The Ashcombe School

A Level
How do you revise?

Parent and Pupil Guide
2017

What is revision and why is it important?

- Revision is not the process of learning something for the first time. The lessons and homework that pupils have completed throughout the A Level course have ensured that material has already been taught. Revision is the process of looking again at something you have already studied, with the intention of learning it for an exam.
- The new A Level exams have changed the nature of the qualifications, moving away from coursework and focusing more heavily (in some cases exclusively) on final examinations.
- The skills required to pass exams are very different from those needed to complete a good quality piece of coursework. It is essential to remember that a lot of revision will be committing facts and ideas to memory.
- The process of learning such a lot of material for a series of exams can seem daunting; this is why we are encouraging pupils to begin the process of revision as early as possible. By beginning revision early, pupils have more time to learn the information and we hope this will help pupils to feel comfortable.

How can I organise my revision notes?

- Pupils may find it easier to write out notes, or create posters, in a new exercise book. Such books can be purchased in most stationery shops.
- Some pupils prefer to use folders, where dividers are used to create sections for different topics or subjects. Pupils might want to stick the subject checklist to the dividers so they can tick off each area once notes are made.

Where do I start?

Preparation

- Find all of your books, class notes, assessments and homework. You will need these to revise from so it is essential that you have them to hand.
- Go back through your work and check that there are no gaps in your notes. If you have been off ill, or if you were on school trips, it is essential that you catch up on the work.
- Make sure you have a tidy, quiet area to work.
- Make sure you have your revision folder, dividers, highlighters and any other stationery you require.
- Gather together any textbook and revision guides you have bought.

Organisation

- Use the next page as a guide to get you started on how to organise your revision. The next page will go through ideas in more detail and will provide key websites to help with making a revision timetable.
- Make a realistic revision timetable. You should not be working all day, every day: you will need breaks. Make sure the timetable includes any extra-curricular activities you have already committed to outside of school.
- Aim to work for between 30-60 minutes at a time and then take a short break.
- It is best to keep changing between subjects to keep ideas fresh and ensure all subjects are given an appropriate amount of revision time.

How do you plan your revision?

	Planning
When should you start to revise and for how long?	- The earlier you start the better - the earlier you start the less you will panic - Revision should start after Christmas - If it hasn't then don't panic - Revise in short bursts - Revise every day - Don't revise too late at night
What does a good revision plan include?	✓ The date of the exams are displayed and you work out how many weeks there are before each one ✓ All events for the week, month and long term build up to the exams so that you can plan revision around them ✓ Clear details of what you will study for each week - don't aim to study everything every week ✓ A mixture of subjects during each day ✓ Plan the day in clear chunks and include each day of the week ✓ More time spent on subjects that you are struggling with ✓ The plan needs to be visible and revisited daily
Equipment Required	Revision plan
Top Websites to help with revision	☐ Get revising revision timetable planner template https://getrevising.co.uk/planner ☐ GoConqr – website with revision plans on https://www.goconqr.com/en/revision-timetable/ ☐ Iphone app- My Study Plan - https://itunes.apple.com/gb/app/sqa-my-study-plan/id419308081?mt=8 ☐ Iphone app- exam count down - https://itunes.apple.com/us/app/exam-countdown/id372962356?mt=8 ☐ Android planning app - https://play.google.com/store/apps/details?id=com.gabrielittner.timetable&hl=en_GB
Successful pupils in the past have …	1. Started revision in January and planned in regular daily periods of revision 2. Worked through the Easter holiday as if it is a normal school day 3. Broken each subject down to clearly manageable chunks so that you know exactly what you are studying for each week 4. Used apps to help planning

Useful Apps and Websites

The following websites and apps may be useful for revision across a range of subjects:

Websites:

Get revising website *(vast range of resources from planning to notes)*
https://getrevising.co.uk/resources/level/a_ib

S-cool revision site *(notes and templates to help planning)*
http://www.s-cool.co.uk/

Tutor2U - help students maximise their performance in important exams and fulfill their potential
https://www.tutor2u.net/

Apps:

BBC Bitesize *(app for android)*
https://play.google.com/store/apps/details?id=uk.co.bbc.bitesize&hl=en_GB

Gojimo *(app for revision both A-Level and GCSE- free content and with excellent reviews)*
https://itunes.apple.com/gb/app/gojimo-gcse-a-level-revision/id797475832?mt=8

Revision App *(Tutor Videos & Revision Guides: GCSE, A-Level & 11 Plus App)*
https://itunes.apple.com/gb/app/revision-app-ultimate-revision/id451009060?mt=8

How do you revise? - Revision notes

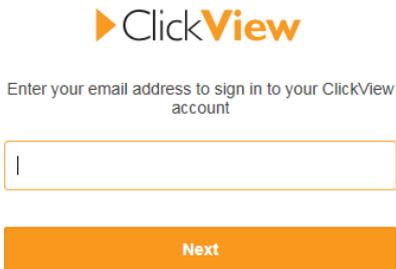| Revision Method	Revision Notes	
What are revision notes?	- Produce a set of notes that brings together information from a range of sources. - The sources of information could be revision guides, exercise books, text books and websites - The notes summarise the key information required for that topic. - Notes should be focussed around a key question or theme. - You could divide your page like the example to the right. - Have a column for Key terms and words on the left. - Have a column on right for the notes. - Have a row at the bottom of the page for a summary.	
What are the features of good notes?	✓ The notes should be tidy so they are easy to follow. ✓ You should be able to add information to the notes as the understanding becomes deeper. ✓ Notes are organised in files or books so that they can be easily accessed. ✓ Have a space on the paper to write down questions and note things you don't understand. ✓ Cornell note taking approach is very popular with University pupils.	
Equipment Required	Pen Computer if typing Paper File and file dividers	
Top Websites to support good notes	☐ Advice on note taking from Manchester University http://www.humanities.manchester.ac.uk/studyskills/essentials/note-taking/different_models.html ☐ A template for note taking https://www.timeatlas.com/cornell-note-template/	
Successful pupils in the past have …	1. Written up notes throughout the course on a regular basis. 2. Have noted down questions that they have then found the answer to either in school or on the web. 3. Have memorised notes by reading a page and then rewriting them.	

How do you revise?- Mind Mapping

Revision Method	Mind Mapping
What is Mind Mapping?	• Write a topic name/ key question in the centre of page • Write the key points in the space around the key question and join to the centre • Each key point will then branch off with further information linked to it • By the end of the process you will have a summary of your notes that shows links between key factors
What does a good mind map involve?	✓ Clear colour codes that you will understand ✓ Organised ideas ✓ A central question or topic that is linked directly to the department checklist ✓ Information that can be understood when you look at it again in one week's time
Equipment Required	Paper - A3 and A4 Coloured pens Hole punch or glue so the sheets can be filed Department checklist so all content is being covered
Top Websites to help Mind Mapping	☐ Fronter ☐ Get revising- https://getrevising.co.uk/make/mindmaps ☐ Free online Mind mapping- https://www.mindmup.com/ ☐ Free online software https://freemind.en.softonic.com/ ☐ Get revising allows pupils to manage online ☐ Useful website- https://www.goconqr.com/en/users/sign_up/ ☐ How to Mind Map- advise on how to create a mind map https://imindmap.com/how-to-mind-map/
Successful pupils in the past have …	1. Used Mind Maps as a starter to find out how much is known and to break down the subject into more manageable themes 2. Used Mind Maps to plan extended answers such as essays 3. Produced Mind Maps throughout the course and revisited the notes both to learn them and add extra information 4. Used to help retention by studying them and then re- written them from memory 5. Made Mind Map posters on A3 sheets and put up around the house 6. Asked parents to test them on the contents of the Mind Map 7. Filed Mind Maps so they are easy to find 8. Produced Mind Maps on computers so they are easier to edit

How do you revise? - Posters and Infographics

Revision Method	Posters and Infographics	
What are revision posters and infographics?	- Create posters to summarise the key information. - This could be in the form of big sheets of paper and marker pens. - You could use infographic software on line to summarise the key info. - Put posters up in visible places and revisit regularly to learn - put it up in a place where you will have to look at it.	
What does a poster involve?	✓ Clear information that you can re-visit ✓ Content that is linked to the checklist ✓ A location where you will regularly look at it	
Equipment Required	Paper - A3 and bigger Coloured pens Blue tac Department checklist so all content is being covered	
Top Websites to help Posters and infographics	☐ Infographic template https://venngage.com/templates/ ☐ Infographic templates http://www.freeinfographictemplates.com/	
Successful pupils in the past have …	1. Made an infographic for each topic as they have revised them for the first time and then revisited them to add new information. 2. Stuck posters around the house in a place where they will be easily and frequently seen.	

How do you revise? - Documentaries and Podcasts

Revision Method	Documentaries and Podcasts	
What are documentaries and podcasts?	▪ Find documentaries and podcasts that directly link to the content you are studying ▪ Watch documentaries and make notes at the same time ▪ Listen to podcasts when you are out or at home- again note down key points ▪ Add the key content to a central set of revision notes/ flash cards/ mindmaps etc ▪ You must ensure you note things down ▪ Ask staff for advice on what to watch	▶ ClickView Enter your email address to sign in to your ClickView account [I] **Next**
What does good use of online materials involve?	✓ Pupils identify gaps in knowledge and then search through clickview and i-tunes for material ✓ Pupils ask departments and staff for advice ✓ Pupils use weekends and holiday time to catch up on areas where they require further explanation ✓ Pupils make clear notes and add them to main revision material	
Equipment Required	Computer Broadband - (if this is an issue please mention to Mr Ketley) Paper and pen for notes Headphones Recommended websites	
Top Websites for documentaries and podcasts	☐ Clickview- you all have access to this https://www.clickview.co.uk/ Search on the exchange for a vast range of documentaries and plays ☐ i-tunes podcasts and i-tunes U - departments have recommended documentary and podcast links on their department summary	
Successful pupils in the past have …	1. Used documentaries and podcasts to vary revision methods 2. Watched and listened to material that explains topics that are not understood 3. Used documentaries to make additional notes	

How do you revise? - Flash Cards

Revision Method	Flash Cards	
What are Flash Cards?	- Write small pieces of information on individual cards. - Most pupils write a question on one side and the answer on the other. - Write cards as during revision. Use the revision guide to provide the key information for the cards. - When you have read a new piece of key information make it into a flash card. - Test yourself using the cards – as parents, friends and family. - Memorise what is on the other side of the card.	**Storm on the Island** *(Poetry)* **Key Themes** *An island and a people prepared for a storm (or political trouble?)* *Wind described using a metaphor for a fighter plane* *Links to conflict in Northern Island (title spells STORMONT)* **Key Structure** 19 lines of blank verse – natural rhythm of speech - Lots of enjambment – shows force of the storm - Short poem like squat houses **Key Quotations** 'We are prepared: we build our houses squat' '…the flung spray hits/ The very windows, spits like a tame cat/ Turned savage.' 'We just sit tight while wind dives/ And strafes invisibly' **Key Context** - Seamus Heaney was born in Northern Ireland in 1939
What do good flash cards involve?	✓ Information that is clearly linked to the exam content. ✓ Key vocabulary ✓ Space to add details when you learn new information ✓ Clearly organised in a box so you can continually revisit.	
Equipment Required	Card Could use computer software Colour Storage box for cards or some form of filing system	
Top Websites to help make Flash Cards and online quizzes	Quizlet- https://quizlet.com/?utm_campaign=elearningindustry.com&utm_source=%2Fthe-5-best-free-flashcard-creation-tools-for-teachers&utm_medium=link Flashcard machine- http://www.flashcardmachine.com/?utm_campaign=elearningindustry.com&utm_source=%2Fthe-5-best-free-flashcard-creation-tools-for-teachers&utm_medium=link	
Successful pupils in the past have …	1. Carried blank cards around with them so they can create cards during lessons and when studying. This means new information is noted immediately. 2. Reproduced the revision guide as flash cards. 3. Been tested regularly by parents, family and friends. 4. Mixed up topics when being tested. 5. Written cards throughout the course.	

How do you revise?
Spoken revision

Revision Method	Spoken revision
How do you revise by speaking?	• Presenting ideas through speaking can really help your understanding • This can be done in a range of ways including the following: - Revision with friends where you discuss key topics - Speaking through and then recording your notes - Teaching other people including your family
What does good use of spoken revision involve?	✓ Discussion ✓ Commitment from all involved and a focus on the subject ✓ Reflection and the identification of knowledge gaps ✓ The creation of your own podcasts ✓ Shared responsibilities where different people have to create different resources that can be used by everyone
Equipment Required	Exam notes Checklists Past papers Recording equipment if you are going to create your own podcasts
Top Websites to help with spoken revision	☐ Microsoft One Note- https://support.office.com/en-us/article/Record-audio-or-video-notes-b90fa4a2-253b-47ec-99bd-c9b368268465 ☐ 5 apps to help record notes- http://www.techrepublic.com/blog/five-apps/five-handy-apps-for-recording-audio-notes/
Successful pupils in the past have …	1. Answered past papers in small groups and discussed the requirements of each question 2. Recorded notes and then listened to them as a podcast 3. Created a regular revision group that is completely focussed on the exams

How do you revise?
Mini quizzes

Revision Method	Mini quizzes	
How do you revise using quizzes?	- This links to flash cards - Use a revision guide/ notes to produce a list of questions - You can then test yourself or better still get a member of the family or a friend to test you by asking lots of small questions - Research has suggested this is one of the best ways to retain knowledge - It is particularly good when you are quizzed regularly and when topics are mixed up	**5. What were "Hoovervilles"?** ○ Brand new federal housing for the unemployed, initiated by Hoover ○ Shacks erected by the homeless unemployed, to draw attention to their plight ○ A name conjured by Democrats to describe the leafy suburbs of US cities, largely inhabited by Republican ○ New housing provided by the governors of Democrat-controlled states **6. On what forms of benefit could unemployed people depend?** ○ Federal handouts ○ Handouts from the state where they lived ○ Handouts from charities like the Salvation Army ○ A scheme run by the US Army for Great War veterans
What does good use of quizzes involve?	✓ You are tested regularly in short bursts ✓ The questions and answers are from the revision guide or bitesize so that the answers are definitely correct ✓ You keep a note of topics that are not as strong and revisit them in revision	
Equipment Required	Revision guide You could use flash cards Family member to ask questions Online quizzes	
Top Websites to help with mini-quizzes	☐ Quizlet- you can produce your own quizzes online https://quizlet.com/	
Successful pupils in the past have …	1. Tested themselves throughout the course 2. Asked parents to quiz them twice or three times a week in bursts of 10 to 15 minutes 3. Mixed up topics	

How do you revise?
Past/ Sample Papers

Revision Method	Past papers	
How do you revise using past papers?	- Use past/ sample paper links on the department revision overview - Complete papers and types of questions after you have learnt information - Mark the paper using the mark scheme - Bring work into class for the teacher to look at - Reflect on past paper answer and use this to identify gaps in knowledge and skills - Design the next stage of revision to fill these gaps	Pearson Edexcel GCE Government and Politics Advanced Unit 3: Key Themes in Political Analysis Paper 3B: Introducing Political Ideologies 6GP03/3B
What does good use of past papers involve?	✓ Good revision of knowledge before sitting the papers - papers without revision before does not help learning ✓ Clear planning of answers ✓ Sit papers as close to exam conditions as possible - have quiet and give yourself time limits like in the exam ✓ Spend time re-reading and reflecting on work. Don't file work away and never return to it. ✓ Find answers to anything that you couldn't complete when sitting the paper	
Equipment Required	Computer if you are typing Past papers - use the link on the department sheets A4 paper File or book to store answers in Mark scheme Examiners report	
Top Websites to help with past papers	☐ Fronter ☐ Use the web links to the correct exam board website on the department overview sheets- it is vital you use the correct papers (remember lots of exam board websites have legacy papers)	
Successful pupils in the past have …	- Asked for extra papers particularly during the Easter break and brought them into class - Spent as much time reflecting on the answer with green pen, as answering the initial paper - Revised thoroughly before sitting a certain paper - Rehearsed planning extended answers from an exam paper	

How do you revise?
In school options

Revision Method	
Clinics	- Many departments offer afterschool or lunchtime clinics where pupils can use revision guides, text books or speak to the teachers. Please check with each department for days and times. - These clinics require pupils to bring along questions or topics they want to revise as they are not taught sessions.
Study centre	The study centre offers pupils a place to work during lunch hour. In the past many pupils have found it useful to utilise this time for revision, rather than leaving all their revision until after school.
Sixth Form work room and classrooms	- The 6th Form Block is open until 6pm every evening providing students with a workable space to work individually or collectively. - Computers are available and pupils can access the revision materials available on Fronter.
Fronter	- Departments have very well-populated Fronter pages with materials pupils can use for revision. - If Fronter passwords are not working, pupils need to contact the I.T department.
Lunchtime study groups	Many pupils in the past have found it useful to sit in small study groups at lunch and revise together. Please see the 'Spoken Revision' page for ideas.
Collecting extra work from teachers	- Departments will be able to provide pupils with extension work, if they have completed all of the activities available on Fronter - Please start with the work available on Fronter, as this has been specifically provided by departments as they feel it is highly beneficial

Index 1: Exam Board Websites

What do the exam board websites contain?

- *Specifications*
- *Past papers (or sample papers if the qualification is new this year)*
- *Mark schemes*

Below are the exam board websites for each subject:

Art and Design (Fine Art)
http://www.ocr.org.uk/qualifications/as-a-level-gce-art-and-design-h200-h600-from-2015/

Art and Design (Photography)
http://www.ocr.org.uk/qualifications/as-a-level-gce-art-and-design-h200-h600-from-2015/

Biology
http://www.ocr.org.uk/qualifications/as-a-level-gce-biology-a-h020-h420-from-2015/

Business
http://www.aqa.org.uk/subjects/business-subjects/as-and-a-level/business-7131-7132

Chemistry B (Salters)
http://www.ocr.org.uk/qualifications/as-a-level-gce-chemistry-a-h032-h432-from-2015/

Classical Civilisation
http://www.ocr.org.uk/qualifications/as-a-level-gce-classics-classical-civilisation-h041-h441/

Computer Science
http://www.aqa.org.uk/subjects/computer-science-and-it/as-and-a-level/computer-science-7516-7517

D&T Product Design
https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/design-technology-product-design-2008.html

Drama and Theatre Studies
AS - http://www.ocr.org.uk/qualifications/as-a-level-gce-drama-and-theatre-h059-h459-from-2016/

A-Level - https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/drama-and-theatre-studies-2008.html

Economics A
https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/economics-a-2015.html

English Literature
http://www.ocr.org.uk/qualifications/as-a-level-gce-english-literature-h072-h472-from-2015/

French
AS - https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/french-2016.html

A Level - http://www.aqa.org.uk/subjects/languages/as-and-a-level/french-2650

General Studies
http://www.aqa.org.uk/subjects/general-studies/a-level/general-studies-a-2760

Geography
AS - http://qualifications.pearson.com/en/qualifications/edexcel-a-levels/geography-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments

A Level - http://www.aqa.org.uk/subjects/geography/as-and-a-level/geography-2030

German
AS - https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/german-2016.html

A Level - http://www.aqa.org.uk/subjects/languages/as-and-a-level/german-2660

Government and Politics
https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/government-and-politics-2008.html

History
https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/history-2015.html

Mathematics
https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/mathematics-2008.html

Mathematics Further
https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/mathematics-2008.html

Media Studies
http://www.aqa.org.uk/subjects/media-studies/as-and-a-level/media-studies-2570

Music
AS - https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/music-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments

A Level – https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/music-2008.html

Physical Education
AS Level - http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7581

A Level - http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-2580

Physics
http://www.ocr.org.uk/qualifications/as-a-level-gce-physics-a-h156-h556-from-2015/

Psychology
http://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182

Religious Studies
AS Level - http://www.ocr.org.uk/qualifications/as-a-level-gce-religious-studies-h173-h573-from-2016/

A Level - http://www.ocr.org.uk/qualifications/as-a-level-gce-religious-studies-h172-h572/

Sociology
http://www.aqa.org.uk/subjects/sociology/as-and-a-level/sociology-7191-7192

Spanish
https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/spanish-2008.html
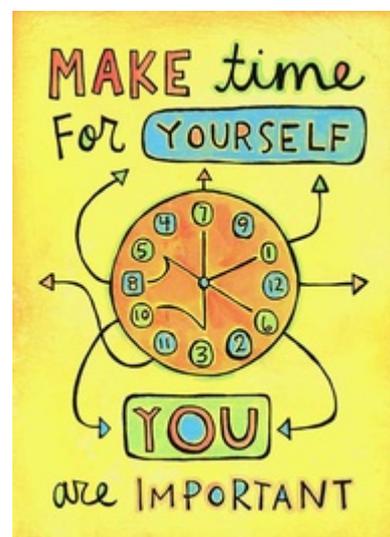
Index 2: Looking after yourself during revision

The revision and exam period can be a very stressful time for pupils. Trying to balance revision, homework and still remaining happy and healthy can be tough. It is important that pupils make time to look after their physical and mental health during this period.

Below are a selection of ideas, but this is by no means an exhaustive list!

- ✓ Eat well

- ✓ Avoid energy drinks as there are many harmful side effects

- ✓ Get a good amount of sleep

- ✓ Take regular short breaks

- ✓ Make sure you have an organised plan for revision as this will make the work seem more achievable

- ✓ Spend some time outside

- ✓ Take time to do the things you enjoy

- ✓ Ask for help if you need it

- ✓ Revise with a friend so that you don't feel isolated

- ✓ Spend time making good food or baking treats

- ✓ Enjoy a hot cup of tea or hot chocolate

- ✓ Eat dinner with your family and spend the time discussing something other than your revision

- ✓ Go out for dinner with friends

- ✓ Take a sports class

- ✓ Plan a movie night in with friends

- ✓ Have a break and watch an episode of your favourite TV show, or read a chapter of your favourite book (just be sure to make this a timed break and not get carried away!)

- ✓ Listen to music during your revision breaks

Index 3: Managing Distractions

There are many possible distractions that pupils need to learn to overcome in order to be focused on their revision. Some of these distractions they will be able to manage on their own, whilst others will require some help. Below are a list of possible distractions and some possible ideas for how to overcome these issues.

Distraction	Possible solutions
Games consoles	• Keep them away from the area you study in and use only during extended breaks. • If you're likely to be distracted by them when there's no-one else at home, give the controller or power cable to someone else to keep until it's your agreed break.
Television	• If possible, record the television shows you want to watch then view them in your dedicated relaxation time.
Mobile Phone	• Keep your mobile phone in a different room while you revise. You will be able to check it during breaks, but a physical distance from your phone will stop you from checking it through habit. • If you choose to keep your phone in the same room during revision periods, perhaps you could turn off notifications and place the phone on silent. This will help to reduce the likelihood of you becoming distracted.
Extra-curricular activities	• This is a very tough issue. You will want to continue extra-curricular activities, and you should have a break from school work and revision. However, you will need to monitor your time, and as the exam season approaches, if you are finding it hard to manage your time effectively you may need to curtail your extra-curricular activities for a short time.
Noise	• Think carefully about your choice of music. Many people enjoy working to music but find lyrics distracting. Look on YouTube or Spotify for 'focus', or 'study' themed playlists. • Try to avoid using your mobile phone to play music from – see the notes on mobiles above.
Internet	• Try to work somewhere away from a computer/tablet when possible and only use the computer when necessary for your revision. Use a timer or the apps on the following page to time your focus.
Social networking sites	• Use the apps overleaf to block certain social networking apps when you want to focus. • Consider freezing or deleting accounts until after the exam period. • Remove social networking apps from your phone so you have to sign in online to access them and are less likely to scroll mindlessly.
Eating at your desk	• Avoid eating dinner or lunch at your desk. • Have a range of small, healthy snacks available to keep your energy levels up. • Drink lots of water – hydration is important.

Index 4: Anti-distraction Apps

The following phone apps can be used to help manage the distraction caused by your mobile phone. You should research the apps before installing them on your phone and see which one would be best suited to your needs.

☐ **Stay On Task**

The Stay On Task app reminds you at regular intervals that you should remain on task. Normally reminders are sent every 15-20 minutes, just enough time for you to have lost focus!

☐ **Keep Focus**

The Keep Focus app allows you to set up different focus blocks for different circumstances. It might be that for some revision you need access to certain apps, but you want to block social media sites as these can become a distraction. Or it might be that you want to block all internet access but not other parts of your phone.

☐ **Self-Control For Study**

The Self Control For Study app is aimed at keeping you completely focused on revising. The settings remain the same each time you use the programme and by default everything is blocked until you unblock it. This app aims to keep the distractions to a minimum.

☐ **Forest**

This is another app which allows you to block possible distractions. When you use the app and put down your phone a virtual tree is planted on your screen. The longer you avoid your phone the bigger it grows, but if you leave the app it is killed. Each time you use the app, you grow a new tree and, over time, build a forest.

☐ **Pomodoro Keeper**

Supports you in using the 'Pomodoro technique'. This tried and tested technique is when you use a timer to break your work into focused time blocks (usually 25 minutes), called 'Pomodoros', separated by a 5-minute break. After 4 consecutive working time blocks, take a longer break, around 15 or 20 minutes. The benefits of the Pomodoro Technique come from the frequent breaks, which help your mind stay fresh. The focused time blocks also force you to adhere to fixed limits, so you'll be encouraged to complete a task more quickly or, in the case of a large task, spread it out over a number of pomodoros.