



SIXTH FORM

THE WESTGATE SCHOOL
NOVEMBER EDITION 2022



KEY ASSEMBLY THEMES:

Remembrance Day

Anti-Bullying Week

World Aids Day



ENRICHMENT:

- Sixth Form Basketball
Every Tuesday | From 3:15pm to 4:15pm
- Sixth Form Fitness Suite
Every Wednesday | From 3:00pm to 4:00pm

ALL ARE WELCOME

UNIFROG: UPCOMING WEBINARS

Please log in to your UNIFROG account to access all webinars.

How to connect with employers and universities to find your best next step For Students

Tuesday 1st November | 5:00pm | 45 mins

Explore green careers For Students

Monday 7th November | 4:30pm | 45 mins

Myths and misconceptions about Oxbridge and the importance of super-curricular activities For Students

Thursday 10th November | 4:30pm

Understanding bullying and accessing support For Students

Tuesday 15th November | 5:00pm

How to live more sustainably and reduce your carbon footprint For Students

Wednesday 9th November | 4:30pm | 45 mins



YEAR 12

- 1st November 2022: Duke of Edinburgh Award Assembly (During tutor time)
- 11th November 2022: Safe Drive Stay Alive Trip
- 15th November 2022: Higher Education Trip

IMPORTANT DATES:

YEAR 13

- 31st October 2022: Mock Exams Begin
- 11th November 2022: Safe Drive Stay Alive Trip
- 23rd November 2022: Year 13 Report Issued
- 24th November 2022: Year 13 Parents Evening

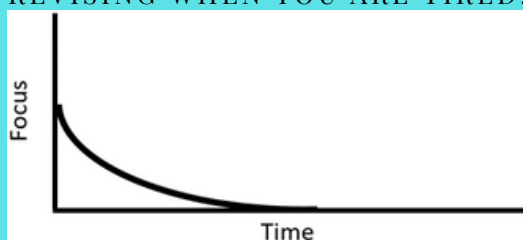


TOP TIPS

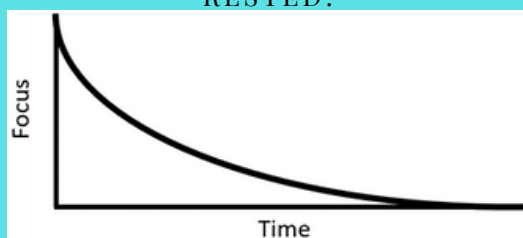
WHEN SHOULD I REVISE?

In order to revise effectively, you must think hard. Thinking hard is tiring. Therefore, when you revise, you should choose a time when find it easiest to focus. This should be a time when you are well-rested and when you are used to working.

REVISING WHEN YOU ARE TIRED:




REVISING WHEN YOU ARE WELL-RESTED:



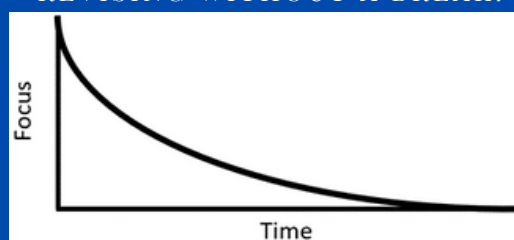
*"Better than yesterday.
One step at a time."*



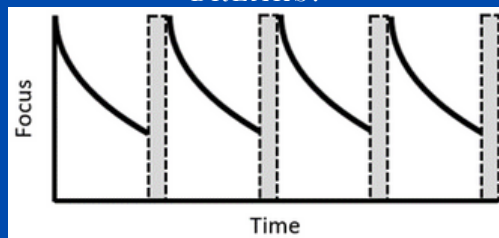
You should also take regular breaks when you revise. These breaks can be structured using a method called the Pomodoro technique.

YouTube link: [The Pomodoro Technique - Study And Productivity Technique \(animated\)](#)  Click for link

REVISING WITHOUT A BREAK:



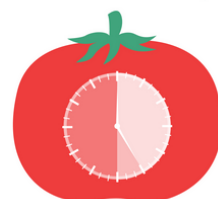
REVISING WITH SMALL REGULAR BREAKS:



PLANNING REVISION SESSIONS USING THE POMODORO TECHNIQUE:

1. Choose a time when you are well-rested and used to working.
2. Decide the specific task you are going to complete (e.g., I will complete a Seneca module about the Behaviourist Approach).
3. Set up your study area.
4. Decide on how many 25-minute slots you will need to complete the task you have decided to complete.
5. Remove your phone and any other distractions from your working space.
6. Set a timer for 25 minutes. Ideally use a digital timer which is not on your phone.
7. Spend the entire 25 minutes working. If you have spare time at the end, start another task.
8. When the timer goes off, leave your working area and take a 5-minute break.
9. Repeat. Take a longer break after every three 25-minute sessions.

Pomodoro Technique



25 min working
5 min resting

From ©clockwise

THE DO'S AND DON'TS OF REVISING:



DO

- Get into a routine of revising at a particular point every day.
- Revise when you are well-rested or at a time when you are used to working.
- Take regular small breaks.



DON'T

- Depend on when you want to revise.
- Revise late at night or when you are tired.
- Try to force yourself to work for long periods of time without a break.