

BECOME THE FUTURE YOU

A Level English Language

EAST SUSSEX COLLEGE STUDY PACK.



HELLO, NICE TO MEET YOU. LET'S GET STARTED!

I really hope that you enjoy the tasks I have set you and I look forward to welcoming you in September.

There are many things you can do to help you get ready for studying A Level English Language at East Sussex College Hastings. Use the links provided on this page to find out more about the exam board specification that you will study, revise some of the core subject terminology you need to know and learn about lots of interesting things about language and how it is used. It's also a good idea to start developing your understanding of how we use language in a variety of situations from everyday interactions with friends and family to how the media, brands and politicians use it to communicate their ideas and influence the public. So if you don't regularly read newspapers, magazines (whether online or offline) and watch the TV news, now is the time to start doing so.

Your **main contact** for this course is:

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HOW DO I CONNECT TO MY GOOGLE CLASSROOM?

If you have already applied to East Sussex College, you will be sent a Google classroom link to your registered email by the 7th June (if for any reason you do not receive this please contact us [here](#)).

For any students who have not yet applied but would still like to participate in our Y11 activities please register [here](#).

NOT SURE HOW TO USE GOOGLE CLASSROOM? [CLICK HERE](#)

STUDY TIPS.....

SET AN ALARM

If you're learning at home, try to plan your day and include regular intervals for when you will take a break. Set an alarm or timer on your phone to let you know when it's time to take a break. We find this makes us even more productive during the time we're working!

GET A DRINK OR SNACK

Going to get a cup of tea or a snack will give you a chance to take time away from work, pause, and give you something else to focus on for a short time.

LISTEN TO MUSIC OR A PODCAST

It can help pause and reset your thoughts and help you feel calm.

TAKE DEEP BREATHS

Every so often, just take a few minutes to close your eyes and take deep breaths in and out. Think of your favourite place. What can you see? What can you smell? What can you feel? Connect with yourself.

BE MINDFUL

Be more aware of the present moment, your body and the world around you. This can help how you approach your work and see things from a different point of view.

BECAUSE YOU CAN DO ANYTHING! BUT YOU CAN'T DO EVERYTHING.

These days, we're relying on our laptops and other digital devices more than ever - and it's taking a toll on our eyes! Working towards our dreams shouldn't affect our health, so try following these simple steps to reduce strain and improve concentration.

THE 20-20 RULE

Every 20 minutes, look at something that's at least 20 feet away (which is around 6 meters), for at least 20 seconds. This will give your eyes some time to readjust.

THINK BLINK!

Blinking is really important. Your eyelids are a bit like windscreen wipers. They help to keep your eyes clean and moist, which sharpens your vision. The problem is - when we look at screens, we blink less! So every now and then, take a break and close your eyes without any digital distractions.

SORT OUT YOUR SCREEN!

Your screen should be about an arms length away from your face and slightly below eye level. This can be difficult with laptops, so try to use an external keyboard if you can. Having your study space set up properly will improve any back, neck and eye strain problems!

GO BIGGER, NOT BRIGHTER.

Adjust the font size on your smart-phone or tablet to make reading and concentrating easier. You should also try to adjust the brightness of your screen to compliment the surrounding light that you're currently working in.

GET OUTDOORS

Taking regular short breaks from your screen is really important. This will not only relieve pressure on your eyes, but just being outdoors will do wonders for your all round mental and physical well-being.

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