

# **ALEX Year 9 Harpenden**

## **Reference for Adrian Finnegan**

### **ACE Recall Study Performance Coaching**

I was coached by Adrian between March and June 2019. I liked 1 to 1 coaching because it meant that all the focus was on my learning. During coaching the most helpful things to me have been revision methods and time management. The RURAL revision technique has really helped me study and has allowed me to revise more effectively. I can also manage my time better and do more homework. To organise myself I have designed and written my own timetable which has helped me revise more. Before I would leave most homework to the last minute. Now I make sure I do my homework with plenty of time to spare. I have done 3 different reading styles to help me read more effectively and understand what I am learning. I have seen how important it is to stop my memory decaying to help me revise better for my exams. I adopted the RURAL technique to help me memorise and recall what I am learning. I have gone through some different exam tips that are used by top students to perform at my best. Being coached 1 to 1 has benefitted me by allowing me to study, learn, remember, revise and perform in exams. It has taught me methods of revision and benefitted me by showing me how to manage my time better so that I can get the best out of my learning. Since my coaching began, I am especially better and faster at revising because the techniques allow me to efficiently and thoroughly revise.

***Alex, 13, Harpenden***

***16 June 2019***