

'Power to Perform'

A Level Student

There are a number of things students can do that could really make a difference to how well they perform during the next few weeks.

- Focus revision: stick to key areas that you struggle with and test these area/topics. Get feedback and re-test. Put yourself into exam style situations during revision time – this could be timed questions, working in silence or reading a case study/text quickly for understanding. PRACTICE, PRACTICE, PRACTICE.....
- Physical Activity: Students should allow time to do this regularly. Physical activity boosts memory and improves concentration. This could be walking to/from school or going for a 10/15 minute walk in between revision sessions. Going to a gym class/jogging or even a few stretches. Yoga is great for calming/stress release and recovery.
- Stress management: some stress can be good thing; controlled stress can make you mentally alert and ready to tackle an exam. Stress management can be through visualisation, relaxation, exercise, deep breathing, clearing your head, putting away technology.
- Sleep: getting enough sleep is vital during revision and exam periods. You should ensure you stick to a routine of going to bed and waking up at the same time each day. Relax before going to bed, don't use electronic equipment within one hour of going to bed, don't drink caffeine or sugary drinks within 3 hours of going to bed and finish exercising/and eating 2-3 hours before bed.
- Nutrition – you need to fuel your body with the right foods at the night time to energise your system and improve your alertness to sustain you through long exams. It is vital to have breakfast that contains slow – release carbohydrates such as porridge, whole grain bread, yoghurt, eggs, bananas or a healthy smoothie. Eat at regular times of the day and avoid high sugary foods such as pastries, sweets, fizzy drinks. Re-hydrate regularly with water and take water into the exam. Eat foods high in Omega 3's to aid concentration (mackerel, salmon, walnuts, spinach and eggs).

Have a combination of protein, fats and carbs at every meal on exam day.

Food Do's and Don'ts

	
<ul style="list-style-type: none">• Wholegrain sandwich• Jacket/sweet potatoes• Tuna• Baked Beans• Wholegrain rice or pasta• Fish• Eggs• Peanut butter• Omelette• Rice cakes/non-sugar popcorn• Oatcakes/cracker• Green Vegetables	<ul style="list-style-type: none">• Turkey• Caffeine• Cakes/cookies• Pastries• Food made of white flour• Heavy carbohydrate meals

Through a great deal of research and development a number of suggested recipes have been put together that combine the best ingredients to help students to perform well in the coming weeks. The recipe cards can be found in the sixth form study centre and on the school website in the sixth form section under the tab marked 'Power to Perform'

Perhaps you could try these recipes at home!