

# Prepare to Perform

# What is Prepare to Perform?

Staying calm, feeling good, being effective

- ✓ A toolkit to help you control different aspects of your life to help you perform better when it comes to exam time
- ✓ It will allow you to focus, set yourself a plan and work towards being prepared in the best possible way

A top-down view of a student's desk. On the left is a silver laptop with a hand on the keyboard. In the top center is a white coffee cup on a saucer with a spoon. To the right are several colorful highlighters. In the center are several sheets of paper, one with handwritten notes and a diagram. A hand is visible at the bottom, wearing a gold bracelet. The background is dark, and the overall scene is lit with soft, warm light.

In your role as a student, it is ***important*** that you are both physically and emotionally ***healthy***

You can't perform in or out of school if you don't feel well



Being healthy means that your body and mind function as they are supposed to

You can maintain your health by taking care of yourself in many different ways

# Are you ready to perform?

Complete the chart by colouring in the areas in each section to see where you currently are for each area.

1 is the lowest and means you really need to improve in this area.

5 means you are really happy and feel like you are doing everything you can to perform at your best.



# How performance ready are you?

# What do you need to change?

# GROUP TASK

In what ways can you  
'Prepare to Perform' at your  
best during the exam period?

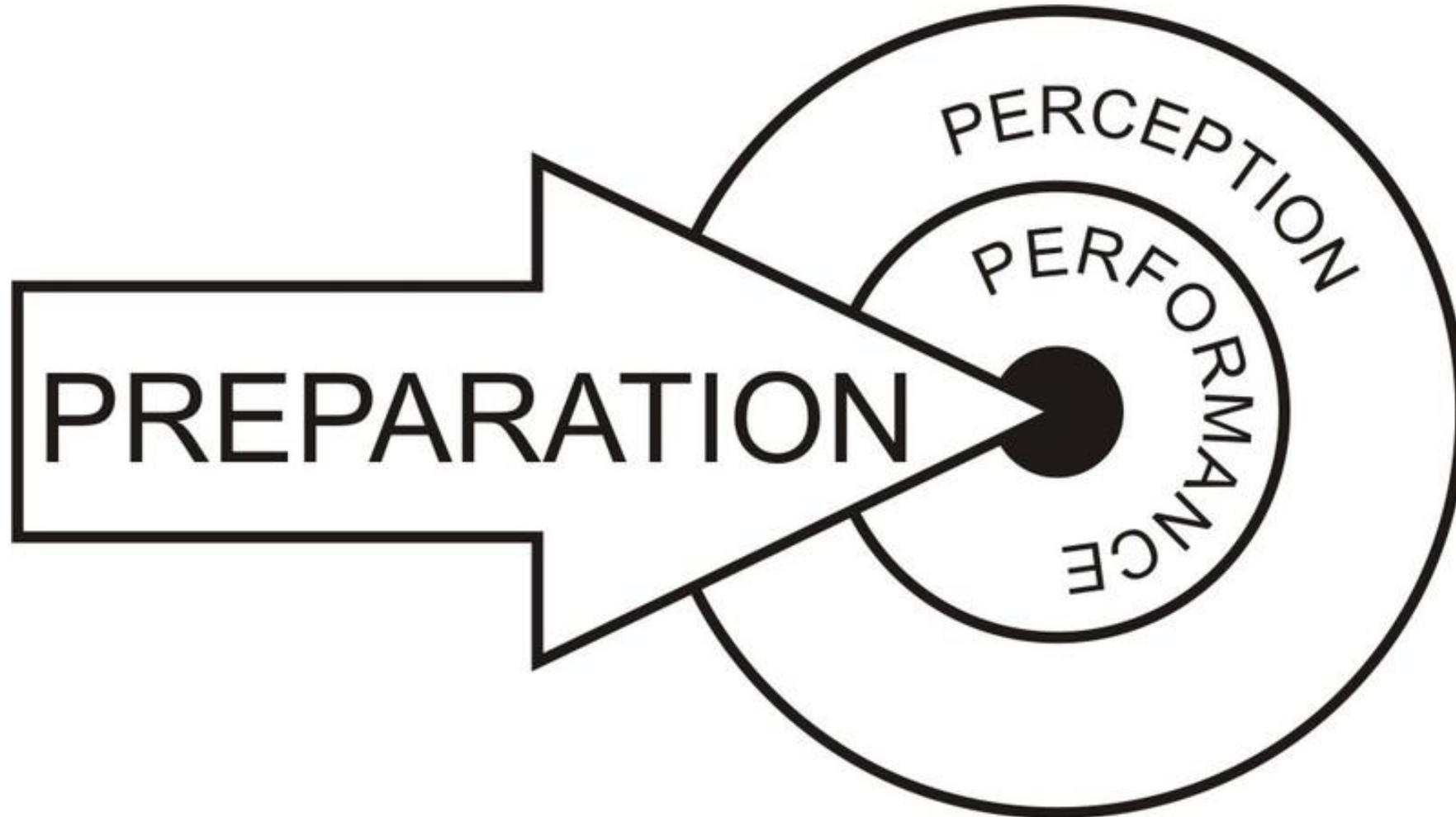
What performance are you  
looking to achieve?

How ready are you to perform?  
Rate yourself out of 10

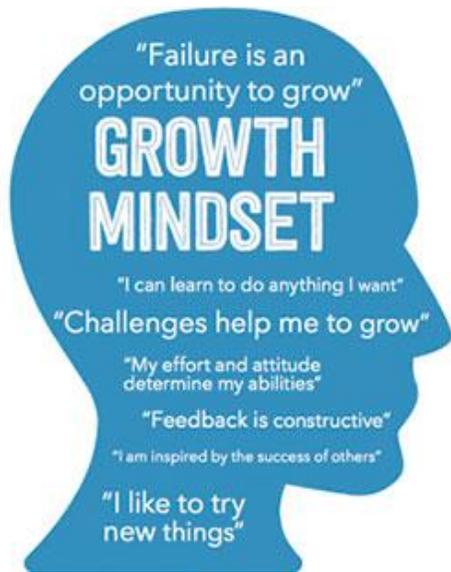
What do you need to do to be  
more ready?

How can you be Prepared to  
Perform?

# 'Prepare to Perform'

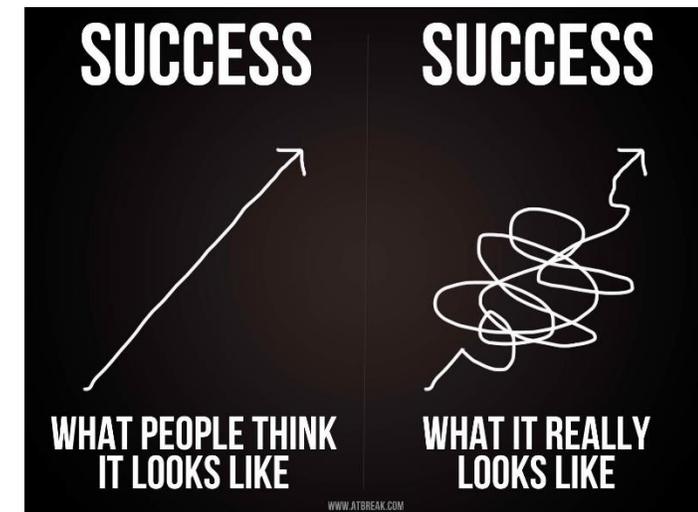


# We can all grow



## We can all grow with the Growth Mindset

- Know what you want – Goals
- Want/desire to achieve it – Motivation
- Work hard at the right things – Focus
- Always believe you can achieve it – Belief



# GROUP TASK

**Prepare to Perform - take advantage of opportunities that come your way**

- **What opportunities are around you to support your performance?**
- **What other opportunities could you access?**
- **How can you go about accessing these opportunities?**

This moment is  
an opportunity

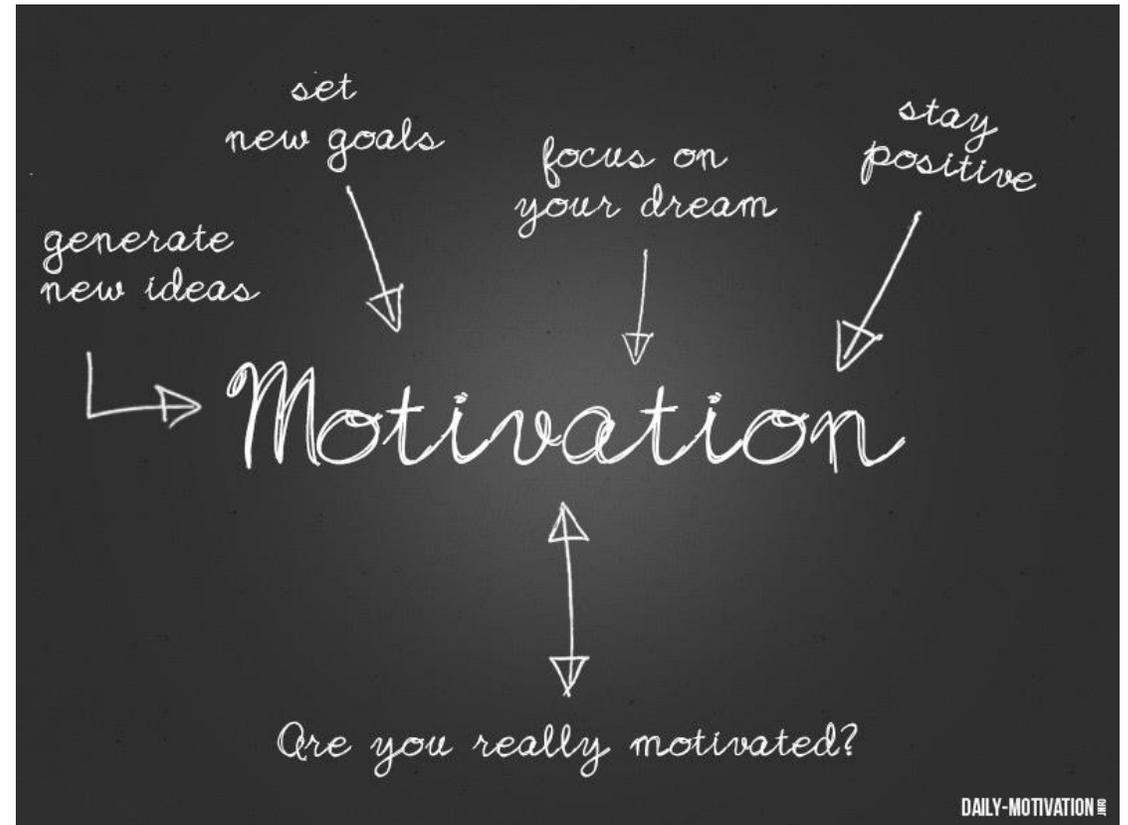
# Goals section

# Motivation

Recognise  
SUCCESS along  
the journey to  
stay motivated

“What keeps me going is goals”

Muhammad Ali



# GROUP TASK

- What do you want to achieve?
- Why do you want to achieve it?
- What will achieving it give you?
- How would achieving it make you feel?

“What keeps me going is goals”

Muhammad Ali

Outcome Goal – What you want achieve and why.

What do you dream about achieving?

What would be YOUR gold medal performance?



# Performance Goals

Measurable

If you are to achieve your outcome goal, what do you need to deliver in your performance?

- ✓ E.g. achieving 65% in my biology exam
- ✓ E.g. getting 8 hours sleep a night
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓

SMART

Aligned to your Outcome

Remember to regularly check if you are on track.  
Celebrate it!

# Process Goals

Strengths to Enhance



Areas To Develop

Write down 30 ideas for each topic – capture as many things as you can think of.

# Task

## Marginal Gains - focus on lots of little things that added together will help you to Perform better

What from your list has the biggest impact on Performance?

- Do you need to work on lots of things or a few big things?

Score every idea you had out of 10

- If it is a few big things can you break them down into small pieces that you can tackle one bit at a time?

Pick your ones with the highest score/that will make the biggest impact to your performance

You can improve lots of things by 1% at a time. Olympic swimmers' process goals will be aimed at improving by 0.01 s per day – this can be a huge gain over weeks, months or years.

# Daily plan – making the right choices

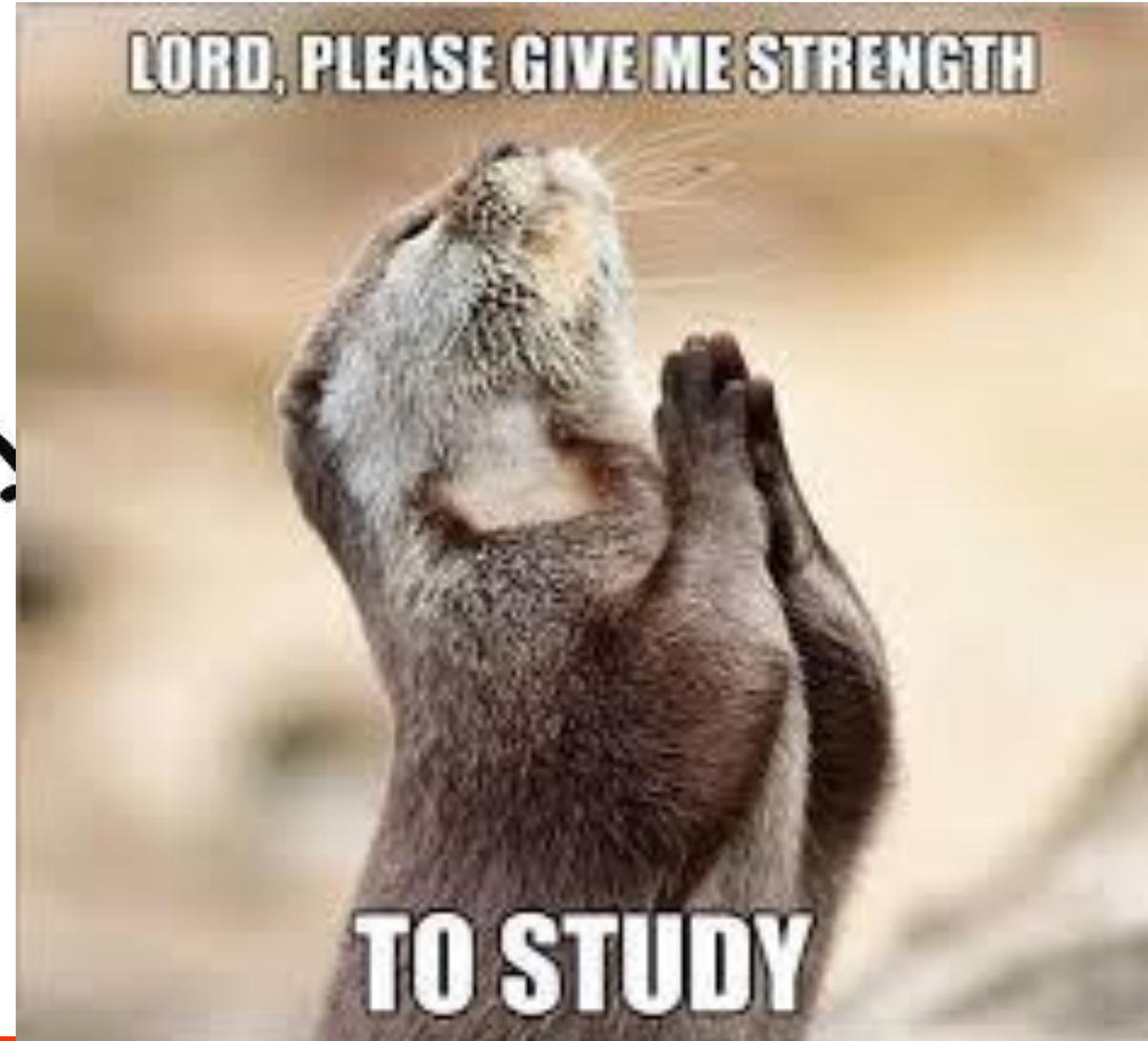
1. Daily priorities

2. Daily planner

3. Points scored / 10

- ✓ Each day you can make choices about what you do
- ✓ These can impact how you perform during the exam period
- ✓ How can you achieve 10 points each day?

# Practical strategies to help you perform



# Planning to Perform

# Planning to perform

Time management and planning is essential to make sure you can realistically keep on track of your work, revision and ultimately your health and wellbeing.

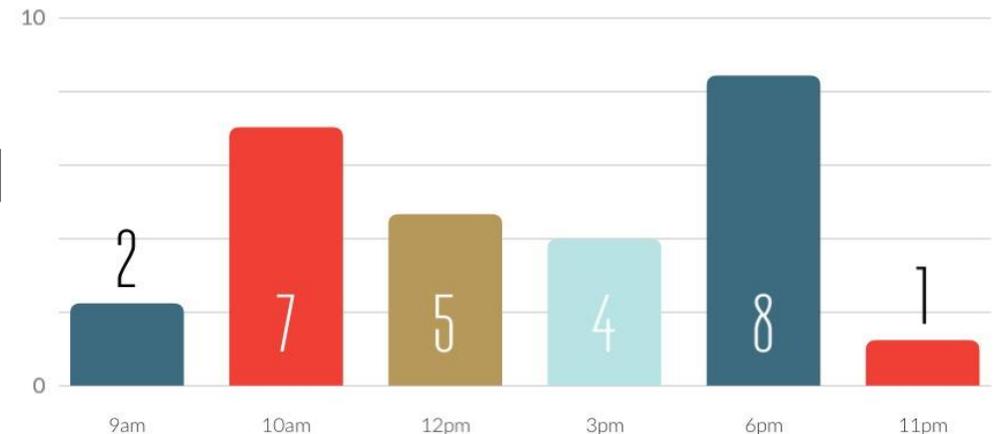


# DISCUSS: How consistent are your daily energy levels?

We all have our own internal body clock called a circadian rhythm. All of our physical, mental and behavioural changes follow a 24-hour cycle

- when you have natural energy levels
- when you are 'on fire' – a good time to tackle difficult tasks
- when you are lethargic – a good time to take a break or do a different task

DAILY ENERGY LEVELS

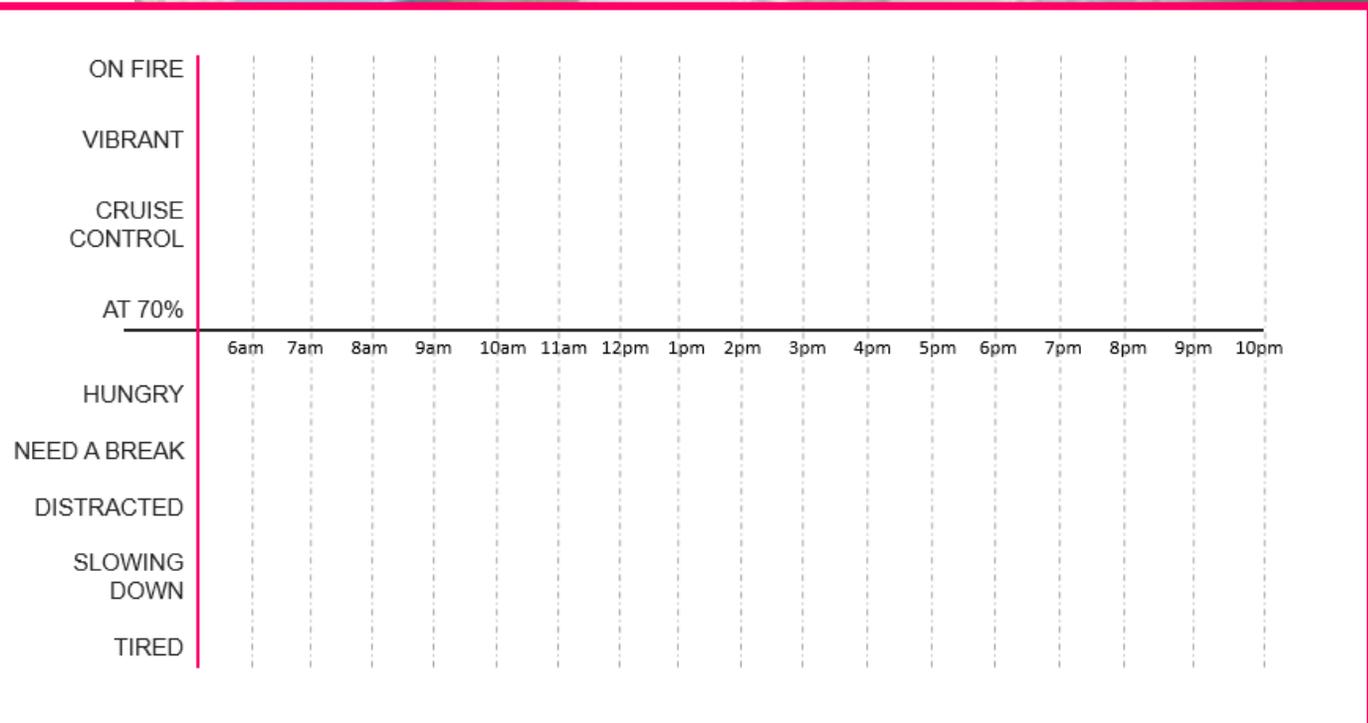


# Your ideal work schedule

Plot your day from waking up to going to sleep in hourly blocks and identify when you are naturally:

- ON FIRE
- VIBRANT
- CRUISE CONTROL
- AT 70%
- HUNGRY
- NEED A BREAK
- DISTRACTED
- SLOWING DOWN
- TIRED
- HUNGRY

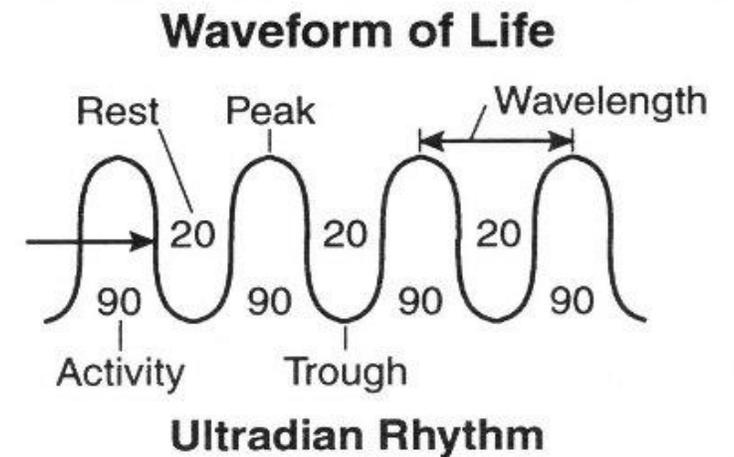
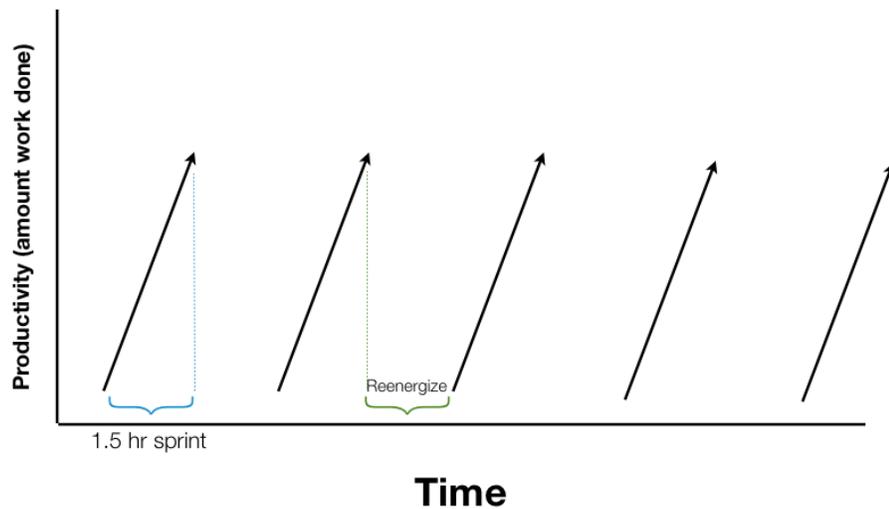
## Circadian rhythms



# During revision - work in 45 to 90 minute intervals

- Your brain uses up more glucose than any other bodily activity. Typically you will have spent most of it after 45-90 minutes
- So take a break: Get up, go for a walk, have a snack, do something completely different to recharge.

**PRODUCTIVE PEOPLE WORK SMARTER, NOT HARDER.**



# Physical Health

# DISCUSS: How does physical activity impact the brain?

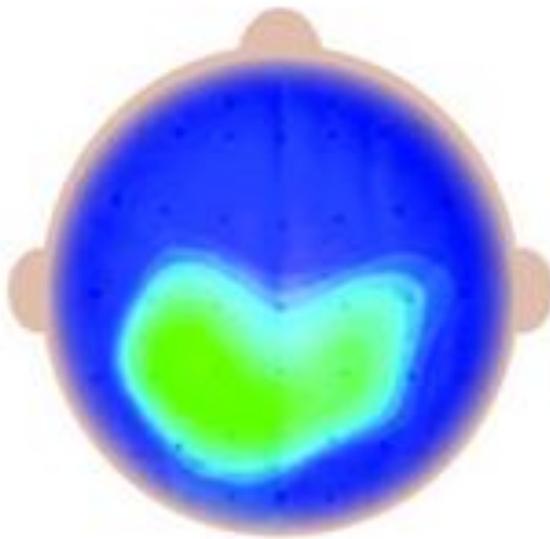
- Boosts your memory
- Improves your concentration
- Helps reduce stress
- Lengthens attention span

Physically active students have more active brains

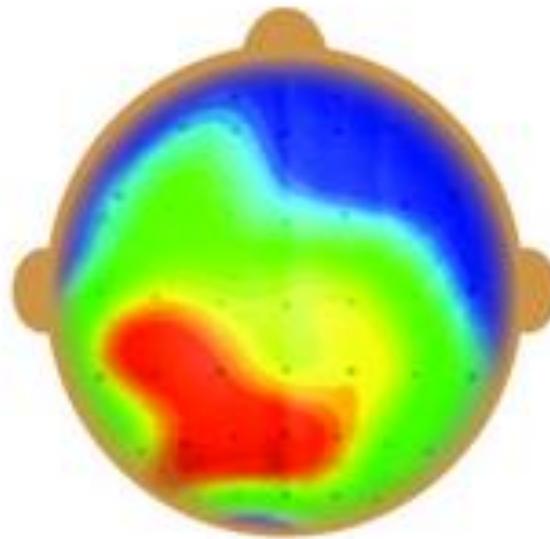
Your brain functions well after exercise so try carrying out some revision afterwards

# Physically active students have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of  
sitting quietly



after 20 minutes of  
walking



**Red** areas are very active; **Blue** areas are least active



# TASK: What exercise do you currently do on a weekly basis?

1. How could you build more physical activity into your daily routines?

2. Plan out a weekly schedule that will fit in around your commitments



# Examples of building physical activity into your daily lives

Exercise could be completed in small chunks  
e.g. 3 x 20 minutes sessions per day

- 10 min walk to school
- 10 min walk at lunch time
- 30 min after school sports club / gym / swim
- 10 min stretching / flexibility

60  
minutes  
per day

# Nutrition

# Nutrition & stress

A collage of healthy food items including a green apple, almonds, a measuring tape, a bowl of quinoa, grapefruit slices, a kiwi slice, a glass of water, and strawberries.

**Someone with a healthy balanced diet is less likely to be stressed**

# Power yourself to PERFORM...

## DISCUSS:

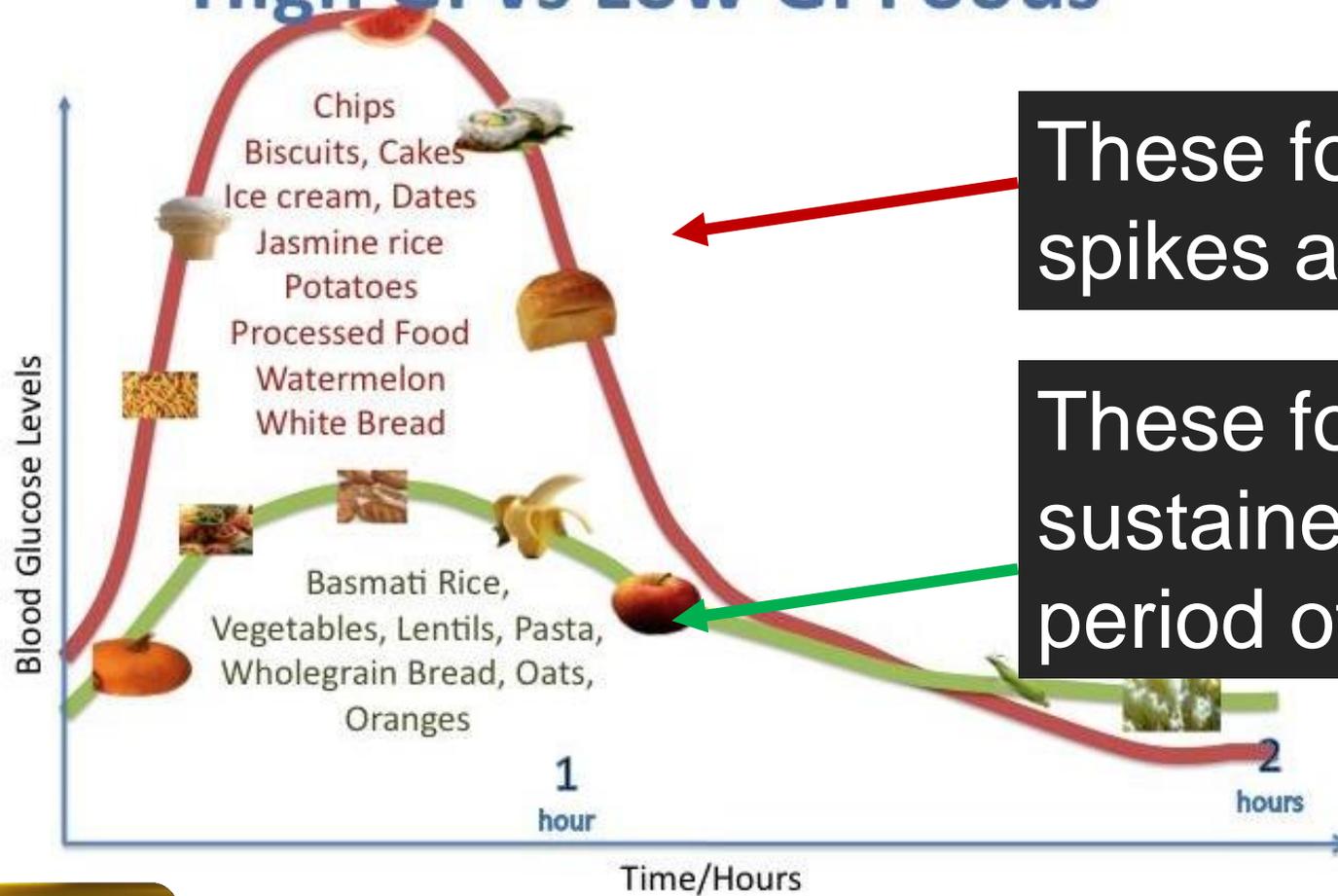
What do you eat on a daily / weekly basis at the moment?

What improvements could you make to your diet?

**Pre plan your meals & snacks during your exams so that you give your brains and bodies the best possible fuel for maximum efficiency and therefore greatest success.**

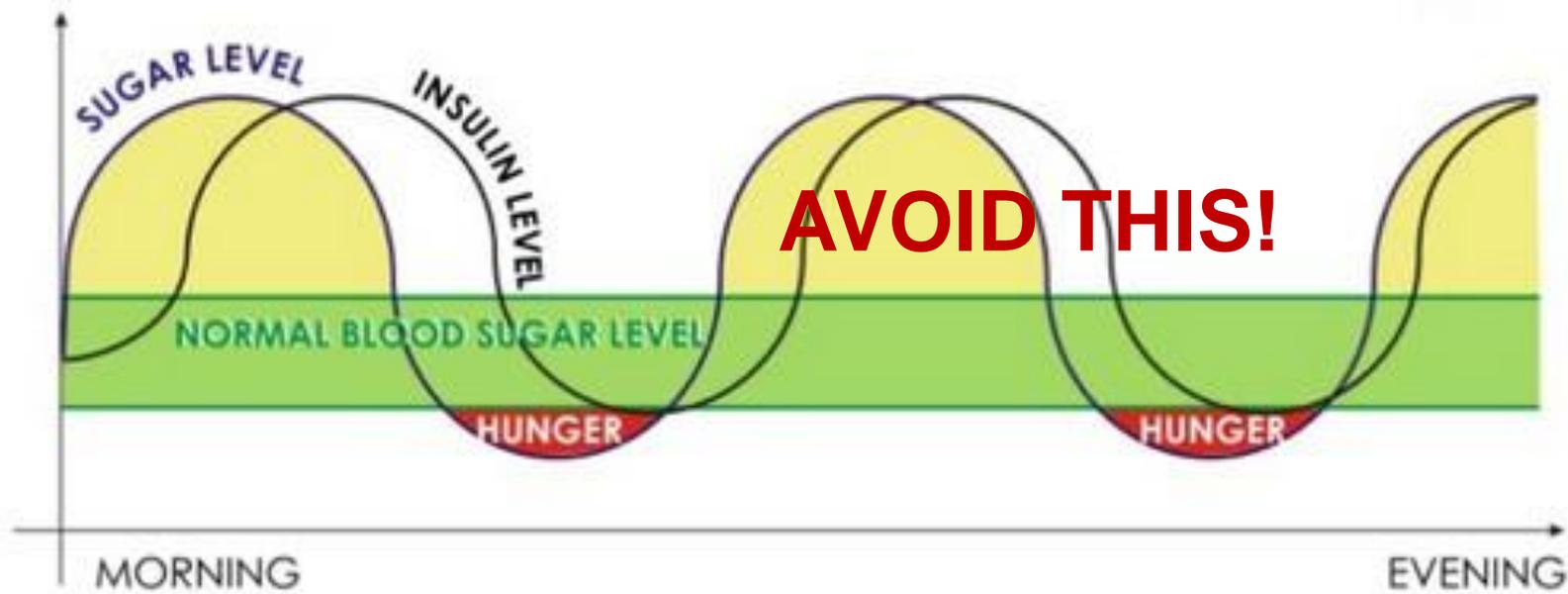
# How protein affect blood sugar levels

## High GI vs Low GI Foods

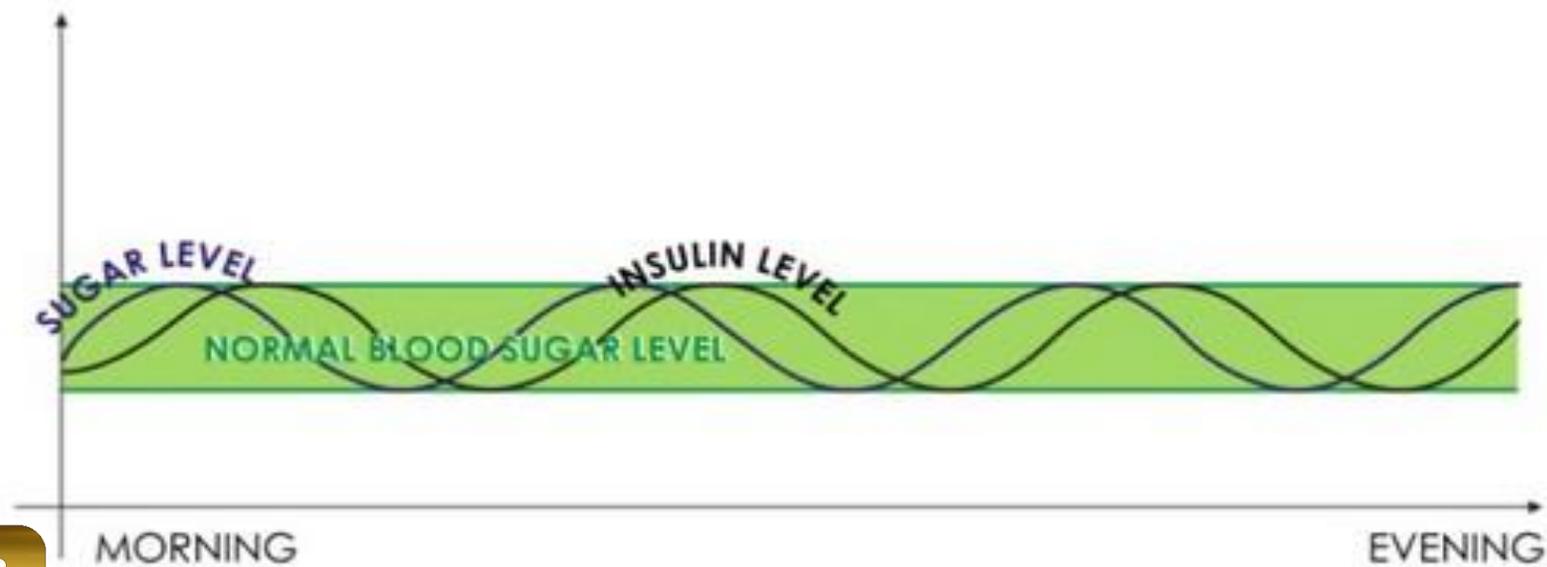


These foods will give you energy spikes and then you will crash

These foods will give you sustained energy over a longer period of time



Excess insulin triggers sugar craving



Your blood sugar and energy levels should be slow and steady not swinging wildly up and down

# Energy boosting Foods

## UP THE B'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

**Green vegetables**  
Asparagus / Spinach  
Broccoli  
Yoghurt

**Chicken / Turkey / Salmon**  
**Whole Grains / Brown rice**  
**Almonds / Pecans**  
**Eggs**

## MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

**Green vegetables**  
**Nuts**  
**Pulses**  
**Fish**  
**Bananas**

## A BALANCING ACT

Keep your sugar levels under control

### Carbohydrates

Breads  
Rice  
Couscous  
Cereals  
Bran  
Potatoes  
Pasta  
Oats  
Cream of Wheat  
Corn  
English Muffins  
Pancakes  
Whole Wheat/  
Whole Grains  
Vegetables  
Squash  
Pumpkin  
Berries  
Fruits  
Sugars

### Macro Cheat Sheet

### Proteins

Beans  
Sprouted  
Grains  
Quinoa  
Most Yogurts  
Skim Milk  
Peas

Chicken  
Turkey  
Egg Whites  
Fish  
Buffalo  
Bison  
Whey Protein  
Turkey Bacon  
Lean Beef  
Low/Non-fat  
cottage  
cheese  
Low/Non-fat  
greek yogurt

Eggs  
Salmon  
Bacon  
Chia Seeds  
Cottage  
Cheese  
Whole Fat  
Milk  
Duck  
Whole-Fat  
Yogurt

### Fats

Acocado  
Nut Butters  
Egg Yolks  
Nuts  
Oils  
Olives  
Flaxseed

DEHYDRATION CAUSES HEADACHES,  
TIREDNESS AND CAN HINDER YOUR MENTAL  
PERFORMANCE AT SCHOOL

# Power yourself to PERFORM...

**P**reparation  
**E**nergy levels  
**R**e-hydrate  
**F**ocus fuels  
**O**mega 3's  
**R**e-think brain  
blockers  
**M**acro-nutrients

**TASK:** Read through the 'PERFORM' acronym and plan our your own weekly nutrition plan.



# Power to Perform Recipes

Use the following recipes & videos to help you plan out your meals for the week.

**Add in Mark Lloyd videos**



# Eating a nutritious breakfast can help you perform better in exams and during the day



“ Eating the right food and drink can energise your system, improve your alertness and sustain you through the long exam hours ”

# Smoothies are easy to make and can really help if you can't stomach breakfast or are short of time in the morning

This delicious blueberry banana blast is just the thing for breakfast! Packed with energizing banana, satiating oats and some peanut butter for your protein.

1 x small banana  
1 large tbsp. peanut butter  
1/2 cup of blueberries  
1 tbsp. oats  
1/2 cup 0% fat plain yoghurt  
1/2 cup water / ice / almond milk



# TASK: Build your own smoothie

## PICK A LIQUID

- Water / Ice
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea
- Coconut water

## PICK A FRUIT

- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Frozen mixed fruit
- Lemon juice

## PICK A VEGGIE

- Dark leafy greens: Spinach / Swiss chard / kale
- Pumpkin / sweet potato
- Beets / beet greens
- Cucumber / celery
- Frozen veg mix
- Celery
- Beetroot

## PICK A PROTEIN / CARB

- 0% fat Greek yoghurt
- Oats
- Granola
- Quinoa

## PICK A HEALTHY FAT

- Avocado
- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut and nut butters

## PICK A TOPPER

- Coconut
- Dark chocolate swirls
- Cinnamon
- Fresh fruit
- Sunflower seeds

One of the best ways to maximise your focus is to stay hydrated

“ Even mild dehydration can lead to tiredness, headaches, reduced alertness and diminished concentration ”



# Rest & Recovery

Thinking about your daily and weekly routines, would you say you get enough rest, relaxation or down time?



Why is it so important to rest and recharge ourselves?

# The Power of Rest

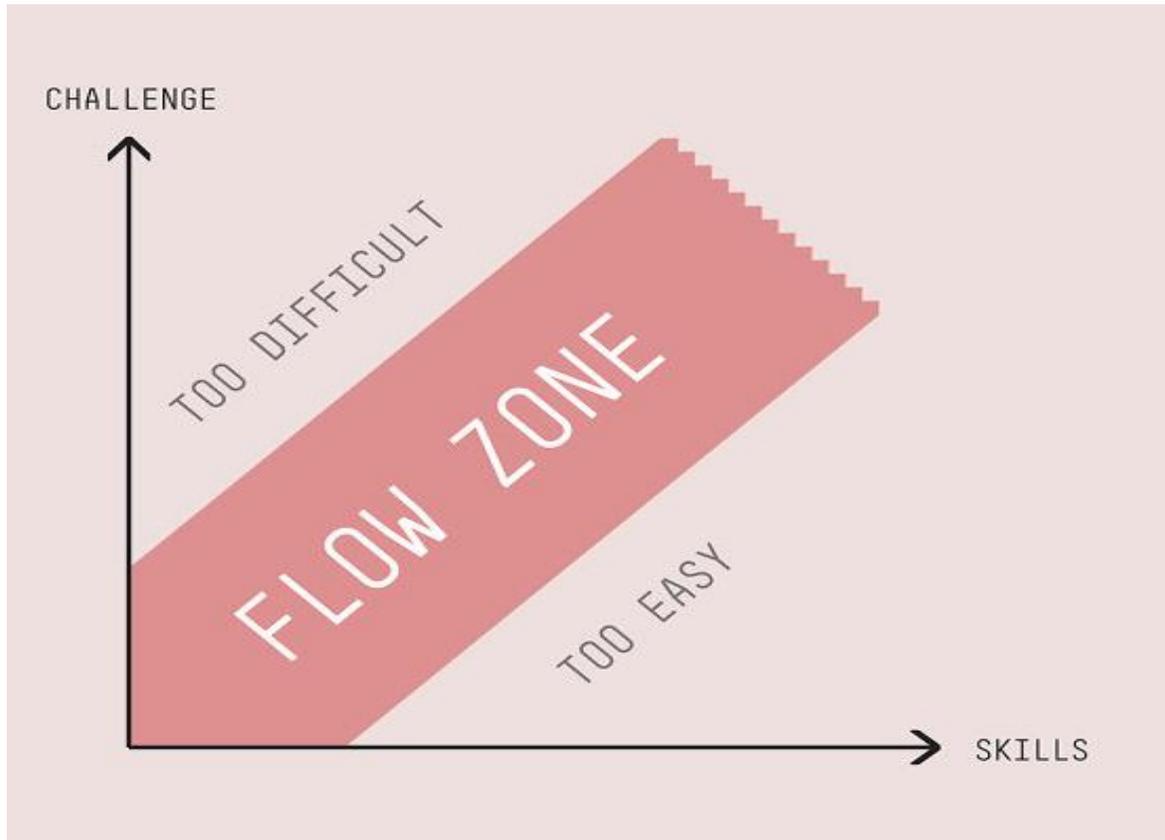
- Regeneration of our bodies
- Required for life
- Helps us survive
- Renew and restore cells
- Keeps us functioning well
- Rebuild & revive ourselves
- Productivity & concentration
- Efficiency at school or work
- For growth & development
- To replenish our muscles, bones, tissues & cells



Resting is awesome!



# Get yourself in the 'Flow'



These are moments in which your mind becomes so entirely absorbed in the activity that you “forget yourself”

# TASK: Get yourself in the 'Flow'

What kinds of things could you do every week to relax you and help your rest?

- ✓ Drawing
- ✓ Writing
- ✓ Reading
- ✓ Meditation
- ✓ Yoga
- ✓ Learning a new skill
- ✓ Mindfulness

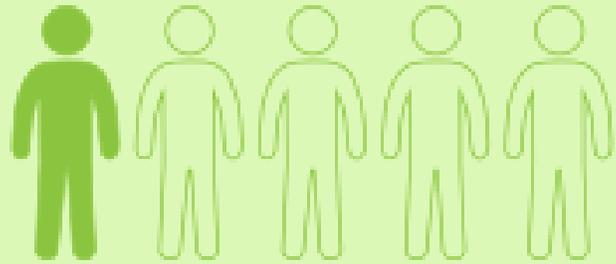
- ✓ Sport
- ✓ Playing an instrument
- ✓ Jigsaw puzzles
- ✓ Dancing
- ✓ Running
- ✓ Painting

**TASK:** Map out your week with the time you can spend on each of the different categories.

	School / Work	Family / Friends	Physical Activity	Rest / Relaxation
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

# Sleep

# Lack of sleep



Nearly 1 in 5 teens (18%) say that when they do not get enough sleep, they are *more stressed*.



More than one-third of teens report fatigue or feeling tired *due to stress*.



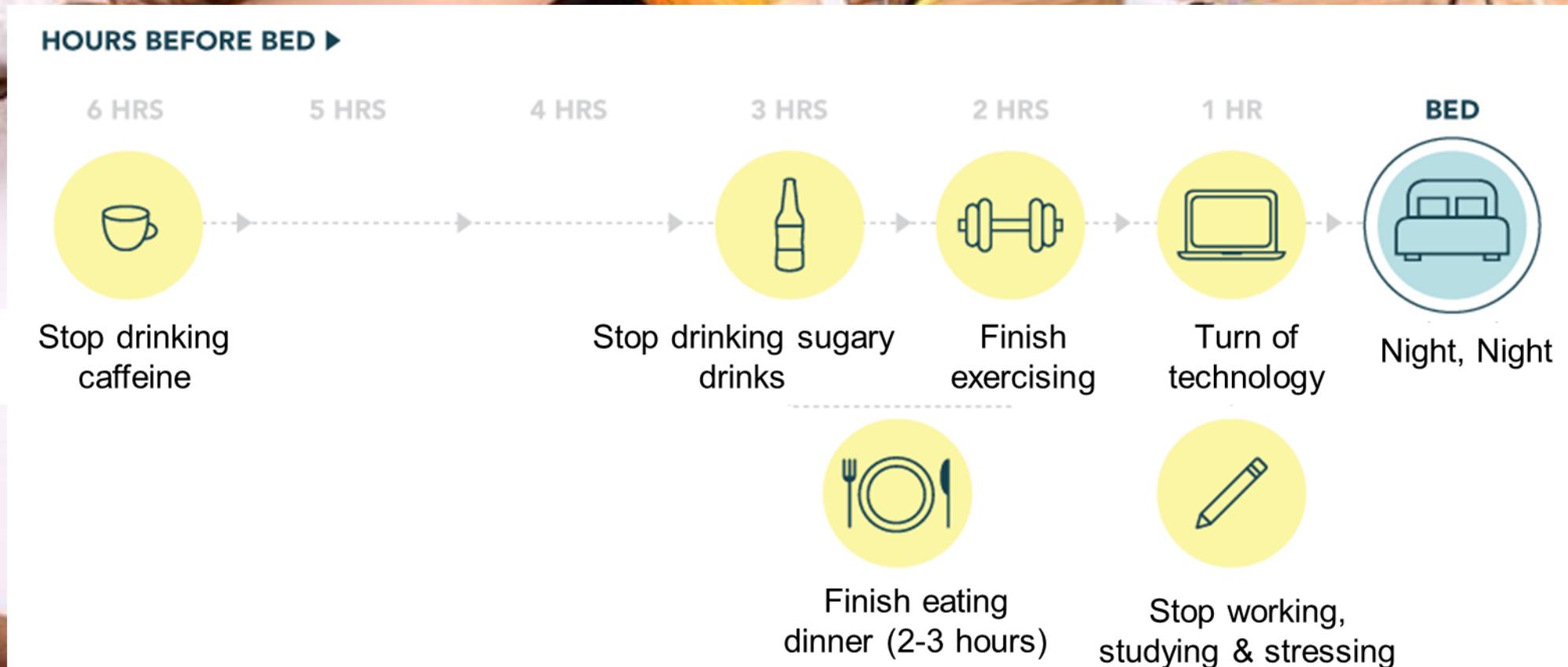
You need 8½ to 9 hours sleep per night

# DISCUSS: What happens if you don't get enough sleep?

- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Reduced work efficiency
- Shortened attention span
- Increased risk for weight gain, depression, diabetes and cardiovascular disease
- Reduced alertness
- Poorer judgement
- Reduced awareness of the environment and situation
- Slower than normal reaction time



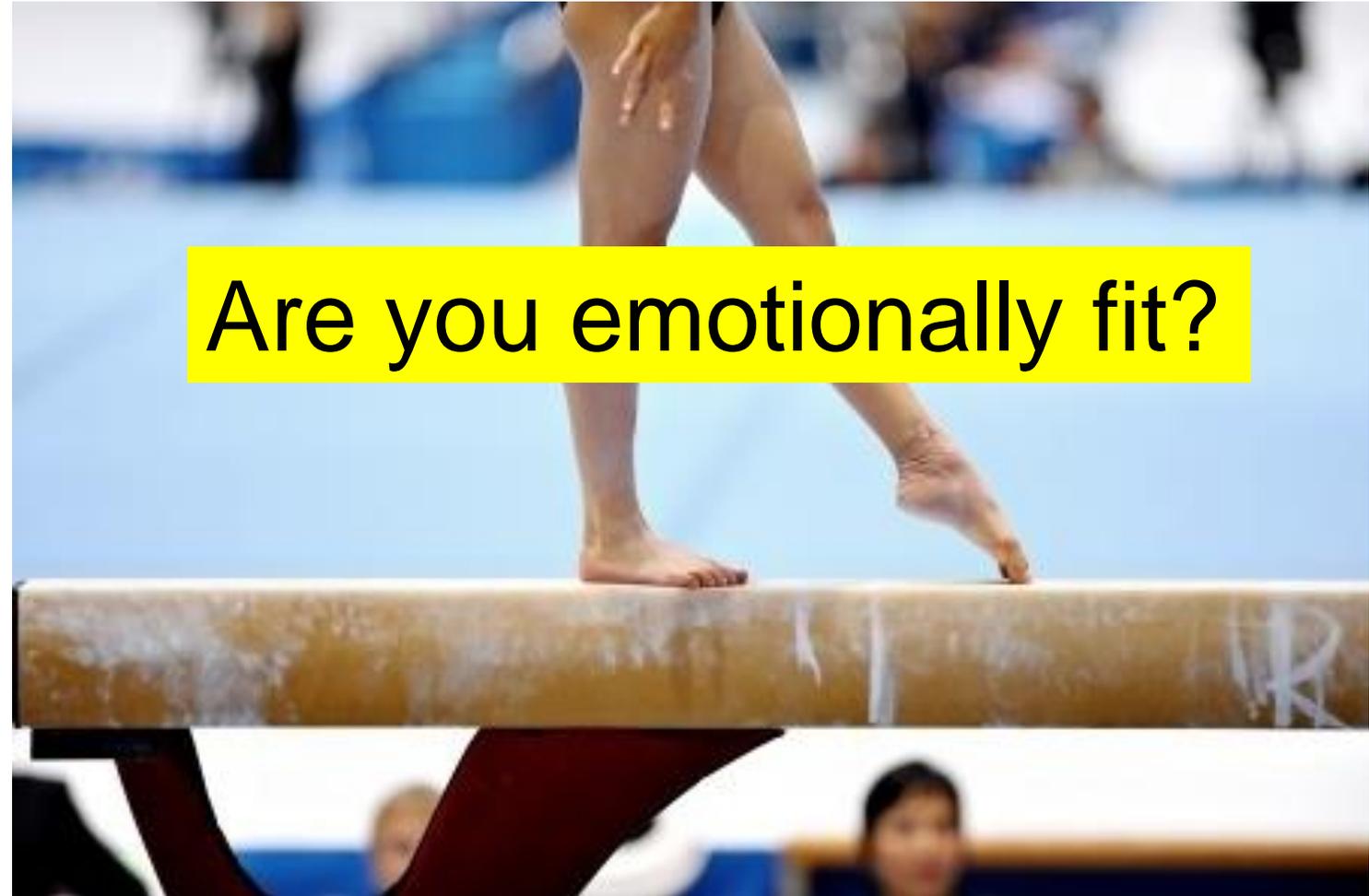
# TASK: Plan your own evening routine to get a better night sleep...



# Mental Energy

# What trumps everything is the power of your mind

It's the *inner game* that determines your *outer game*. It's your mental and emotional fitness that truly determines your outer health and fitness.



Are you emotionally fit?

# DISCUSS: What is mental energy?



- **Mood** - thinking good – feeling good – performing good
- **Motivation and willpower** – initiative & procrastination
- **Focus** – effectiveness and duration
- **Confidence** – perception - performance

# Emotional Fitness Zones

## PRODUCTIVE ZONE

**RESULTS** - High concentration, effective, energetic, proactive

## PERFORMANCE ZONE

**ACHIEVEMENTS** – Focused, in the flow, positive stress, fulfilment, completion

## BURNOUT ZONE

**TOXIC** – Out of control, panic, disconnected, worried, anxious, angry, fearful, reactive

## RECOVERY ZONE

**ENERGISING** – Meditative, relaxed, regenerative, comfortable, peaceful, reflective

# TASK: Personal fitness zones

Which zone do you operate in the most?

Which zones do you need to focus on?

## PRODUCTIVE ZONE

**RESULTS** -High concentration, effective, energetic, proactive

## PERFORMANCE ZONE

**ACHIEVEMENTS** – Focused, in the flow, positive stress, fulfilment, completion

## BURNOUT ZONE

**TOXIC** – Out of control, panic, disconnected, worried, anxious, angry, fearful, reactive

## RECOVERY ZONE

**ENERGISING** – Meditative, relaxed, regenerative, comfortable, peaceful, reflective

**TASK:** How are you going to improve your mental energy?

Mastering YOURSELF  
is true POWER.  
Lao Tzu

# Stress Management

# DISCUSS: How do exams make you feel?

Anxious

Tension

Worried

Moody

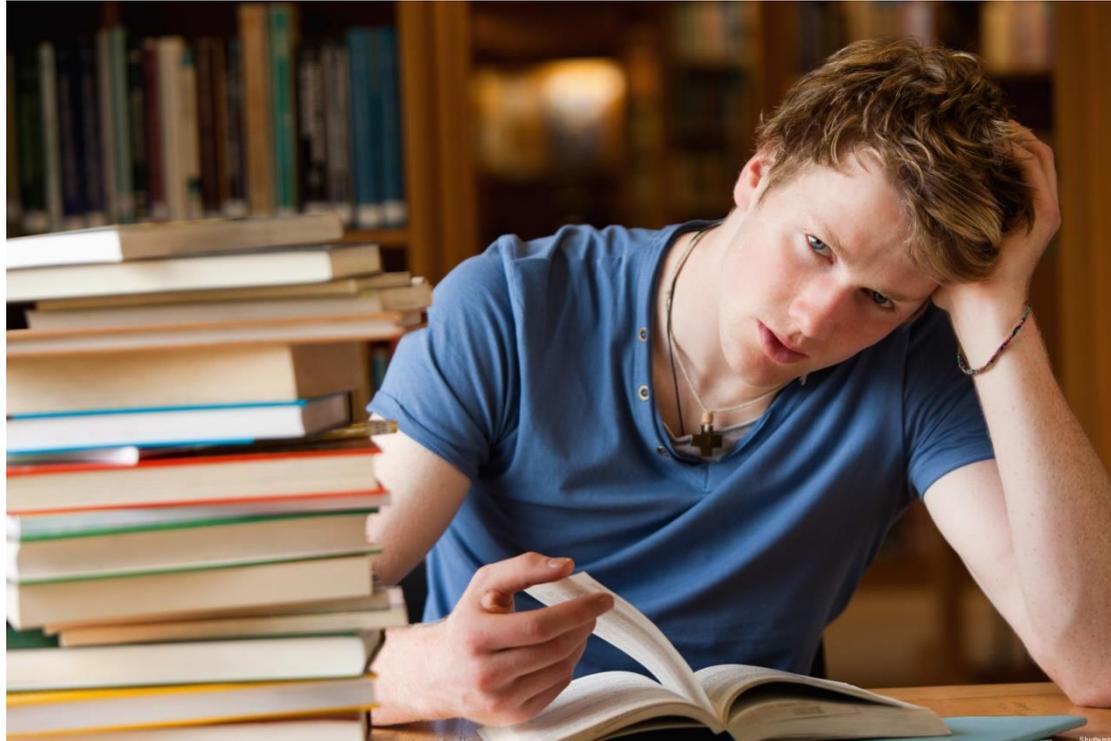
Irritable

Panic Attacks

Fearful

Tiredness

Pressured

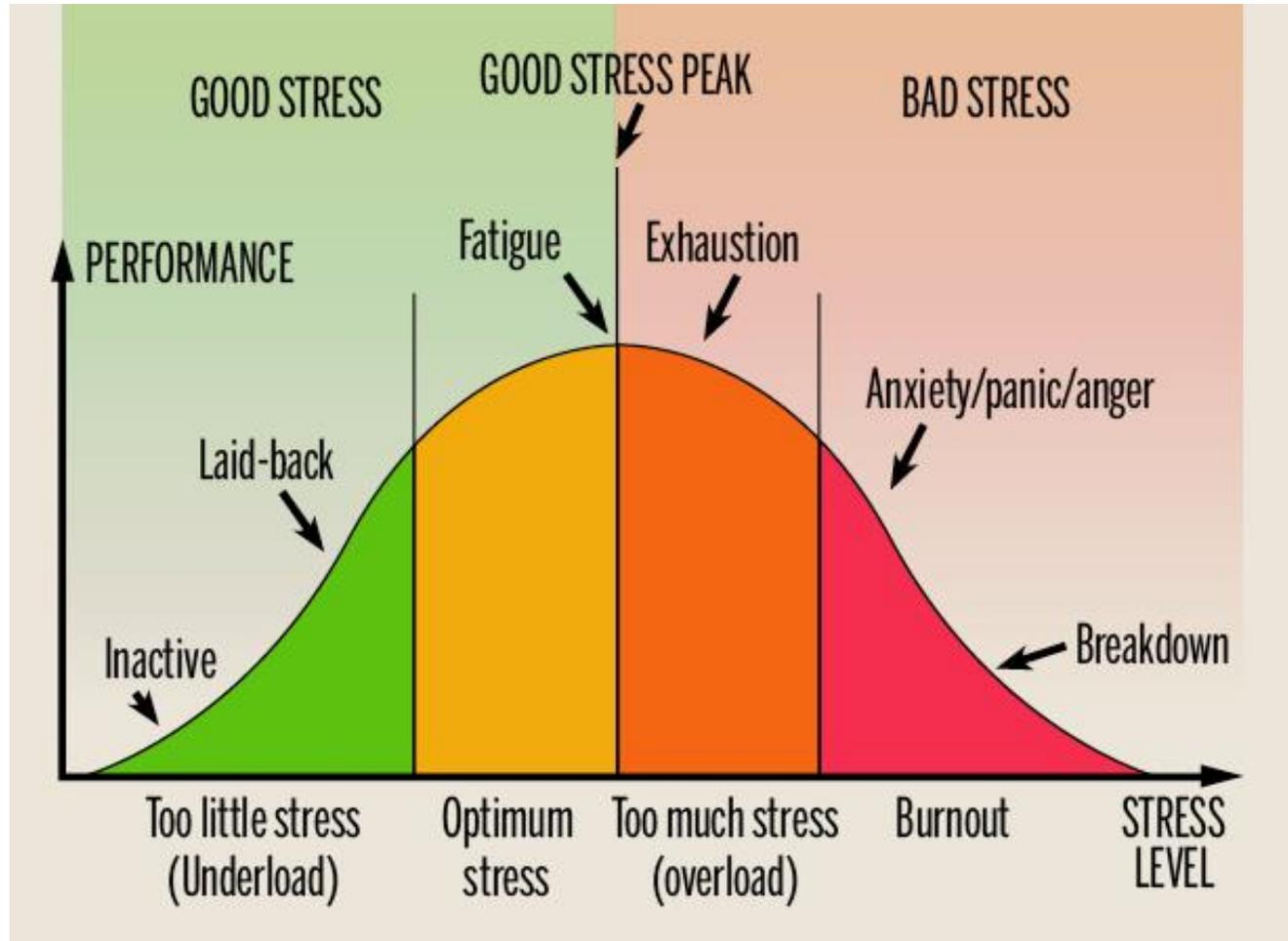


Scared

Lack of sleep

Headache

# Is stress Harmful or Helpful?



Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances

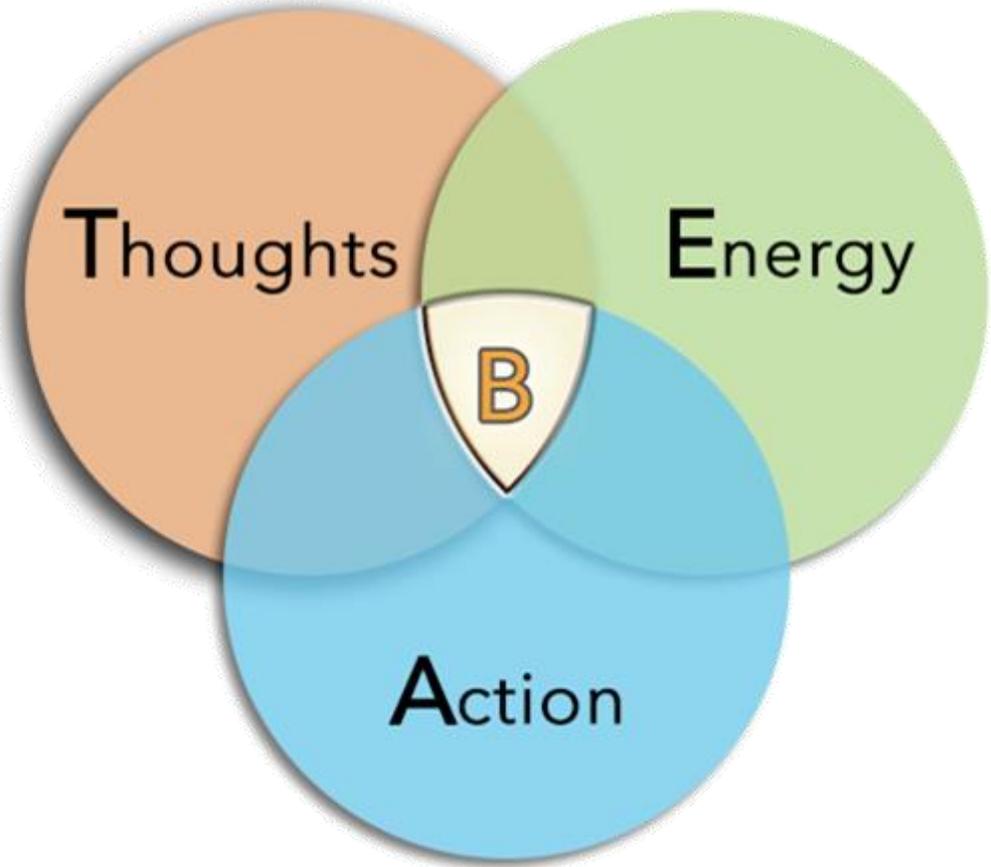
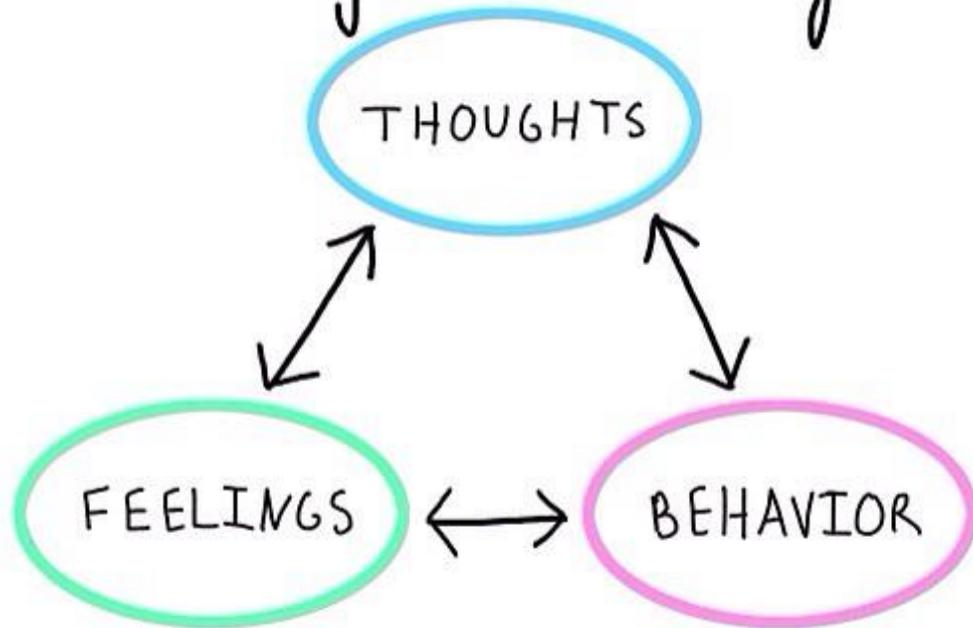
# DISCUSS: How do you manage your stress at the moment?



What things could you do to help you manage your stress?

# Thoughts, behaviour & emotions

The Cognitive Triangle



**B** = **B**est You Can Be

# TASK: Your stress busting plan

Look at the different techniques and strategies in your workbook and plan out your own stress busting plan to help you cope better.

1. **Planning and priorities** – write down a list of things you need to do to be fully prepared for the exam period – number them in order of priority
2. **Tackling the problems** – you can only control the controllables. Write down everything you can control & focus on to help you with the exam period and try to let go of the things you can't control.
3. **Self-statements** – write down all the statements you could use to help you when you are thinking negatively prior or during an exam.
4. **Dealing with your emotions** – identify any stressful situations you may face and write down a couple of strategies which you can do to help you deal with that situation better.

# Re-focus on Performance

# TASK: Is your plan right?

## Review – Are you ready to Perform?

What else might you need in your process goals?

All your plans for improvement are part of your process goals – do these all help you to Perform?

Which goals will have the biggest impact on you being ready to perform?

Where is it most important for you to spend your time and energy?



# Refocus on Performance

## Be calm, confident & focused

- Develop a winning mindset and perform at your best whilst under pressure.
- To achieve peak performance and succeed, mental preparation is necessary.

# Belief - Task

## Create your own Belief List

“Believe you can  
and you’re halfway  
there.”  
Theodore Roosevelt

Your Belief list includes  
things you have **achieved**,  
things you are **proud** of,  
things that make you **feel good**.



Nothing is wrong and you can make it as long as you want!

**BELIEVE IN YOURSELF – YOU ARE GREAT**

# SUMMARY

**GROWTH MINDSET – BE PREPARED TO LEARN NEW THINGS AND LOVE THE CHALLENGE**

**YOUR OUTCOME GOAL IS THERE TO MOTIVATE YOU, TRY TO FOCUS ON THE PROCESS WHEN YOU ARE PERFORMING**

**USE PERFORMANCE GOALS TO CHECK YOU ARE ON TARGET TO ACHIEVE YOUR OUTCOME GOAL**

**FOCUS ON YOUR PROCESS GOALS DURING REVISION AND EXAMS**

