

RMPS Department

Top Tips for Success

Teachers open the door, but you must enter by yourself.

(Chinese Proverb)

Your Wellbeing

- Health and wellbeing come first! Look after yourself and you'll find it easier to cope with the many demands of school life.
- Build in rest, relaxation and rewards, especially when revising for exams.
- A productive hour is far better than three hours at a desk not getting anywhere. If you're not managing to focus, take a break. Go for a walk, or watch some telly. Give your brain a rest.
- Find out when you do your best work? Are you a morning person, or do you work better at night or before dinner.
- Pay attention to how food and drink affect you (caffeine, sugar, skipping breakfast, hydration). Everyone's different, so get to know your own body.
- Try to get enough sleep. It's really hard, but keeping phones and tablets out of the bedroom after bedtime can help you to get a good night's sleep. Give yourself time to wind down. (Your brain goes through a process of rewiring in your teens, so it really does need lots of rest).

Your Work

- Have you got class materials? Is everything in the right order? Speak to your teacher if anything is missing. Use the files and dividers you've been given to sort your work into sections. Ask for help if you get in a muddle.
- If you've missed classwork because of absence, lessons etc, catch up as soon as you can. The work that follows will often depend on it.
- Manage your time - Are you meeting deadlines? Think about how to organise your time when there are lots of deadlines looming, and speak to your teachers if you have worries about meeting them.

- Our A students are the ones who graft, and take responsibility for, and ownership of the learning. Aim for the "Yes!" moments, and keep working at things that are tricky. Remember, if everything came easily, you wouldn't be growing.
- Enjoyment isn't the same as fun. It can take a while to get enjoyment from hard work, but it's deeper and more satisfying in the long run.
- Do **your** best. We won't compare you to anyone else, but we will want to see you making personal progress and growing in your knowledge and skills.
- Try explaining what you've learned to someone else. One of the best ways to learn something is to have to teach it!
- Make sure you put in enough effort into homework. Show it to someone at home and explain what you were asked to do.
- Look for opportunities to talk about issues in the course and in life with friends and family. Give your opinions, and always make your reasons for them clear. This will help you to develop your evaluation skills.
- Look out for useful stuff in the media. There are loads of good articles, and TV and radio programmes dealing with the issues we're studying in RMPS.