

# MAKE THE MOST OF YOUR TIME AWAY FROM SCHOOL



Over the next few weeks you may be spending more time at home than usual, therefore to make sure you are using this time wisely to start planning and making informed decisions about your future we've pulled together a list of helpful activities you can complete.

## KEEP STUDYING



Try not to panic about falling behind take this an opportunity to learn in a different way. Use Youtube videos to revise topics you've always struggled with and download some of these brilliant apps to get ahead with your revision.

**GCSE Pod**

**BBC Bitesize**

Apps such as the ones below are really helpful to support your revision. Share your notes with friends using:

**Evernote**

Or create your own flash cards to test yourself using

**Quizlet**

**My Study Life**

## RESEARCH YOUR FUTURE OPTIONS



Take the time away to focus on the future - set some goals and research what you want your future to look like.

Great places to start are:

**[www.Prospect.ac.uk](http://www.Prospect.ac.uk)**

**[www.UCAS.com](http://www.UCAS.com)**

Learn a bit more about your personality type at:

**[www.icould.com/buzz-quiz](http://www.icould.com/buzz-quiz)**

Learn about cool careers you might have never heard of at:

**The Youtube**

**Channel Crash Course**

## MAKE YOURSELF A ROUTINE



Spending more time than usual at home can mean you lose your routine and struggle to be productive. Try these brilliant apps to help you keep on track

**My Study Life**

**Timetable**

**Timetable Deluxe**



TO KEEP UP WITH WHAT'S GOING ON, SHARE IDEAS AND FIND NEW CONTENT FOLLOW OUR INSTAGRAM

**@AIMHIGHERWM**

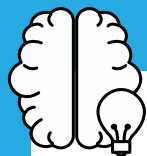
KEEP YOUR EYES PEELED FOR NEW CONTENT ON OUR YOUTUBE CHANNEL

**AIM HIGHER**



YOU WILL FIND LOTS OF USEFUL INFORMATION ON OUR AIMHIGHER WEBSITE

**AIMHIGHERWM.AC.UK**

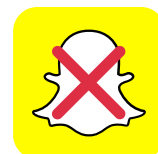


## GIVE YOUR BRAIN A BREAK

The world can definitely feel a little scary and it's natural to feel overwhelmed right now.



### Look after your mental health by:



- Having a break from social media
- Use your phone settings to limit your screen time per day or use an app like 'Hold' or 'Forest' to help you stay focused
- Limit yourself to only checking the news once or twice a day
- Distract yourself with lighthearted TV, Films or Podcasts
- Start a new book you've wanted to read for a while
- Practice Mindfulness with free apps such as:

**Headspace, Aura, Calm, Stop Breathe Think**



## CHECKLIST

Have you made a revision/study timetable?

Have you downloaded a couple of apps to support your studies?

Have you been reading?

Have you completed an online workout video?

Have you tried out a mindfulness app?

Have you checked the Aimhigher social media for new content?

## KEEP HEALTHY



It's just as important to physically look after yourself as well as mentally.

- Aim for 7-9 hours sleep a night
- Use the extra time to prepare delicious meals and try to eat your 5 a day
- Drink plenty of water
- Get some exercise completing a Youtube workout video
- Set yourself a challenge (like the Runtastic 28 day workout challenge, or 30 day squat challenge)

**CHECK IN AND LET US KNOW HOW YOU'RE GETTING ON AT**

 **@AIMHIGHERWM**