



Bridging Work

Top Tips for getting started



Here are some useful suggestions for you to read before you embark on the bridging work we recently sent you.

Please, remember that finding a good balance between working and revising is really important. You must take some time off school work to relax, to be active, and to follow your broader interests, especially during the summer months.

Getting started	Suggestion
Organise your work	<ol style="list-style-type: none"> 1. Make a file for each subject you have chosen for A-level. 2. Search up the specification, look at the list of topics and exams for your subjects. Print an overview of the content and put it into your file. 3. Read the bridging work for your chosen subjects highlighting key tasks, and any reading, research or podcasts you should complete. 4. Chunk the work. Break each task up into bite-size chunks so it's not overwhelming and so you see yourself progress through the work. 5. Research things you don't understand, and also discuss things with friends doing the same subjects. Support each other. 6. Take detailed notes and record all your work with clear headings.
Organise your time	<ol style="list-style-type: none"> 7. Make a timetable for the next 6-8 weeks to complete the work recommended in each subject. This should be a flexible schedule as you may not know how long things take. 8. Set manageable goals for the sessions in your timetable. Reward yourself with a change of activity when you achieved the goal you set.
Organise your space	<ol style="list-style-type: none"> 9. Sort out your workspace to be organized, well-lit and welcoming. 10. Mix up where you work from time to time to keep your concentration.
Social	<ol style="list-style-type: none"> 11. Pace your work out to allow yourself downtime, time to do things each day that are not work related. 12. Keep in touch with friends, read, listen to music, chat to your family, watch family films, start a new hobby etc.
Health	<ol style="list-style-type: none"> 13. Take regular breaks from the work and from the screen too. 14. Do some form of exercise each day, even if just a 10 minute walk/jog. 15. Be aware of your diet: aim to eat healthily and sleep lots.

**For specific support or suggestions, please contact Mrs Majorossy-Young on hmajorossy@reading-school.co.uk
You are not alone, we are here to help and support.**