

Intervention based on the 5R's of learning:

Respect, Responsibility, Reasoning, Reflection, Resilience

Respect: Respecting your work and yourself is not a quick thing to do. You have to dedicate the time to it. Slow and methodical is going to ensure real understanding that will last.

Mark your selves on the grid. 3= always 2= sometimes 1= not as a rule

Is the work you are handing in the absolute best you can do, proof read and checked against the exam criteria?	
Are you using your study periods to study?	
Are you planning your time to meet the needs of the areas of the courses you are behind in?	
Are you doing active revision that suits your style of learning?	
Do you meet the deadlines set by your tutors?	
<p>Which of the following are you using? Tick all that apply for a point.</p> <p><u>Learning the Content</u></p> <ul style="list-style-type: none">• Making a quiz from the key content that you can use as a revision tool• Mind maps placed where you can see them regularly using colour, links and images that mean something to you?• Summary of notes• Flash cards• Coaching• Year 12 work• Revision Clocks• Predicting the question• Circle questions• Structured group activities – not just working sitting next to each other. <p><u>Practising exam technique. Tick all that apply for a point</u></p> <ul style="list-style-type: none">• Timing yourself on each marker in the given time, self-marking and redoing.• Marking your work against the exam criteria• Creating front cover sheets for you to tick with the marking criteria on• Working in groups, - marking each other's work and giving feedback.	
Total out of a possible 29	
20-26 – Well done. You are respecting yourselves, your learning, your peers and your tutors and are motivated	
14-19 – You have got some improvements you can definitely make in these last couple of months	

Under 14- You are not giving yourself the time or the methods to reach your potential and don't have yourself and you're a levels as a priority. What can you add from this list to do better?	
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Responsible- the responsibility for your work is yours and ultimately your grade will be about what you do. Answer honestly and tick which ones apply to you: Are You:

- Completing at least 5 hours per subject per week out of lesson time?
- Responding to the feedback, correcting the issues and handing in a better copy?
- Setting your own smart targets and acting on them?
- Putting your work first?
- Is paid employment restricting the hours you can study?
- Turning off distractions while you work?
- Are you telling your teachers and your parents you are doing more work than you actually are?
- Are you trying to solve problems for yourself or letting them go until the teacher forces it?
- Do you hand in work you know "is not very good"?
- Are you talking to your teachers and acting on advice?
- Are you burying your head in the sand?
- Do you note down your work effectively so that you don't forget to do it?

How would you rate your level of responsibility out of 10?

8-10 – you take responsibility for your learning

5-7- you take some level of responsibility but not enough

1-4 – you take little responsibility for your learning and are hoping it will just work out.

Reasoning: working through the work, reasoning it through will get it into your long term memory

3 points = always 2 points = sometimes 1 point = no, not as a rule

- Are you working thoroughly and methodically setting yourself targets you can actually achieve?
- Do you produce something as a result of your revision?
- Is your revision plan a to-do list with specific hour long tasks? (Give yourself a 1 if it is vague like "revise Geography")
- Do you ask questions in class or find teachers to clarify the standard of the tasks needed?
- Do you find links between each area of learning?
- Can you apply your knowledge to the questions (and if not, what are you doing to correct that?)

Total out of 15

12-15 – you are reasoning through the work and meeting the needs of the course

8-11- you apply some reasoning but not enough to get you to where you need to be

Under 8 You are probably not making sense of the work enough to really achieve at A level

What out of this list could you improve?? Write it here:

Reflection: are you reflecting on your development? Tick all those that apply.

- Do you ACT on feedback and check you are right?
- Are you handing in practise essays without being asked?
- Do you read around the subject and if not, have you asked teachers to advise you on that?
- Do you use the department twitter feeds?
- Do you make excuses for substandard work?
- Are you checking your work against the marking criteria
- Do you know the marking criteria well enough?
- Do you look at feedback from previous work to ensure you aren't making the same mistakes?

What do you need to do better from this list. Write it here.

Resilience: this is so important to keep your motivation going when things are pressured.

- Do you give up when things are hard?
- Do you take a break and go back to it?
- Do you have a go at all questions, looking things up if you aren't sure?
- Is being afraid of getting things wrong stopping you from taking a risk?
- Are you ok with the idea that getting it wrong and making mistakes will help you learn?
- Are you getting enough sleep?
- Do you have positive ways of managing stress?
- Are you eating healthily to give you stamina and help your brain function?

How resilient are you from doing this list? Grade yourself from 1-10

10-8 – you are resilient and are determined to do your very best

5-7- you have some resilience but have areas that you could improve upon that could help your achievement and well being

Under 5 – You need to consider a more open mind set.

Having done all this, can you now identify areas you will change in your working habits in these last few months?

1

2

3

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