

Year 11

GCSE EXAMS

Preparing yourself and your child



WHERE ARE WE NOW?

- We have *time*.
- Mock exams are coming up – what are these for?
- Projected grades – what do these mean?
- Revision sessions

WHAT CAN YOU DO TO HELP?

- Where they work
- Who they work with
- What they do: what should you be looking for?
- Plan together.
- What you negotiate on – device, breaks, rewards, part-time work.
- What it means for your relationship – it can be tough.
- What are their weaknesses?
- Reinforce key messages: don't leave it too late! Don't sacrifice some subjects for others. Be aware of content demands – there is a lot to learn.

- Turn off all electronic devices that may distract you. If you like to listen to music on your phone while you revise, connect your phone to a wireless speaker and put your phone in a different room so you won't be tempted to check social media.
- When you start a revision session, begin with a subject you're strong at, as this will boost your confidence before moving onto subjects you find harder.
- When you've finished the revision tasks you've set yourself, make sure you put some time aside to do something you enjoy. For me, this was playing my Xbox.
- Go to the revision sessions at school. The teachers are experts in what you need to revise and they give you lots of revision techniques you might not necessarily use at home.
- Talk to friends about how they revise. They may have some good techniques you haven't thought of.
- Though the revision seems never-ending, it's only a small part of your life. Sacrificing a bit of your social life now isn't that bad in the long run. Plus you get a really long summer once you've finished your exams!
- Though it's tough, don't wish time away. Before you know it your time at Cambourne will be over and whether you think it now or not, you will miss it!

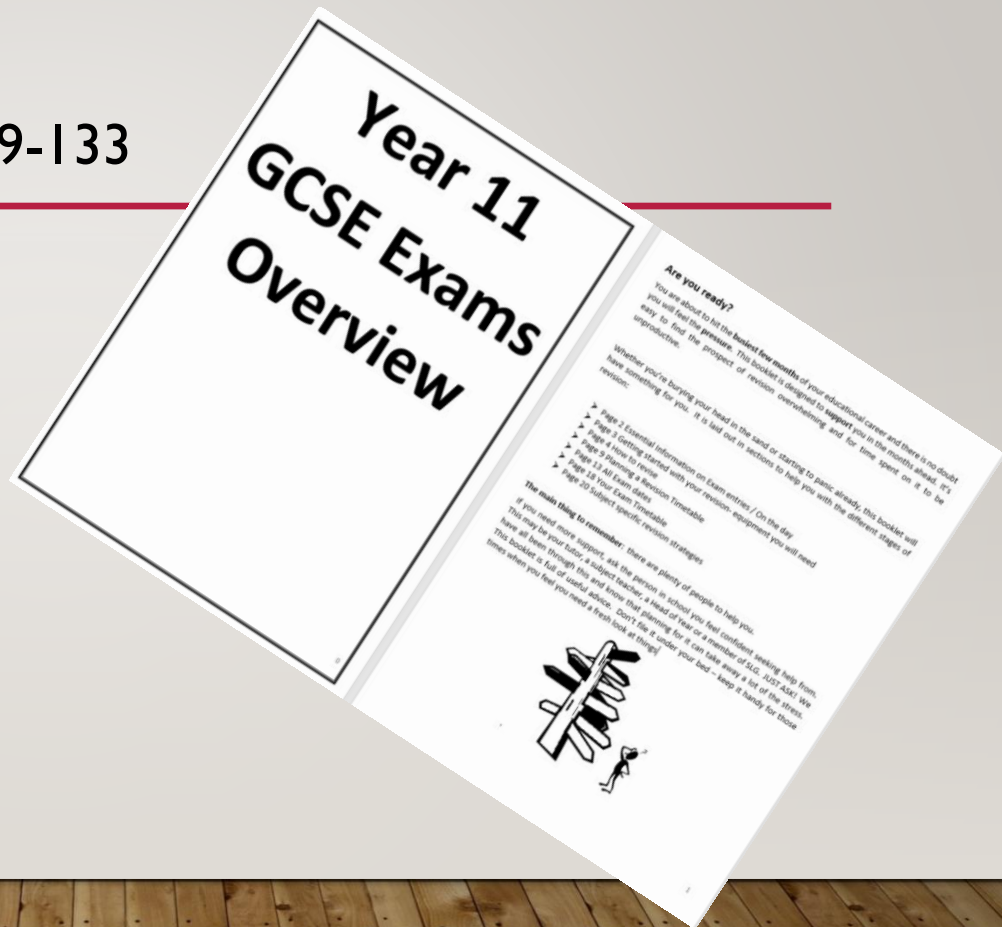
In my GCSE revision I felt that making posters was more beneficial than revision as more information was visible. I then condensed the information on the posters further so that I could read the posters and be reminded of more detailed information, with these being placed in areas where they were easily accessible. In hindsight I should have focused more on exams further ahead as what many people did was plan for the first week of exams a month in advance and then having to do the next exams with only a few days of revision. I also felt that after completing the first few exams they became more comfortable, meaning they didn't feel much different from mock assessments.

Essentially she is a very visual learner and so we talked about mind-mapping key elements of her learning, for example osmosis. By the time of her exams her bedroom wall was covered in mind-maps all categorised into the subject - Maths etc. For her this was a great way to continually observe and absorb the information.

As a parent I made sure as did her Dad that at no point did we apply any additional pressure, our role was simply to support when needed.

YEAR 11 GCSE EXAMS CHECK THE PLANNER – PAGES 59-133

- Essential information on exam entries / On the day
- Getting started with your revision: equipment you will need
- How to revise
- Planning a revision timetable
- ~~All exam dates~~
- Your exam timetable
- Subject specific revision strategies



ESSENTIAL INFORMATION FOR EXAMS

Exam Start times:

- Morning exams start at **9.00am** – you will need to be in school and in the social area at 8.35 to register
- Afternoon exams start at **1.30pm** – you will need to be in school and in the social area at 1pm to register

Uniform:

Pupils must attend in full college uniform. (This includes school shoes and ID badges!)

Not allowed in the exam hall:

Mobile Phones

- MP3 players/ ipods/ iwatches

Allowed in the exam hall:

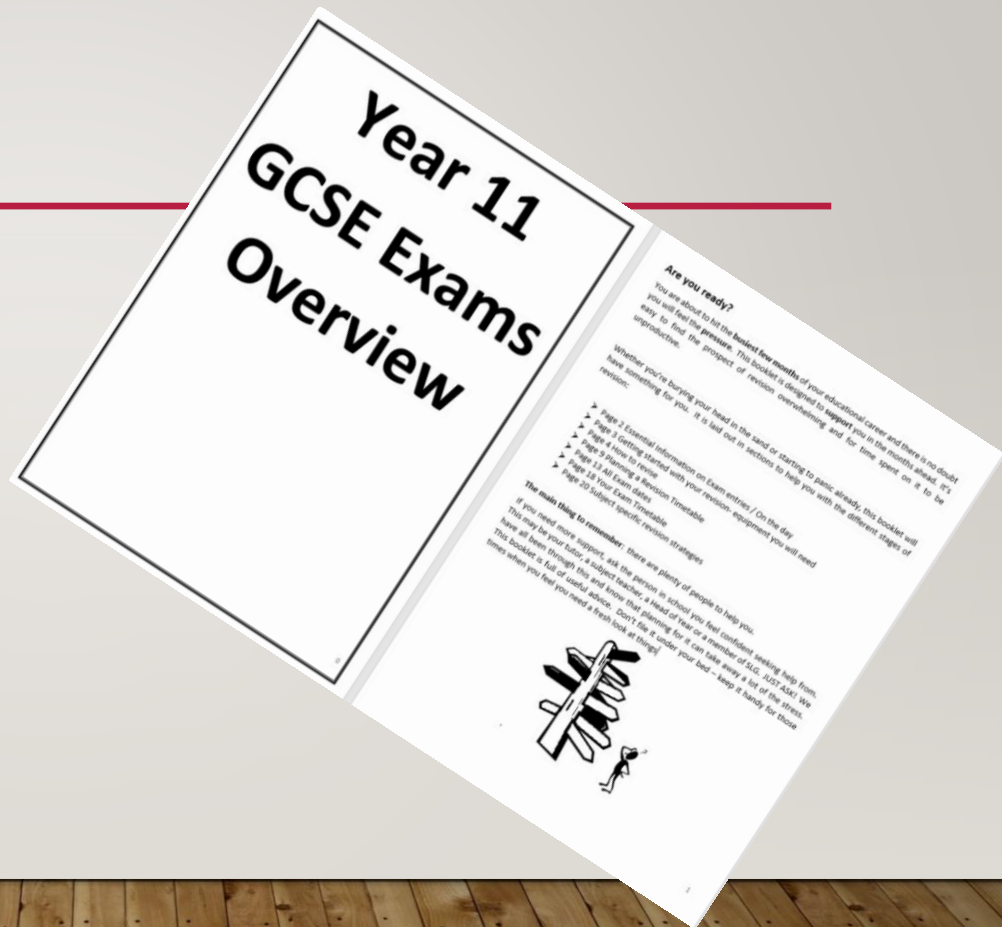
- Bottle of water (with the label removed)
- Clear pencil case
- Pre-release materials and equipment specified by the exam boards
- Only **BLACK** pen to write in – no blue or gel pens
- No calculator lids/ cases

Illness:

If your child is too ill to attend an exam, you need to contact the school immediately and obtain a certificate from the doctor as soon as possible.

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GETTING STARTED WITH YOUR REVISION- EQUIPMENT YOU WILL NEED

- Revision timetable
- An up to date set of class notes.
- Any revision materials given out by departments.
- Know exactly what is in each exam.
- Any study guides which have been bought. (HEALTH WARNING)

EQUIPMENT :

- Highlighters
- Coloured pens
- Post-It notes for formulas / key words
- Index cards for flash cards
- Different coloured paper for different subjects. You will need lots of this.
- Phone / MP3 player for recording

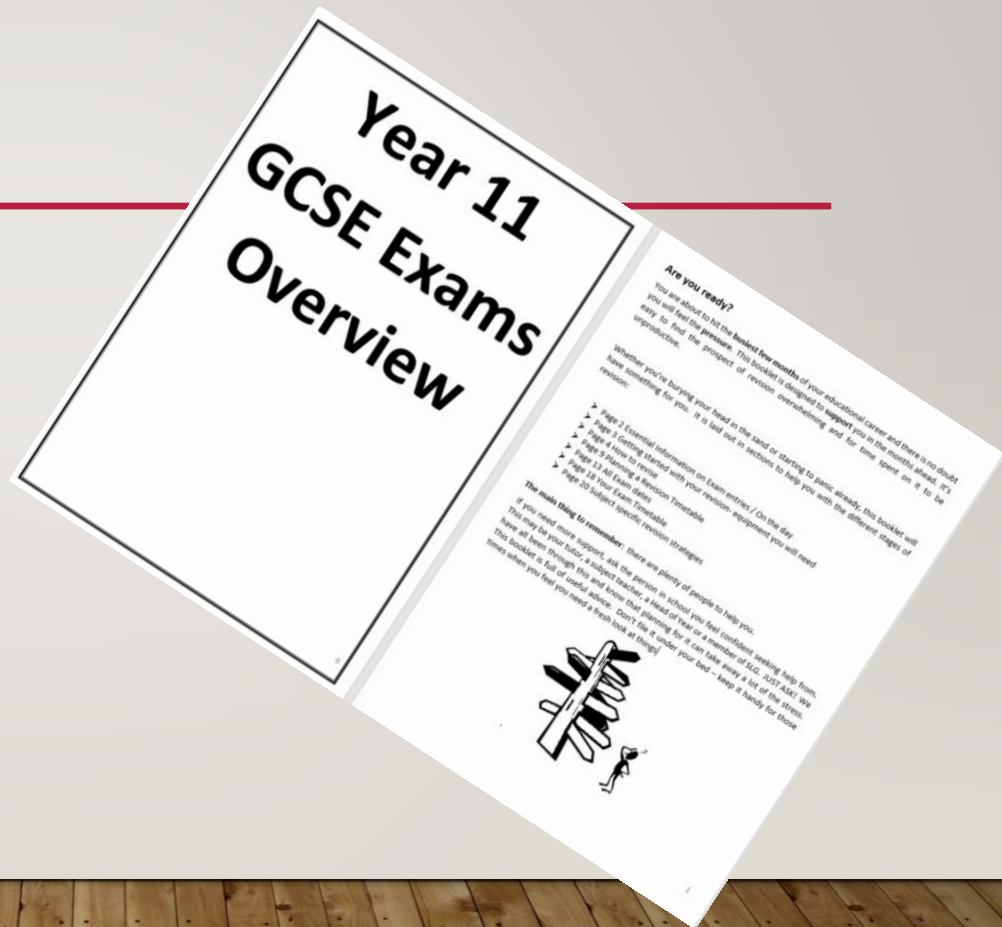
GETTING STARTED WITH YOUR REVISION-EQUIPMENT YOU WILL NEED

WHERE TO REVISE:

- Not in front of the TV.
- Somewhere they feel comfortable and can concentrate.
- Use the school library.
- It's worth trying to sort the bedroom out. Get rid of clutter, so there is some proper space to work.
- Lay out all the materials for each subject to save time.
- Come to a compromise on music and devices.

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HOW TO REVISE

Effective revision needs:

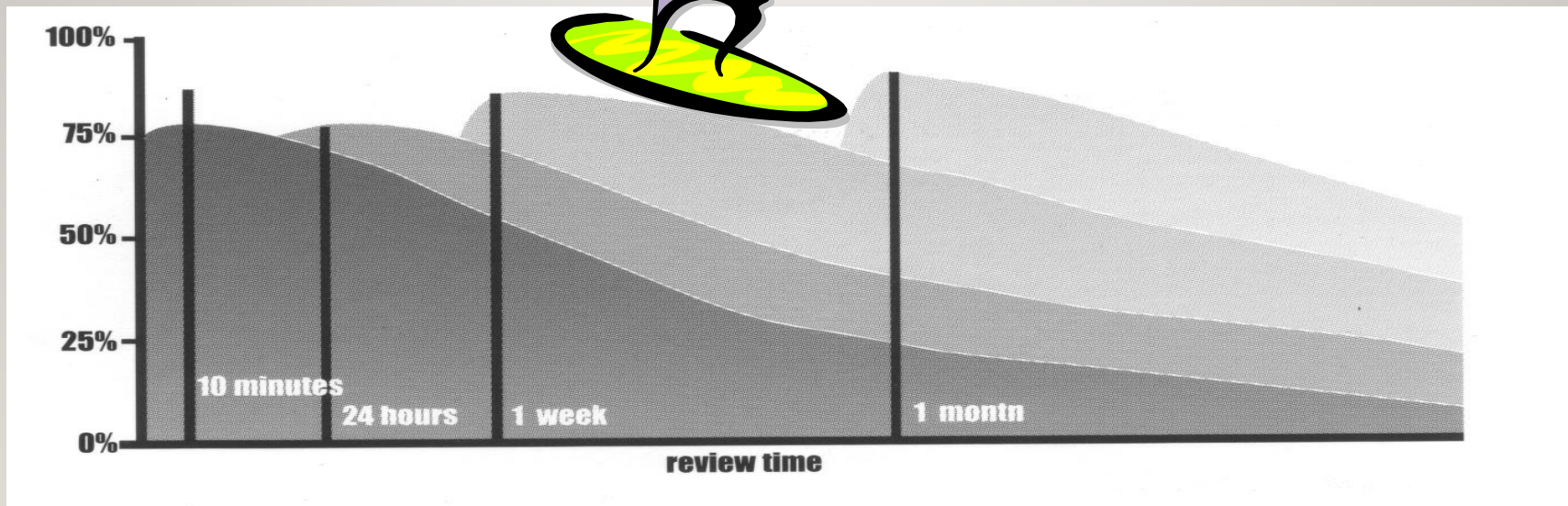
- Lots of B R E A K S
- REVIEWTIME

Most of us can only concentrate, understand and **remember** for **between 20 and 45 minutes at a time.**

Your brain keeps working for **10 minutes after you've stopped learning.** The brain is then sorting out what it has been learning and creating a more complete picture.

After this, rapid decline in memory will begin and as much as **80% of what you learn in a day can be forgotten almost immediately.**

To maximise your learning, you need to catch the top of the wave of your memory.



REVIEW TIME

You need to review what you have learnt:

- After 10 minutes
- At the end of a day
- At the end of a week
- At the end of a month
- The week before the exams



How to review:

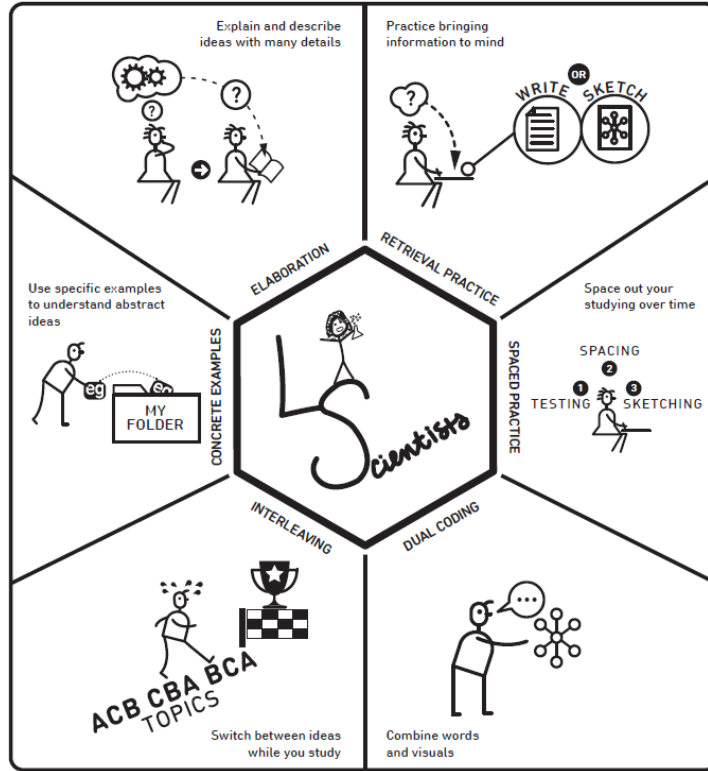
- Take a test
- Answer it on a separate piece of paper
- Make corrections in another colour
- Date it
- Use the test again
- See where you have improved/ made the same mistakes



Six Strategies for Effective Learning

LEARNINGSOCIETISTS.ORG

All of these strategies have supporting evidence from cognitive psychology. For each strategy, we explain how to do it, some points to consider, and where to find more information.

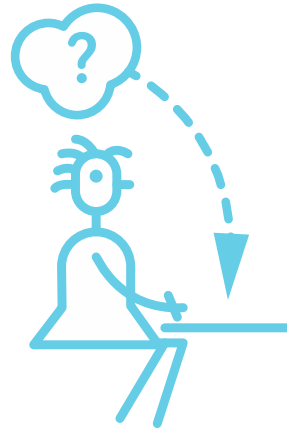
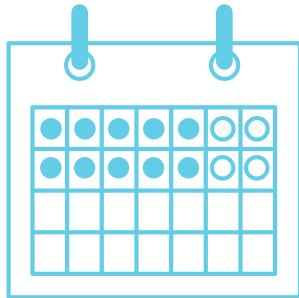




Spaced Practice

HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.





Interleaving

HOW TO DO IT

Go back over the ideas again in different orders to strengthen your understanding.

TOPICS
A B C



STUDY
SESSION

1

TOPICS
C B A



STUDY
SESSION

2

TOPICS
A C B



STUDY
SESSION

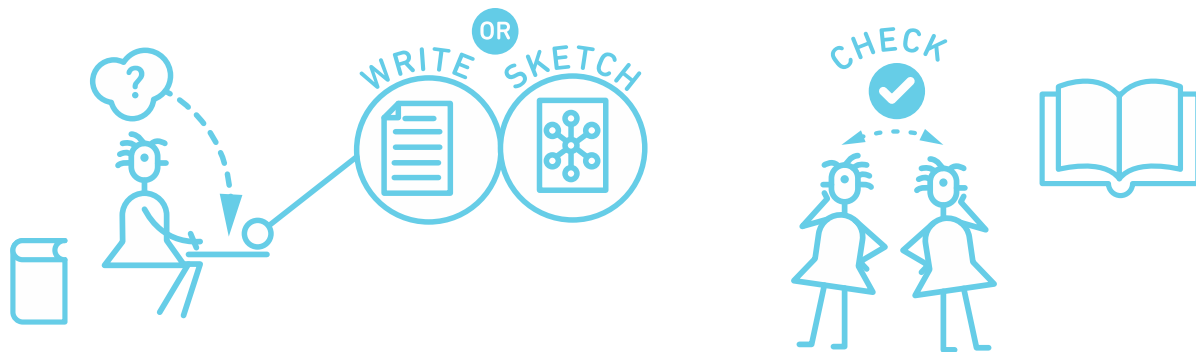
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Retrieval Practice

HOW TO DO IT

Put away your class materials, and write or sketch everything you know. Be as thorough as possible. Then, check your class materials for accuracy and important points you missed.

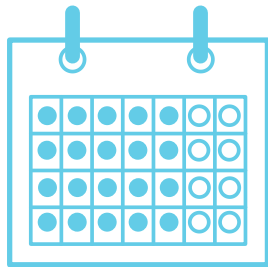




Retrieval Practice

HOW TO DO IT

Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.

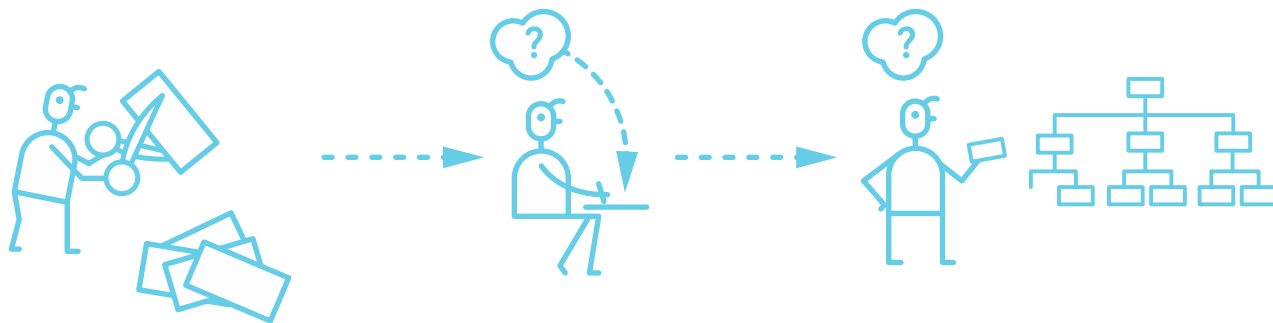




Retrieval Practice

HOW TO DO IT

You can also make flashcards. Just make sure you practice recalling the information on them, and go beyond definitions by thinking of links between ideas.

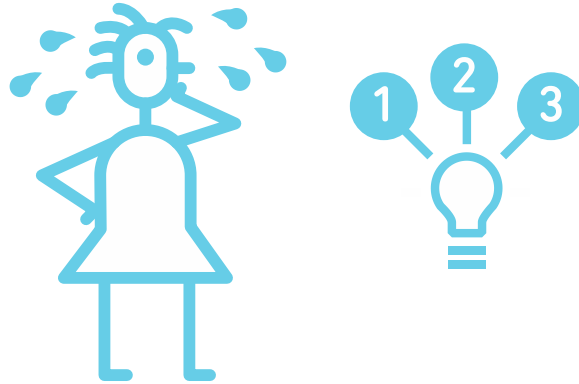




Retrieval Practice

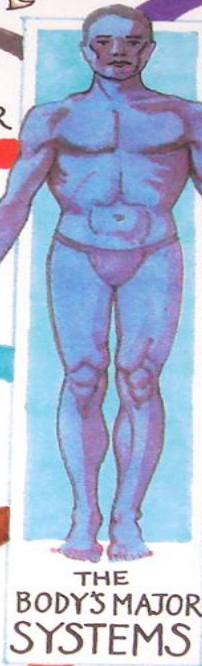
HOLD ON!

Retrieval is hard! If you're struggling, identify the things you've missed from your class materials, and work your way up to recalling it on your own with the class materials closed.

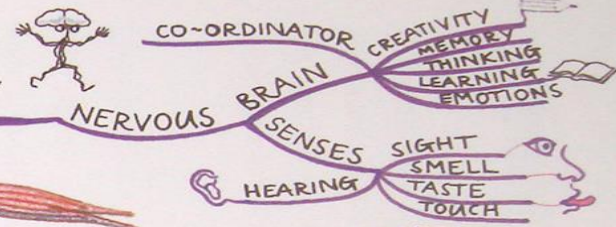


OTHER REVISION STRATEGIES

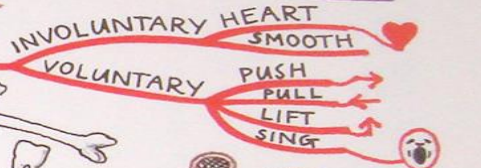
- Brainstorm a topic using a spider diagram
- Make a chart to fit the information
- Put key words onto post-it notes; stick them around the house to learn them
- Make up tests to try later
- Put notes onto revision cards
- Make your own flash cards – questions one side / answers on the back
- Create a mind map (see following section)
- Use different colours to represent different things
- Use mnemonics for difficult spellings / sequences (eg **R**ichard **O**f **Y**ork **G**ave **B**attle **I**n **V**ain – colours of rainbow)
- Make a flow chart
- Make a timeline
- Use pictures to represent key ideas
- List two sides of an argument
- Identify similarities / differences
- Plan an exam answer and write the first paragraph
- Create a dictionary for each subject
- Turn headings into questions
- Fill the bedroom walls with posters for key ideas.
- Record onto an MP3 player key quotations /or Spanish, French and German vocabulary



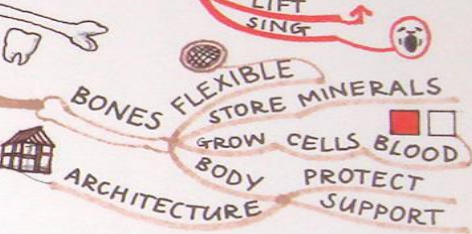
SENSORY NERVOUS



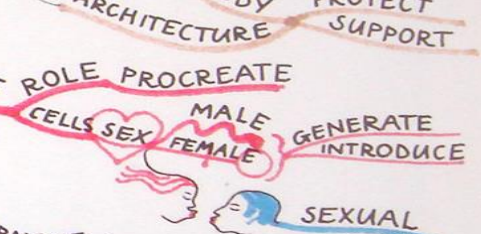
MUSCULAR



SKELETAL



REPRODUCTIVE



ENDOCRINE



THE BODY'S MAJOR SYSTEMS

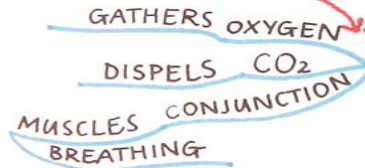
IMMUNE



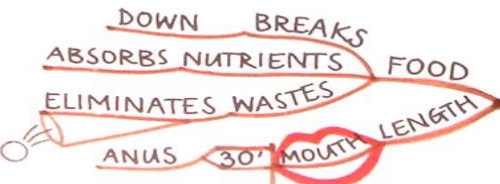
CARDIOVASCULAR



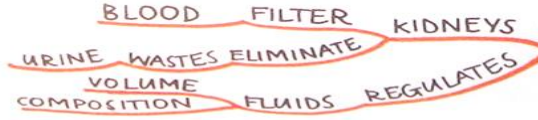
RESPIRATORY



DIGESTIVE



EXCRETORY

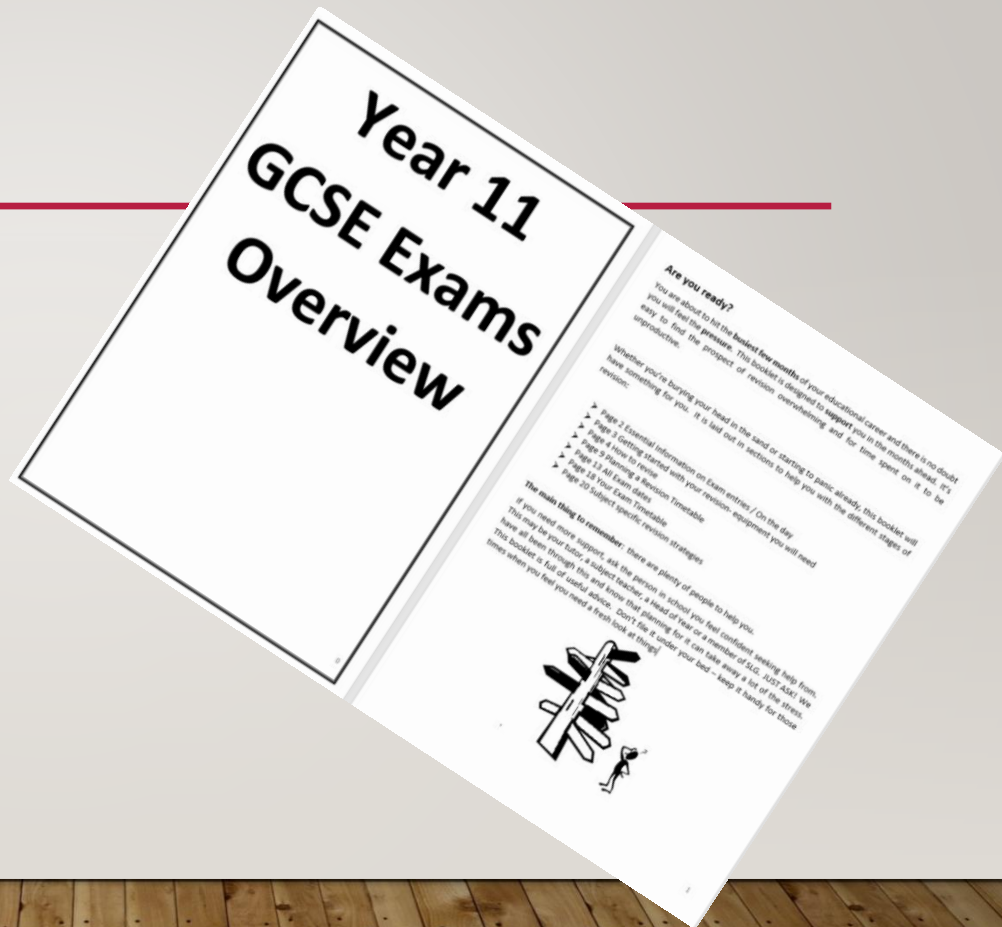


REVISION AND USING THE INTERNET

Do	Don't
<ul style="list-style-type: none">• Have a checklist of what you want to cover from using the internet next to you and cross them off when completed .• Have a pen and paper beside you to do the activities which are suggested.• Copy information into a programme of your choice and underline key words, delete less important sentences, cut and paste key words etc.• Use exam board websites to download:<ul style="list-style-type: none">Past exam papersMark SchemesPractice questionsSyllabusAnd then USE them for your revision. In particular look at what the exam boards are giving marks for.• Test yourself using the online quizzes.	<ul style="list-style-type: none">• Simply read and scroll up and down the page• Have Twitter / Facebook / Snapchat on whilst using the internet to revise• Copy and paste big chunks, print them off and say that this is your revision done

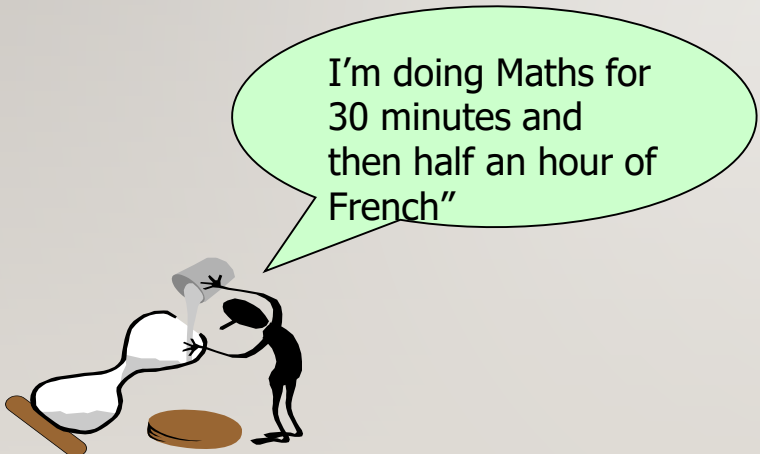
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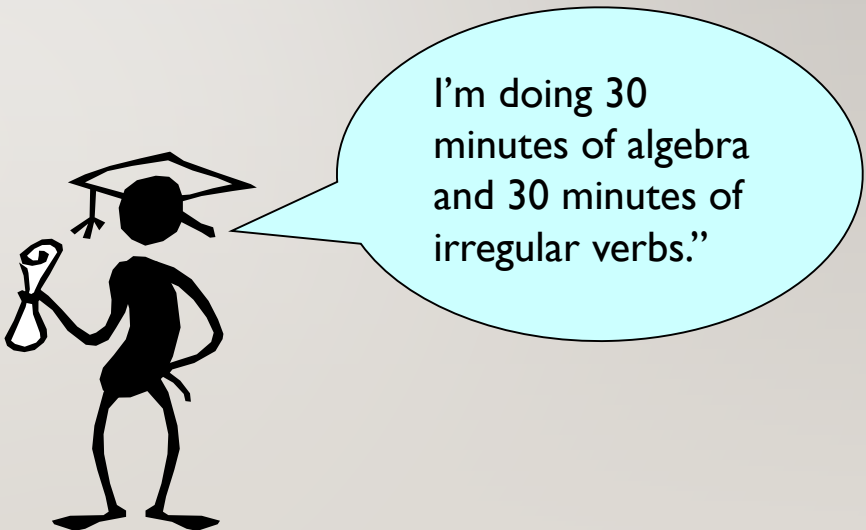


A REVISION TIMETABLE

I. MUST break subjects down:



I'm doing Maths for 30 minutes and then half an hour of French"



I'm doing 30 minutes of algebra and 30 minutes of irregular verbs."

Subject: Geography

Paper 1		Paper 2			Paper 3	
<u>Topic 1:</u>	<u>Topic 2:</u>	<u>Topic 3:</u>	<u>Topic 4:</u>	<u>Topic 5:</u>	<u>Topic 6:</u>	<u>Topic 7:</u>
Natural Hazards	Living World	Physical Landscapes in the UK	Urban Issues and Challenges	Changing Economic World	Challenge of Resource Management	Field work
<u>Sub-topics /study units :</u>	<u>Sub-topics /study units :</u>	<u>Sub-topics /study units :</u>	<u>Sub-topics /study units :</u>	<u>Sub-topics /study units :</u>	<u>Sub-topics /study units :</u>	<u>Sub-topics /study units :</u>
1 Plate Boundaries	1 Parts of an ecosystem and global overview	1 Overview of upland/lowland areas and major rivers	1 Urbanisation - urban patterns and trends	1 Development and development indicators	1 Resources and well-being	London
2 Earthquakes	2 TRF - characteristics and adaptations	2 Waves	2 The emergence of megacities	2 Strategies to reduce the development gap including tourism in Jamaica	2 Food in the UK	Epping Forest
3 Examples Japan, Haiti	3 Amazon rainforest - causes of deforestation and impacts	3 Coastal processes	3 Rio de Janeiro - location, growth, opportunities, challenges	3 Nigeria - location, TNCs, trade, aid, impacts of development	3 Water in the UK	
4 Global atmospheric circulation model	4 Managing tropical rainforests	4 Erosional landforms	4 London - location, growth, opportunities, challenges, urban regeneration	4 Economic Futures in the UK - economic change, industry, impacts, new developments,	4 Energy in the UK	
5 Weather hazards - Typhoon Haiyan & Storm Desmond	5 Cold environments characteristics and adaptations	5 Depositional landforms	6 Dorset coastline (Isle of Purbeck)	6 Increasing energy supply - renewables and non-renewables	5 Global demand for energy and global supply	
6 Climate change Evidence &		7 Managing the coastline - hard				

REVISION

- Be realistic.
- Remember sessions should only be for 30-40 minutes, with 10 minute breaks.
- Build in review slots.
- Hit a variety of subjects across a day – plan to cover everything evenly over bigger chunks of time. (Tally charts.)

START NOW

- 2 sessions on a week night.
- 3-4 at the weekend.

Build in treats

Discuss it

Offer as much praise as you can

EXAMPLE A WEEKEND DAY TIMETABLE
 Split into sessions rather than rigid times

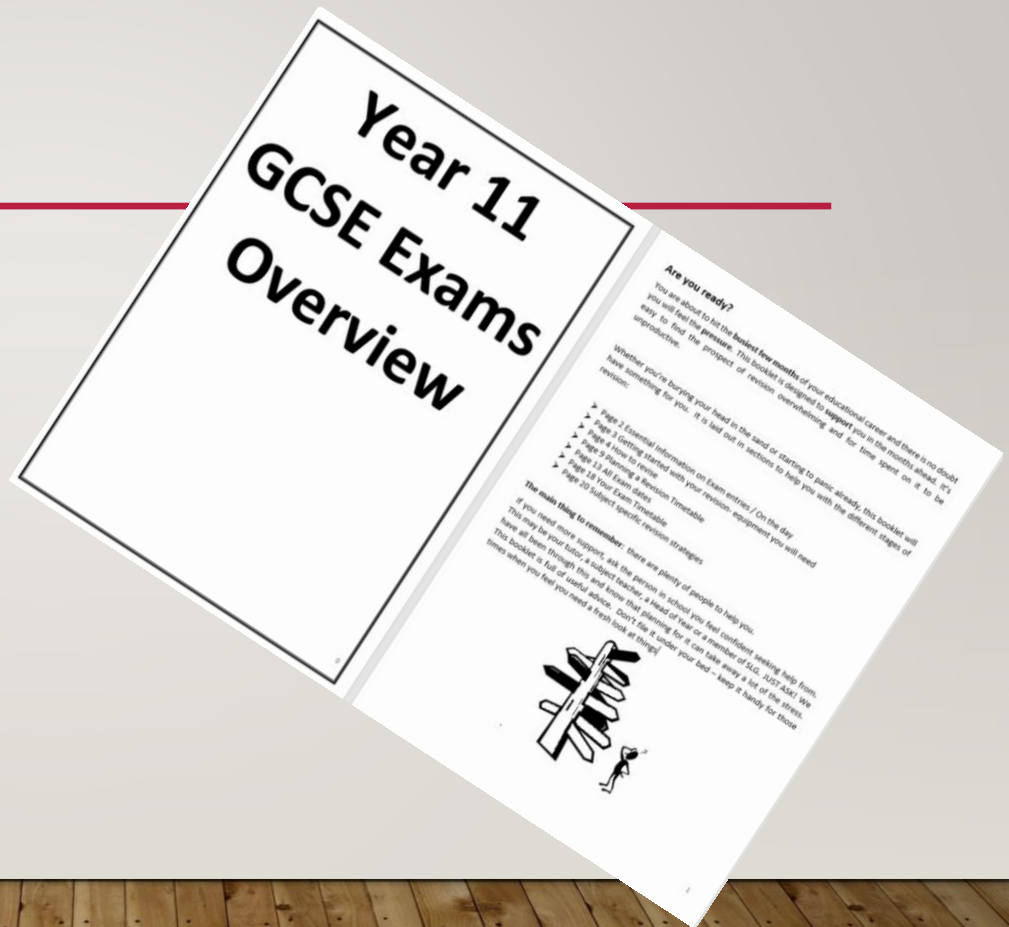
TIME	MORNING	AFTERNOON	EVENING
30 mins	Maths Quadratic equations	Science Biology Respiration	RE The Natural World
30 mins	English <i>A View From The Bridge</i> Catherine's character	Business Studies Marketing	FRENCH Irregular verbs
30 mins	French Holiday vocab	FOOTBALL MATCH	REVIEW SLOT
30 mins	History Education in Nazi Germany		REVIEW SLOT



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- ✓ Essential information on exam entries / On the day
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**Subject specific revision strategies –
all in your planner**



YEAR 11 GCSE EXAMS

Key messages:

- **Plan** – plan your revision
- **Do** – Do revision but in a healthy way (little and often)
- **Review** – Review the work you are doing and your strategies
- In all of the above, don't over-stress but start now and ask for help at any time

