

KEEP CALM AND CONCENTRATE

CHECKLIST

STUDY SET UP AND MENTAL HEADSPACE



Get comfortable - put on your favourite joggers and find a quiet space with no distractions



Set your intentions - no pressure here, what is one thing you want to achieve by the end of the session?



Spend a few moments practicing deep breathing or meditate to calm your mind and get yourself ready



TOP TIP: Try the 4 - 7 - 8 technique

Breathe in for 4, hold for 7 and breathe out for 8. Repeat 5 times. Let go of the day and any worries, release any tension, relax and settle in.

THINGS TO TELL YOURSELF



“I am confident in my ability to succeed and I am focused and determined to reach my goals”



“I am in control of my thoughts and feelings and today I choose confidence and positivity”



“I believe in myself and my abilities - I am resilient and capable of learning anything I set my mind to”



TOP TIP: End of study session and switching off

List 3 things you have accomplished in your study session. Share this with a parent, carer or friend. Be proud of yourself and indulge in some self-care as a reward; take a walk outdoors, enjoy your favourite snack or engage in a hobby that brings you joy.

YOUR SUPPORT NETWORK

If you are struggling with your independent study, there are lots of people you can speak to, both at home and at school:

- Parents or carers
- Friends
- Form Tutors
- Heads of Year
- Subject Teachers

