using tiredness as an excuse for leaving the harder topics until the next day.



MANAGE YOUR TIME

Break your revision down and give yourself a certain amount of content to learn each day.



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How Can Students Revise Effectively: What works and what doesn't

The article includes more on what students should be doing to revise with effect, compared to what students often think will work (and rarely does!). Read on and find out more!

6 LAST-MINUTE REVISION HACKS

by @inner_drive | www.innerdrive.co.uk



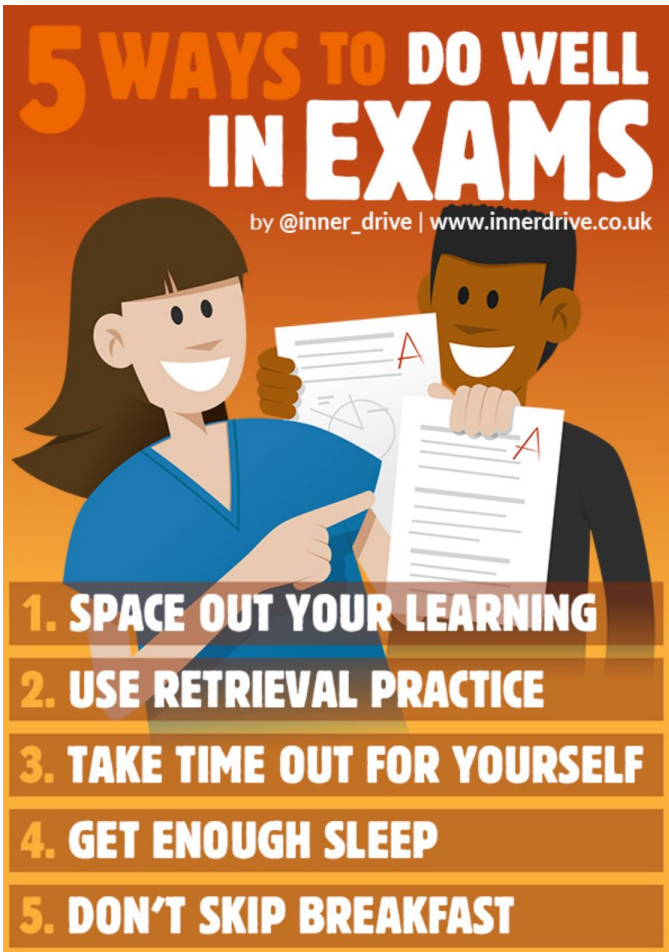
- 1 EXPLAIN IT TO YOURSELF** You are more likely to remember it as you will find deeper connections.
- 2 CHANGE YOUR LOCATION** Revise in a an environment similar to your exams, i.e. in a quiet room in front of a desk.
- 3 THINK ABOUT THE FIRST AND LAST IDEAS** Study your most challenging topics first and last.
- 4 CLOSE YOUR EYES** A recent study of students found that this improved recall by 23%.
- 5 READ THINGS ALOUD** Another study found that this improved recall by 12%.
- 6 DRAWING** For simple memory tasks drawing has been shown to be more effective for recall than writing.

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6 Last-Minute Revision Hacks

The article includes more on what students should be doing when revising - these are based on lots of research so they're proven winners! Read on and find out more!



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5 Ways to Do Well in Exams

The article includes more on each of the 5 study and lifestyle tips you can see on the poster to the left. Read on and find out more!



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7 Ways to **STOP** Panic Taking Over During an Exam

by @inner_drive | www.innerdrive.co.uk



- 1. TAKE SOME DEEP BREATHS**
This will help clear your head and give you time to think.
- 2. RE-READ THE QUESTION**
This will help ensure you don't misread the question and avoid making sloppy mistakes.
- 3. THINK BACK TO YOUR REVISION**
Have you answered similar questions previously during your revision?
- 4. WHAT WOULD YOUR TEACHER SAY**
What advice would your teacher give you to help you right now?
- 5. SOMETHING IS BETTER THAN NOTHING**
Better to guess the answer than leave it blank. If you don't write anything down you are guaranteed to get zero marks.
- 6. STICK TO YOUR EXAM STRATEGY**
If you have a bad first question, stick to your pre-planned strategy and don't let the bad start affect your performance on the next question.
- 7. DON'T PUT TOO MUCH PRESSURE ON YOURSELF**
Work your hardest and do your best. Some stress is good but becoming too stressed doesn't help you think clearly under pressure.

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Handling Exam Pressure: Ways to STOP panic taking over during an exam

The article includes more on each of the 7 tips for every student that you can see on the poster to the left. Read on and find out more!



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Inner Drive Academy Guides:

Sleeping and Learning: Why sleep matters



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Sleep and Learning

Sleep is essential for overall well-being. When we sleep, the brain and body can recover, repair and recharge. Less commonly known is that sleep is vital for learning, and without enough sleep, students can impair their academic progress.

It is recommended that teenagers get between 8 and 10 hours of sleep per night, slightly more than the 7 to 9 hours adults need. However, a worrying number of students have reported that they are getting much less than that. Although there may be many factors that influence this, students may be underestimating the importance of a good night's sleep.

Here's a short but complete guide to the benefits of sleep on learning, well-being and academic performance...

Inner Drive are an Educational and Sports Psychology company that work with schools amongst others to help to improve student motivation, learning, confidence and performance.

Click the link and/or the image to access their guide for parents, students and teachers on the importance of sleep and how to get what you need.

9 Common Sleep Mistakes

by @inner_drive | www.innerdrive.co.uk



1
Watching TV
right up until
bedtime



2
Long naps
in the day



3
Killing time
online



4
Different bedtimes
each night



5
Drinking tea, coffee,
cola or energy
drinks late at night



6
Waiting to fall
asleep before
going to bed



7
Being on your
phone in bed



8
Staying in bed
when unable
to sleep



9
Overthinking
tomorrow

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9 Common Sleep Mistakes and how to avoid them

A good night's sleep will have a really positive impact on your performance. Read on and find out more about the common mistakes that cause us not to get enough sleep - it really matters!

7 Things to Think About the Night Before an Exam

by @Inner_Drive
www.innerdrive.co.uk

1 POSITIVE IMAGERY
Spend some time visualising a positive exam experience. This will increase your confidence, help with nerves and enhance your mood.

2 YOUR BEST PERFORMANCE
Think about a previous good performance. What helped you do well that time and how will you apply that tomorrow?

3 YOUR PREPARATION
Boost your confidence by reminding yourself of how well you have prepared and how much revision you have done.

4 FOCUS ON YOU
Focus on yourself and don't compare yourself to others as this will make you feel stressed. Instead, focus on what you can control.

5 THE CHALLENGE
If you see the exam as a threat, it will make you stressed. View the exam as an opportunity or as a challenge. This will make you feel better.

6 OVERCOMING SETBACKS
Remind yourself how you overcame previous setbacks. This will help you deal with future challenges and build mental resilience.

7 A GOOD NIGHT'S SLEEP
A good night's sleep helps improve creativity, problem solving, concentration and memory. This is more important than last minute cramming.

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Things to think about the night before an exam

The article includes more on each of the 7 tips for every student on what will help the night before an exam that you can see on the poster to the left. Read on and find out more!



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5 MISTAKES TO AVOID THE NIGHT BEFORE AN EXAM

by @inner_drive | www.innerdrive.co.uk



1. SKIPPING DINNER
2. HAVING TOO MUCH CAFFEINE
3. RE-READING OVER YOUR NOTES
4. CRAMMING LAST-MINUTE STUDYING
5. STAYING UP LATE REVISING

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5 Common Mistakes to Avoid the Night Before an Exam

The article includes more on what students should avoid doing the night before an exam - doing these things will have a negative impact on your performance. Read on and find out more!

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, frustration and impatience.



Warps Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



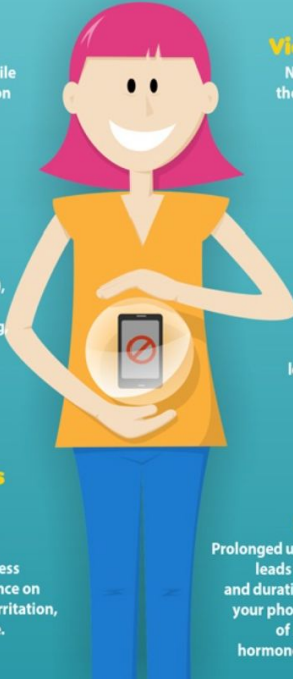
Reduces Memory

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 of Melatonin, which is a hormone important for sleep.



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6 Reasons to Put Your Phone Away (Especially during exams!)

Mobile phones bring additional challenges during exams. Keeping them out of the way when revising and before bedtime will make a difference - make a change to make the most of your chances!

9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk



1
Do the actual work – revise!



2
When really stressed, talk to someone about it



3
Get some fresh air each day



4
Stick to regular meal times



5
Do something to switch off an hour before bed



6
Don't dwell on worst case scenarios



7
A good sleep the night before is better than last minute cramming



8
Once you've done the exam, move on to the next one



9
Don't aim for perfection – it's a myth and doesn't exist

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9 Ways to Beat Revision Stress

Revising for exams is a stressful period for anyone, but we can manage the stresses through adopting good lifestyle and study habits on a daily basis. Read on to find out what research tells us works best...