

What do you need to do to help you make progress across all subjects?

Consistent progress is imperative to finding success in your academic journey. When you make progress, it breaks down your larger goals into smaller targets, making them feel much more achievable, knowing that you have less to complete.

Progress also helps form the important life skill of discipline. Seeing progress being made makes it easier to want to work to the best of your ability and develops discipline as a habit.

Once you start progressing in all your subjects, your stress levels will decrease and your grades will improve, along with your work ethic, which is an important employability skill.

Athletes, bodybuilders, wealthy businessmen and students alike **progressively** meet targets to help control their workload.

How **you** can make progress-

Progress is your development in a specific area, topic or subject. If you have a goal, your progress is your advancement toward that goal. Sportsmen and bodybuilders use a system called 'progressive overload' which is a gradual increase in weight or reps, in order to maximise improvement. You can also progressively increase how well you are doing, and here is how:

In School

- Start asking for help in class when you need it. Start putting your hand up in class with the teacher you are most comfortable with, then once you are confident in asking for help, continue in all your classes when it is needed.
- Make sure to take your teachers' revision tips and advice- they pay off, especially in later years.
- DO NOT zone out or become distracted in class, every point you miss links to another, and your understanding will be weaker than it would if you hear every point your teacher makes.

Outside School

- Make sure you take breaks from academic life. Do not work constantly without rest.
- Regular exercise will prevent or relieve stress.
- Attend extracurricular clubs. Whether school subject based or not, you will learn new skills.

Revision

- Create summary flashcards after each lesson and revise them as you go along so the information sticks with you. Turn this into decks of flashcards for each subject.
- Revise in small bite-sized chunks of time with small breaks in between them. Increase the amount of time you study incrementally (meaning gradual increases).
- Make an effort to complete all your homework set by your teachers.