

Royal Grammar School
Student Resource
Booklet

Year 11



How long should a study rep
take?

→ 25 mins

10 min break

↑
Be active during

3 kinds of reps...

① Learning - for learning & understanding

② Practice - for practicing knowledge and encoding it

③ Testing - for testing recall and applying knowledge

Learning Rep

Topic

What do I know about this topic?

Watch, read, study the resource

Summarise, with notes, mind maps or flashcards

Practice Rep



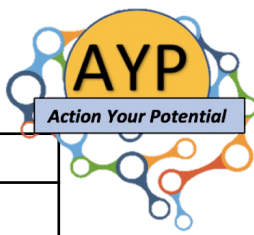
Topic

What are the key ideas?

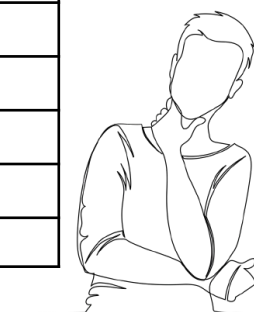
Make mind maps, flashcards or summary notes

Read the mind maps, flashcards or summary notes

Study Capture Sheet



Day	Subject	Key Take Away	Key Words	Rating
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				



e.g.

Frayer Flashcards

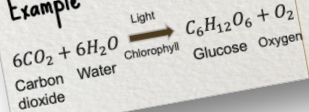
Statement

Photosynthesis is a chemical reactions powered by sunlight that plants use to make glucose

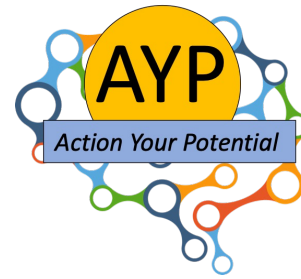
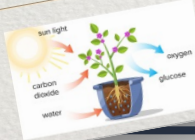
Elaborate

Photosynthesis involves carbon dioxide and water being reacted to make glucose and oxygen

Example



Image



Frayer Flashcard

Statement

Elaborate

Example

Image

Tick those which apply to you in the last 24 hours



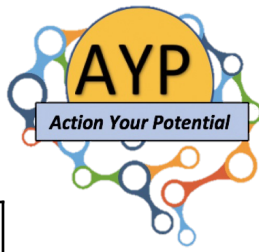
Activities that help

- Chores & challenges
- Managing Emotions
- Learning routines
- Good Sleep
- Mindfulness
- 12 rocks
- GLADEN
- Sticking to the plan
- Exercise
- Reading

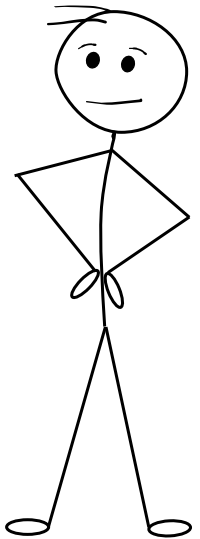
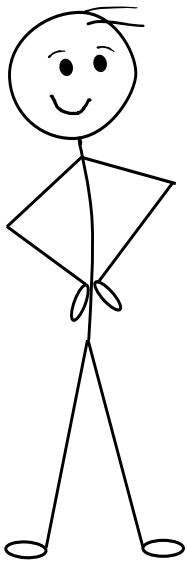
Activities that don't help

- Not having a plan
- Too much social media
- Avoiding challenges
- Worrying
- Too much time on screens
- Being upset
- Not looking after well-being

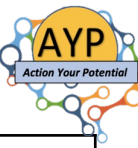
Confidence Chart - GCSE



Subject	Grade You Want	Grade Stretch Goal	Current Confidence level		
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️
			😊	😐	☹️

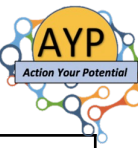


School day RGS – Week A



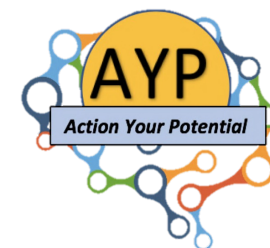
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
7:00-8:00						7:00-8:00		
8:00-8:40						8:00-9:00		
8:40-9:05 –Form/assembly						9:00-10:00		
9:05-9:45 –P1						10:00-11:00		
9:45-10:20 –P2						11:00-12:00		
10:20-11:00 –P3						12:00-1:00		
11:00-11:35 -P4						1:00-2:00		
11:35-12:05 -Break						2:00-3:00		
12:05-12:45 –P5						3:00-4:00		
12:45-13:20 –P6						4:00-5:00		
13:20-14:10 -Lunch						5:00-6:00		
14:10-14:50 – P7						6:00-7:00		
14:50 – 15:30 –P8						7:00-8:00		
15:30-16:30						8:00-9:00		
16:30-17:30						9:00-10:00		
17:30-18:30						10:00-11:00		
18:30-19:30						11:00-12:00		
19:30-20:30						12:00-1:00		
20:30 – 21:30						1:00-2:00		
21:30-22:30						2:00-3:00		
22:30-23:30						3:00-4:00		

School day RGS – Week B



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
7:00-8:00						7:00-8:00		
8:00-8:40						8:00-9:00		
8:40-9:05 –Form/assembly						9:00-10:00		
9:05-9:45 –P1						10:00-11:00		
9:45-10:20 –P2						11:00-12:00		
10:20-11:00 –P3						12:00-1:00		
11:00-11:35 -P4						1:00-2:00		
11:35-12:05 -Break						2:00-3:00		
12:05-12:45 –P5						3:00-4:00		
12:45-13:20 –P6						4:00-5:00		
13:20-14:10 -Lunch						5:00-6:00		
14:10-14:50 – P7						6:00-7:00		
14:50 – 15:30 –P8						7:00-8:00		
15:30-16:30						8:00-9:00		
16:30-17:30						9:00-10:00		
17:30-18:30						10:00-11:00		
18:30-19:30						11:00-12:00		
19:30-20:30						12:00-1:00		
20:30 – 21:30						1:00-2:00		
21:30-22:30						2:00-3:00		
22:30-23:30						3:00-4:00		

12 Rocks Of Well-Being – Weekly Check



Rock	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Rock 1 – Sleep – 8-9 Hours a night							
Rock 2 – Exercise – 20 mins per day							
Rock 3 – Eat and Drink Healthily							
Rock 4 – Mindfulness – 5-10 mins							
Rock 5 – Mind Wandering							
Rock 6 – Manage Emotions							
Rock 7 – Walk Outside in Nature							
Rock 8 – Listen to Music – 20-30 minutes							
Rock 9 – Connect with friends and family							
Rock 10 – Gratitude and kindness							
Rock 11 – Life’s purpose activities							
Rock 12 – Learn, Play, Create, Read							

