1. **It doesn’t matter if you don’t know what you want to do when you leave school for good**. Don’t stress about it. It will take your focus away from what you need to be doing. Just focus on your studies. If you want to deal with it, separate things you like from things you don’t so you are left with a list that is more manageable

2. **Don’t leave life to chance.** 11% of Salamander, 15% of Centaur, 31% of Dragons thought they had a reasonable chance of winning the lottery! Gordon demonstrated the odds. Said they were more likely to be eaten by a shark!

3.**Waiting for it to happen or making it happen.** Are you making use of teachers and support that is available? Gordon said ‘ what’s to stop you writing down 2 things at breakfast that you’re going to sort out by speaking to a teacher or sending an email e.g. problem topic or email to industry for advice……..50 little problems solved by Christmas. You must make a conscious effort

4.**Hard work beats talent when talent doesn’t work hard.**Jamie and Andy Murray story - Jamie was told he had natural ability over and over again. Andy accepted scholarship, Jamie decided he didn’t need it. Andy - more time, more effort, more success. Don’t coast in subjects you find easier.

5.**Manage your time effectively**Tom Daley achieved an Olympic medal and A/A\*s in all his A-levels during the same summer. He says there is no secret - I manage my time to ensure I can achieve everything that I want. This includes time with friends as well as study and training.

6.**One hour at home a day is a week’s hours worth of revision**Gordon demonstrated that if they do just one hour of extra study a day, that’s 190 hours of revision between now and the first May exams - and they would still have more free time hours than school and study together.

7. **Manage stress levels** You need to bit a bit stressed but keep it in control. Nervous energy will help you to study hard and perform well in exams BUT high stress will not be helpful. It is normal to be nervous and even feel ill as you get to an exam but if you are prepared and organised, your mind will be organised and you will show what you know.

8. **Take time to plan**Spend some time tonight planning your revision - start with a couple of weeks. Follow your plan and you can relax properly in your free time instead of worrying about what you should have done

9. **Short sharp sessions**Take a break every 40-45 minutes. Look at work every 24-36 hours.

10. **Study time and place** What time do you prefer? Are you more proactive alone or with friends? Is your room tidy - not saying you have to keep it tidy but you need to know where your study stuff is so you don’t waste time. Bright light, but not too bright. Do you snack? Get your snacks ready - don’t keep getting up from your work. Turn your phone off! Send all your snapchats/tweets/posts/instagrams etc then switch it off - it’s a distraction. Look forward to your notifications when you’ve finished studying.

11. **Everyone is different**What works for your friends might not work for you. Make it work for you