# Home GCSE study agreement

I understand the GCSE are an important step in me preparing for my future.

Academic achievement will help me achieve my full potential

As part of the support my Parents/Carers want to put in place for me we have agreed to he following conditions to help me work towards to realise my full potential

I also importance of setting high and realistic expectations.

Revision – Endeavour

I will commit to completing hours of revision per week

This equates to an average of per day

This will be completed as outlined in my timetable.

Refresh – Respect of self

I will refresh myself by limiting my on-screen browsing (TikTok, Youtube, Snapchat, gaming, other Social Media) to per day

I will take breaks by :

Daily outdoor exercise is beneficial for students, especially during revision periods. [Studies show](https://www.ncbi.nlm.nih.gov/pubmed/27100368) that even a short 12-minute walk can improve a student's mood and [increase concentration levels by up to 21%](https://www.emeraldinsight.com/doi/abs/10.1108/17538350810926534), even when facing daunting tasks.

Source: [10 ways parents can help their child revise (innerdrive.co.uk)](https://blog.innerdrive.co.uk/10-ways-parents-can-help-their-child-revise)

Reflect – Integrity

I will review this plan weekly/fortnightly with

We will do this on:

For (time)

We will decide how effectively we have:

* Minimised distractions during study time
* Had breakfast
* Used retrieval practise
* Minimised procrastination
* Set high enough and realistic expectations
* Have got fresh air everyday

We understand that this home study agreement will also require **Compassion** and **Courage** to ensure we work toward our shared goal of realising my full potential as a student.

Name of student: ……………………………………………………………………………………………………………………………..

Signature: ……………………………………………………………………………………………………………………………..

Date*: ……………………………………………………………………………………………………………………………..*

Name of Parent(s)/Carer(s): ………………………………………………………………………………………………………………..

Signature(s): …………………………………………………………………………………………………………………..

Date*: ……………………………………………………………………………………………………………………………..*