

# Summer Term

Academic expectations

**TODAY**  
YOU ARE YOU,  
THAT IS TRUER THAN TRUE.  
THERE IS NO ONE  
ALIVE WHO IS  
**YOUER**  
THAN YOU.

Dr. Seuss

**YOU HAVE**  
**BRAINS**  
IN YOUR HEAD.  
YOU HAVE FEET IN YOUR SHOES.  
**YOU CAN STEER**  
**YOURSELF**  
ANY DIRECTION  
YOU CHOOSE.

Dr. Seuss

THE MORE THAT YOU  
**READ,**  
THE MORE THINGS YOU WILL KNOW.  
THE MORE THAT YOU  
**LEARN,**  
THE MORE PLACES  
YOU'LL GO.

Dr. Seuss

**THINK**  
LEFT AND THINK RIGHT AND THINK LOW AND  
**THINK HIGH.**  
OH, THE THINKS  
YOU CAN THINK UP  
**IF ONLY**  
**YOU TRY!**

Dr. Seuss

# High expectations



## Bedford Prep School values

- Endeavour - to do your best in all things. Self and team
- Responsibility - To take responsibility for learning and behaviour and show respect for others
- Curiosity - to take an interest in all academic work, answer and ask questions. To engage in a wide variety of events in school and out
- Integrity - to have the highest standards of honesty and trustworthiness, and to stand up for what is right: sportsmanship, moral views, be fair
- Kindness

# Be the best you can be



- Arrive on time to lessons
- Be prepared for every lesson
  - Equipment - kit, pencil case, books
  - Mindset
  - Be prepared to work hard and try new things
- Be healthy
  - Healthy balanced diet
  - Organise your time
  - Exercise

# The academic and sporting mindset



Think of the parallels between sporting events and assessments

# The links between academic and sporting success

- Can be intense
- Lot of hard work demonstrated in a one-off event
- Culmination of months, if not years of hard work and preparation
- Success defined sometimes by narrow margins
- Perhaps a little bit of luck on the day



# General points for all subjects

- Do it little and often, in short bursts. 15-30 minutes is best, then a break.
- Make sure you are not hungry or thirsty
- **Colour and images really help**
- Funny and silly things stick in your memory!
- Mnemonics are a great way to remember lists
- Involve your family, and stick things up at home as a visual reminder
- Remember that revision itself is a skill and the more you practise it, the better you will get



# What do I need to do to get ready?

1. **Find out** what you need to revise, check you have the information or books needed
2. **Revise.** This means to look at, or consider again, work done previously to improve your knowledge of a subject, to prepare for an examination.
3. **Practise.** This gives you more confidence. It might involve asking someone to test you, or trying practice papers or tests

# GOOD REVISERS

by @Inner\_Drive  
www.innerdrive.co.uk

# POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular  
bed times



Have inconsistent  
bed times

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting  
"key" passages

Spread out their revision



Cram their revision

Keep a diary to capture  
negative thoughts



Dwell on worst  
case scenarios

Revise in a quiet  
environment



Revise while listening  
to music or TV

Drink water regularly



Forget to stay hydrated

Put their phone away  
during revision



Revise with their mobile  
phone next to them



# HOW TO WIN THE ASHES

THE PSYCHOLOGY OF AN ELITE CRICKETER

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



- Independent thinker
- Resilient in the face of setbacks
- Strong and stable confidence
- Willing to take risks
- Prepares thoroughly
- High levels of self-awareness
- Honest self-reflection
- Positive parental influence
- Lots of training hours in their youth
- Positive and helpful self-talk
- Views matches as a challenge not a threat