# Year 11 GCSE Information Evening 2023/24

∋Stay

WORKHARD

Make it Happen

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## What do 'dogged' and 'determined' mean?

 Being 'dogged' means being very determined to do something, even if it is very difficult.

 Being 'determined' means wanting to do something very much and not allowing anyone or any difficulties to stop you.



## Bear Grylls, the mountaineer and risk taker, said:



"There's always going to be someone faster, smarter, taller, more experienced than you, but the rewards in life don't always go to them, the rewards in life go to the dogged, the determined, those who can keep going and pick themselves back up and never say die and just hang in there, sometimes quietly and undramatically".



## <u>Contents</u>

Introduction Parents' Evenings Key dates GCSE Pod Preparing for the examinations English Information Maths Information Science Information Humanities Information Next steps and revision tips

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## Introduction

- The new examination expectations in English, mathematics, science, history and geography
- Grade boundaries
- What is the best way to revise?
- Revision/support opportunities before, during and after school
- How parents can help us to ensure that all students achieve the grade they need for post 16 education, training or employment
- National Contingency Day- 26th June 2024

## Year 11 Parents' Evening

- We would like to invite you to attend the Year 11 Parents' Evening, which will be held on **Thursday, 11th January** from 4.00pm until 8.00pm.
- The evening will take place online, with video calls occurring between staff and parents. We
  would ask for your patience and support and hope you will be able to access the appointments
  without issue.
- In order to prepare for the Parents' Evening, please read the following article, from School Cloud, which explains the logistics of the event: <u>https://support.parentseveningsystem.co.uk/article/801-video-parents-how-to-attend-appointments-over-video-call</u>
- Please book your appointment slots with your child's teachers using our School Cloud site: <u>https://canterburyacademy.schoolcloud.co.uk/</u>. Appointment bookings will open on Wednesday, 3rd January at 8am and will close on Wednesday, 10th January at 8pm. If you have any issues with accessing the appointment booking system, please email our administrator, Ms Mowbray, on: <u>smowbray@canterbury.kent.sch.uk</u>



### Kent Choices: Sixth Form, College or Apprenticeship

You should have all received an email from Kent Choices in your school email box with your username and password details.

Below is the link that takes you to the Kent Choices page for you to do your course research and complete your application:

kentprospectus.co.uk/courses/full-time-courses?provider=the-canterbury-academy

Mrs. Kendrick White is available to meet with you for a careers talk about Sixth Form, college or apprenticeships and can be reached on: <u>skendrickwhite@canterbury.kent.sch.uk</u>

You can book to meet Mrs. KW before or after school and she will be available during Monday lunchtimes in the main school hall for a chat about your application.

If you are having difficulties with accessing your Kent Choice details, please email Mrs. KW who will be able to help you.

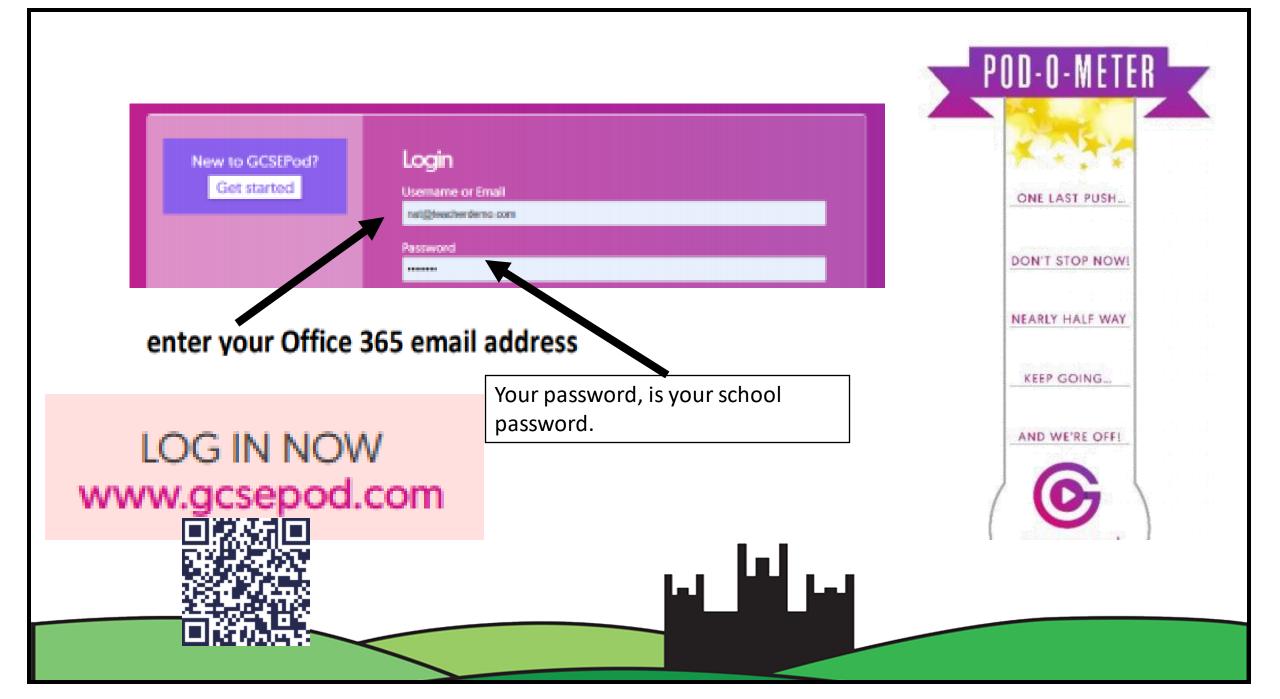
Mrs Kendrick White



## Key dates

Date	Activity			
5th December 2023	Year 11 EBacc Information Evening			
14th December 2023	Year 11 Assembly – Mock Examination Results			
11th January 2024	Exam Busters and Year 11 Parents' Evening			
5th February – 9th February 2024	Year 11 Mock Examinations			
12th February – 16th February 2024	Year 11 February Holiday Support sessions (schedule TBC)			
19th February – 23rd February 2024	Year 11 Mock Examinations			
12th March 2024	6th Form Open Evening 2			
W/B 20th March 2024	Year 11 Mock Examination Results			
23rd April 2024	Year 11 Parents' Evening			





### How you access GCSEPod?

<u>OPTION 1</u> – Via any browser on your computer, laptop, tablet or phone. Just go to <u>www.gcsepod.com</u>

<u>OPTION 2</u> – Via the iPhone and Android apps which are free to download from the apple store and play store.



### Year 11 Support Sessions 2023-2024

Week A						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	
Subject	Maths RE	English Music	Business, Computer Science, IT & Sociology	Science (Combined & Triple) PE Practical Learning	History Geography Physics (triple)	
Time	3:00pm- 4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	
Week B						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	
Subject	Maths French RE	English Spanish	Practical Learning	Science (Combined & Triple) PE Drama & Dance	History Geography Physics (triple)	
Time	3:00pm- 4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	

## **Support Session Rewards**

- Collect a reward card from your mentor or room 44a
- Attend ten after school support sessions and ask your teacher to sign your card.
- Put your completed card in the box on Ms Phillips' or Mr Rattigans desk in room 44a and you will receive a reward.

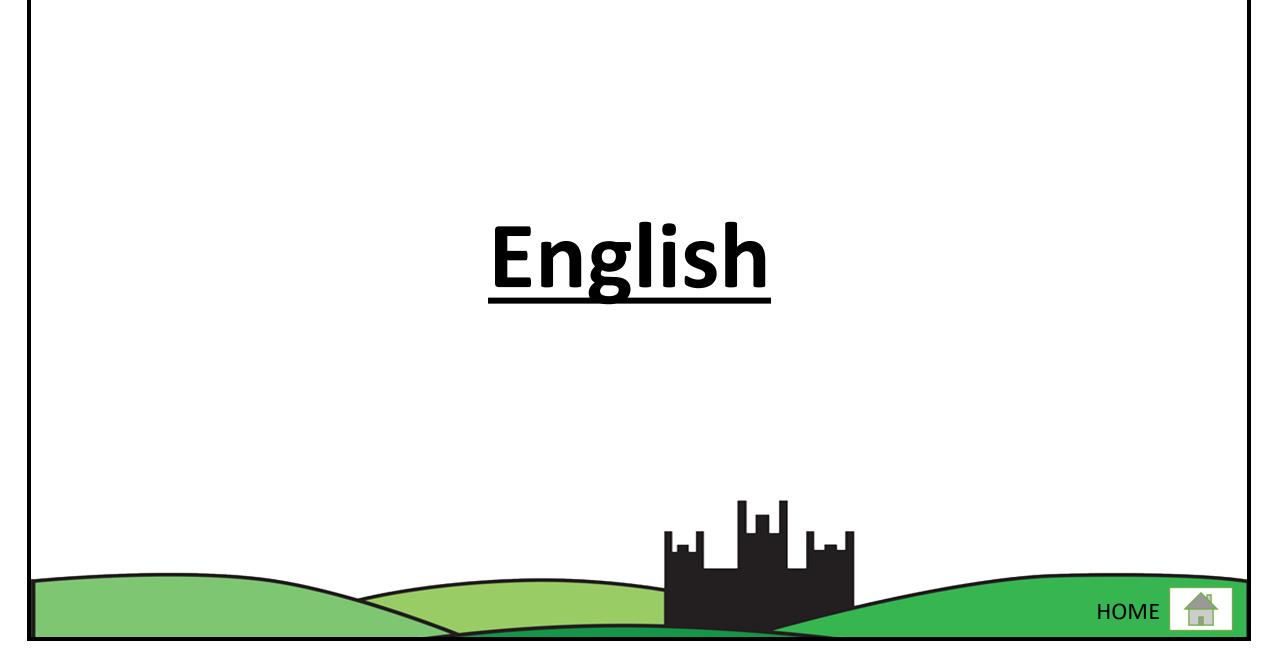


## GCSE subjects

- Specification changes and dates known so far
- Details on what your child will be assessed on
- How your child should use their Personalised Learning Checklists

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- Useful revision materials and resources
- Online resources that will supplement their learning



### Assessments

All texts in the examination will be unseen.

Paper 1: Explorations in Creative Reading and Writing

#### What's assessed

- Section A: Reading
- one literature fiction text
   Section B: Writing
- descriptive or narrative writing

#### Assessed

- written exam: 1 hour 45 minutes
- 80 marks
- 50% of GCSE

#### Questions

Reading (40 marks) (25%) – one single text

- 1 short form question (1 x 4 marks)
- 2 longer form questions (2 x 8 marks)
- 1 extended question (1 x 20 marks)
- Writing (40 marks) (25%)
- 1 extended writing

+ Paper 2: Writers' Viewpoints and Perspectives

### What's assessed

- one non-fiction text and one literary non-fiction text
   Section B: Writing
- writing to present a viewpoint

#### Assessed

- written exam: 1 hour 45 minutes
- 80 marks
   50% of GCSE

#### Questions

Reading (40 marks) (25%) – two linked texts

- 1 short form question (1 x 4 marks)
- 2 longer form questions (1 x 8, 1 x 12 marks)
- 1 extended question (1 x 16 marks)
- Writing (40 marks) (25%)
- 1 extended writing
   question (24 modes for

Non-examination Assessment: Spoken Language

#### What's assessed

(AO7-AO9)

- presenting
- responding to questions and feedback
- use of Standard English

### Assessed

- teacher set throughout course
- marked by teacher
- separate endorsement (0% weighting of GCSE)

## AQA Realising potential

### Year 11 GCSE AQA English Language

Exam Dates

Thursday 23rd May AM – Paper 1

Thursday 6th June AM – Paper 2



### **Exam Dates** edexcel Monday 13th May AM – Paper 1 Year 11 GCSE Monday 20th May AM – Paper 2 Edexcel English Literature Paper 2/Unit 2: 50% (2 hours 15 minutes) Paper 1: 50% (1 hour 45) Section A: Jekyll & Hyde [40] Section A: Macbeth [40] • 2 questions • 1 extract and 1 theme • 2 questions • 1 extract and 1 theme Section B: Conflict and Unseen Poetry [40] • Section B: Animal Farm [40] • 1 questions on conflict from the anthology 1 question 1 question on two unseen poems **CLOSED BOOK** CLOSED BOOK HOME

## **English Online Resources**

- Mr.Bruff: <u>www.mrbruff.com</u>
- English GCSE Pod: <u>www.gcsepod.com</u>
- PixL English Literature App PiXLit: <u>https://englishapp.pixl.org.uk/</u>
- BBC English Bitesize English Language AQA: <u>https://www.bbc.co.uk/bitesize/examspecs/zcbchv4</u>
- BBC English Bitesize English Literature Edexcel: <u>https://www.bbc.co.uk/bitesize/examspecs/z2whg82</u>



### Year 11: The Exam Countdown

Term 3	Term 4	Term 5	Term 6
AQA Language	Edexcel Literature	Edexcel Literature	Edexcel Literature
Paper 1 and Paper 2			
English Literature	AQA Language	AQA Language	AQA Language
lessons	Paper 1 and Paper 2	Paper 1 and Paper 2	Paper 1 and Paper 2

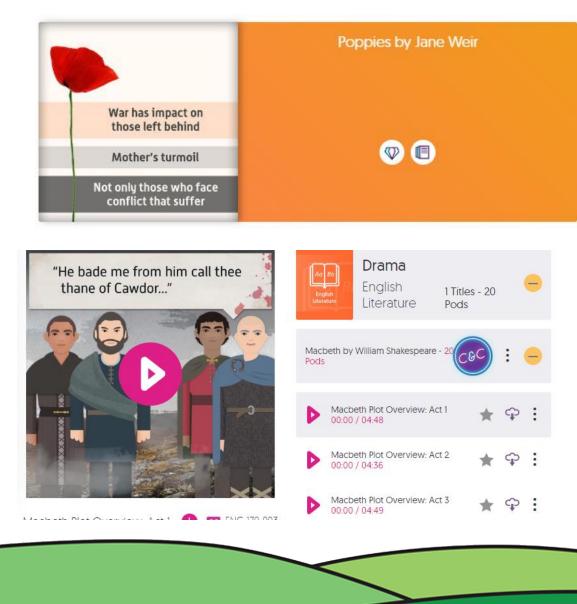


### **English After School Revision**

Every Tuesday 3-4pm Nova Building 700s



### Homework Platforms



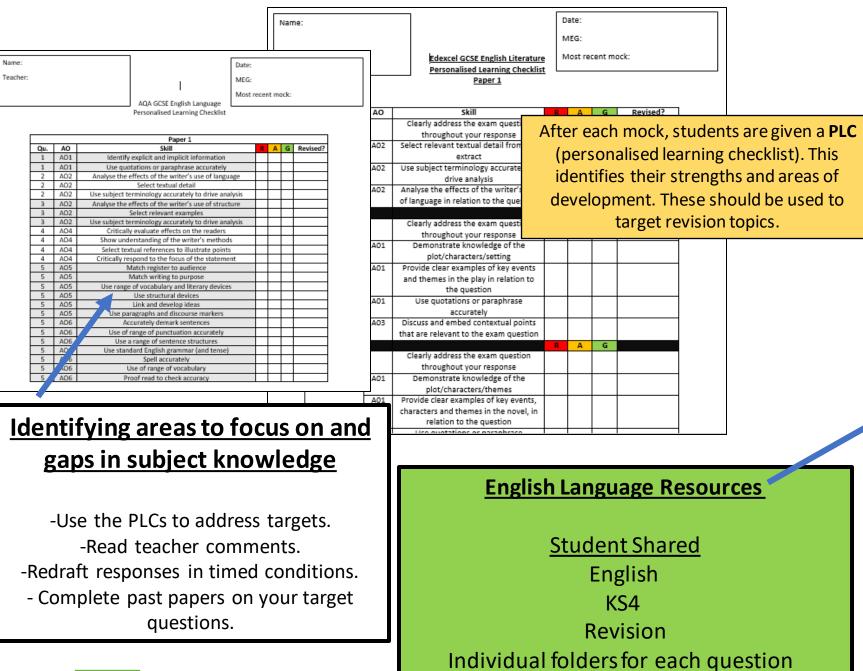
**GCSE** education on demand

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Sometimes we will ask you to complete homework tasks on GCSEPod.

Please make sure you are able to login to the platform.

This is a great resource for short videos from which you can take notes and develop your subject knowledge.



Term 2: AQA English Language Paper 1 Mock Personalised Learning Checklists PLCs

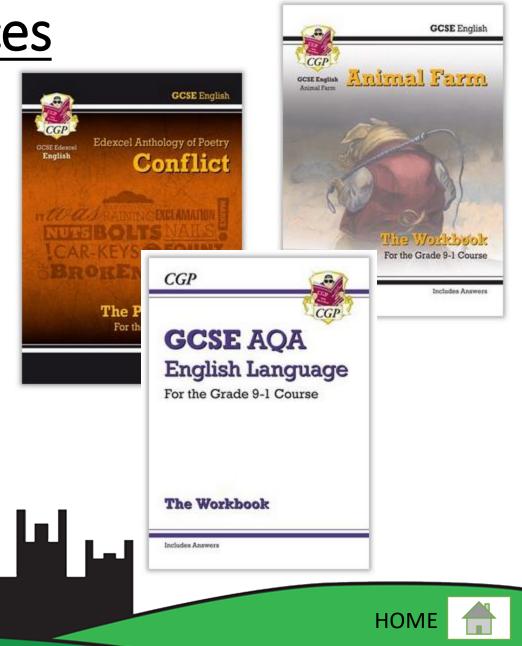
A - Q1 Paper 1 AO1 Secure Test A - Q1 Paper 1 AO1 Secure Therapy G - Q1 Paper 1 AO1 Advanced Testing G - Q1 Paper 1 AO1 Advanced Therapy G - Q1 Paper 1 AO1 Mastery Testing G - Q1 Paper 1 AO1 Mastery therapy R - Q1 Paper 1 AO1 Base Test R - Q1 Paper 1 AO1 Base therapy

Q1 - Paper 1 Language A01 (Resources Pack 1)
Q1 - Paper 1 Language A01 (Resources Pack 2)
Q2 and Q3 - Paper 1 Language A02 (Resources Pack 1)
Q2 AND Q3 - Paper 1 Language A02 (Resources Pack 2)
Q4 - Paper 1 Language A04 (Resources Pack 1)
Q4 - Paper 1 Language A04 (Resources Pack 2)
Q5 - Paper 1 Language A05 (Resources Pack 1)
Q5 - Paper 1 Language A05 (Resources Pack 2)
Q5 - Paper 1 Language A06 (Resources Pack 2)



## **English Resources**

- Attending Y11 revision sessions, Tuesday 3:00pm-4:00pm
- Wider reading (newspapers, books, articles etc.)
- Practice papers- PIT tasks based on papers completed in class.
- SPaG activities.
- Recapping subject terminology.
- Revision guides from CGP: New GCSE English Language AQA. Revision Guide - for the Grade 9-1 course.
- Mr.Bruff: <u>www.mrbruff.com</u>
- Collins: AQA English Language.
- Examination homework- PIT based on peer assessment and teacher feedback.



## **Mathematics**



### 🕅 Paper 1 – Thursday 16th May

- Paper 2 Monday 3rd June

Paper 3 – Monday 10th June

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## **edexcel** Year 11 GCSE Mathematics

## edexcel

## Year 11 GCSE Mathematics

### Thursday 16<sup>th</sup> May AM Monday 3rd June AM Monay 10th June AM

Paper 1		Paper 2	Paper 3	
Externally assessed			ly assessed	
<ul> <li>Availability: May/June and November**</li> </ul>	33.33% of the total GCSE	Availabil	ity: May/June and November**	33.33% of the
First assessment: May/June 2017		First ass	essment: May/June 2017	total GCSE
Overview of content		Overview of	content	
1. Number		1. Number		
2. Algebra		2. Algebra		
3. Ratio, proportion and rates of change		3. Ratio, pr	oportion and rates of change	
4. Geometry and measures		4. Geometr	y and measures	
5. Probability		5. Probabili	ty	
6. Statistics		6. Statistics	5	
Overview of assessment		Overview of	assessment	
• Written examination papers with a range of question types		Written e	examination papers with a range of question	on types
No calculator is allowed		Calculate	or allowed	
• 1 hour and 30 minutes (both Foundation and Higher tier page	pers)	1 hour a	nd 30 minutes (both Foundation and Highe	er tier papers)
80 marks available			s available	
				HOME

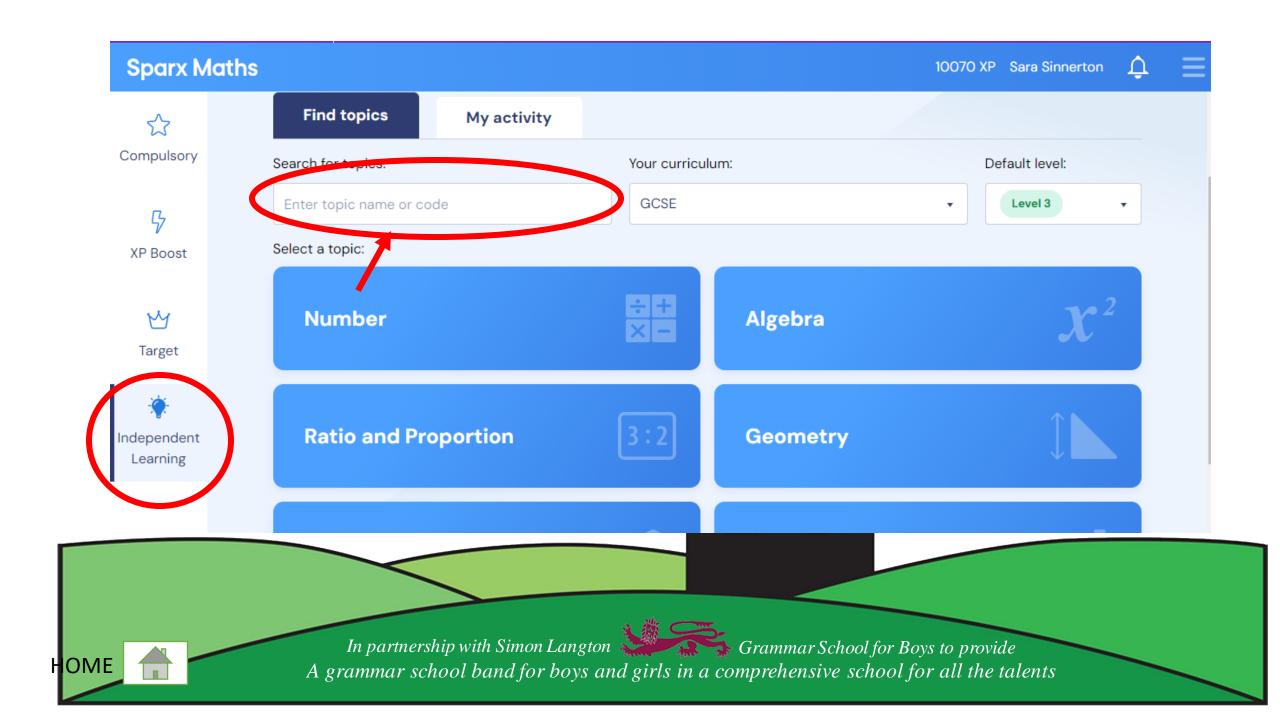
Questions	Question Title	Sco	ore	Clip Number
1	Compare decimal numbers	0 /	/ 1	46
2	Multiple of a number	1 /	/ 1	33
3	Round decimal numbers	1 /	/ 1	56
4	Convert fractions to decimals	1 /	/ 1	73
5	Read and write positive integers	1 /	/ 1	13
6a	Probability of single events on a probability scale	0 /	/ 1	350,351
6b	Probability of single events on a probability scale	1 /	/ 1	350,351
7	Pictograms	4 /	/ 4	426
8a	Read coordinates in the first quadrant	1 /	/ 1	199
8b	Read coordinates of a point on the y-axis	1 /	/ 1	199
8c	Plot coordinates on a grid	1 /	/ 1	199
9a	Write ratios as fractions	1 /	/ 1	330
9b	Write ratios in the form 1:n or n:1	0 /	/ 2	331
10	Fractions (worded problems)	4 /	/ 4	80
11	Reflect a shape in a vertical line	2 /	/ 2	639
12a	Number machines (find output)	0 /	/ 1	152
12b	Number machines (find input)	0 /	/ 2	177
13a	Scale diagrams with bearings	0 /	/ 1	869
13b	Scale diagrams with bearings	0 /	/ 3	869

Term 2: Mathematics Personalised Learning Checklists PLCs

For each Math's Paper sat students will get a personalized list of red, amber and green topics.

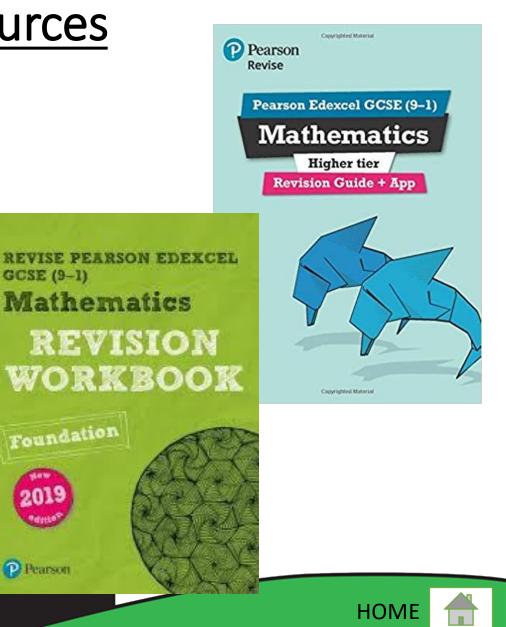
All topics will be linked to Sparx Maths. Students can put these clip numbers into Sparx to target their red topics. A PIT task will be completed in lesson to address topics in which students did not achieve full marks.





### **Mathematics Resources**

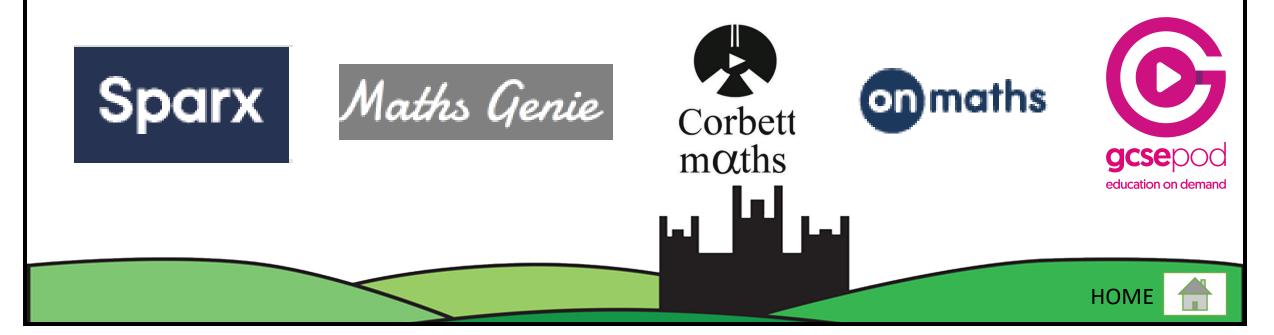
- Using Sparx Maths to target Red topics and complete the Sparx Revision Checklist (on Satchel One).
- Attending Y11 revision sessions, Monday 3:00pm-4:00pm
- Practice papers ask your maths teacher or complete online at onmaths.com or mathsgenie.co.uk
- In term 3 we will give every student a GCSE Revision Workbook and Revision Guide to support with their revision.
- Ask your teacher for help on topics you are unsure on.

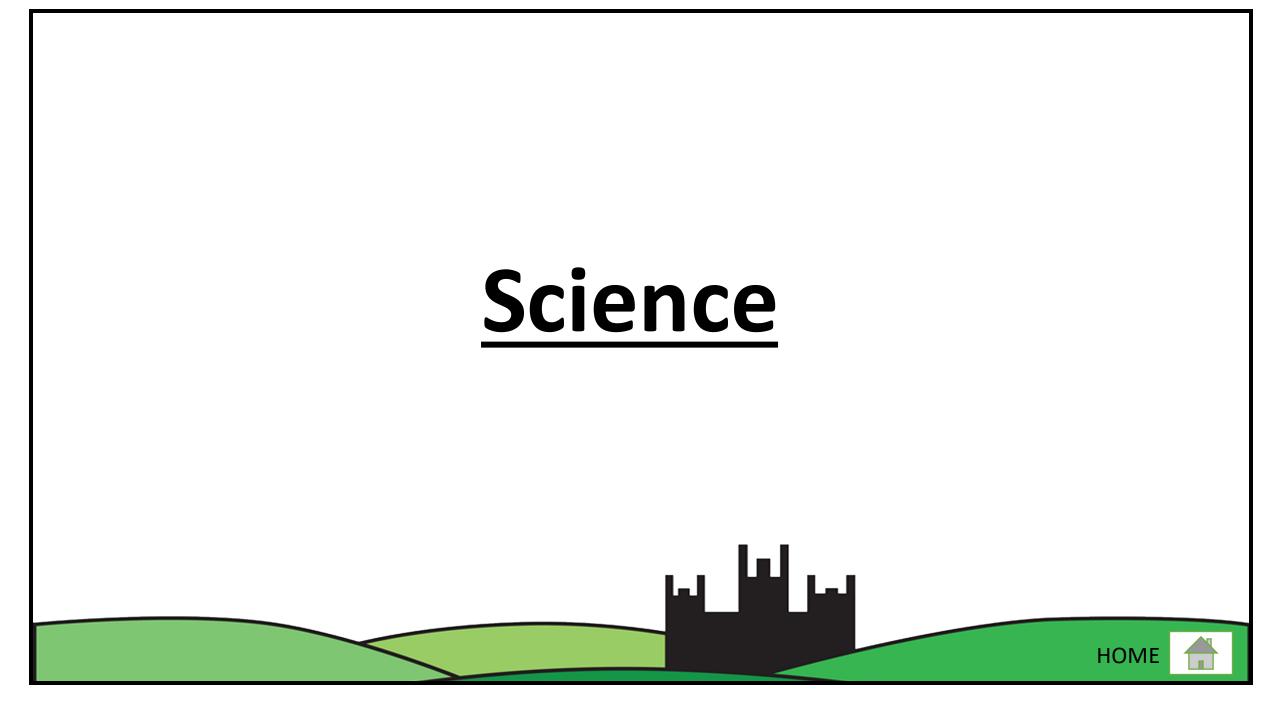


### **Mathematics Online**

### <u>Resources</u>

- Sparx Maths: <u>https://sparxmaths.uk</u>
- Maths Genie: <u>https://www.mathsgenie.co.uk/gcse.html</u>
- Corbett Maths: <u>https://corbettmaths.com/</u>
- GCSE Pod
- On Maths: <u>https://www.onmaths.com/</u>
- Pearson Revise App
- BBC Bitesize (Edexcel): <u>https://www.bbc.co.uk/bitesize/examspecs/z9p3mnb</u>





### Topics

### Biology

### Chemistry

**Atomic Structure and** 

Bonding, Structure and

### **Physics**

Particle Model of

lagnetism and

**Space Physics** 

Electromagnetism

Energy

Electricity

latter

- Cell Biology
- **Organisation**
- Infection and R
- **Bioenergetics**
- Homeostasis
- Inheritance, Va and Evolution
- Ecology

**Update (30th November)** tomic Structure DfE has also announced that, in 2024, students are not brces required to memorise formulae for GCSE mathematics aves

the Periodic Table

and equations for GCSE physics and combined science.

- Chemical Analysis
- Chemistry of the Atmosphere
- Using Resources

**Assessed in Paper 1 Assessed in Paper 2** 



### Examinations

### Combined Science (2 GCSEs)

6 examinations total (2x Biology, 2x Chemistry, 2x Physics) Each 70 marks Each 16.67% of the total GCSE qualification Each 1 hour 15 minutes

### Separate Science (3 Separate GCSEs)

6 examinations total (2x Biology, 2x Chemistry, 2x Physics) Each 100 marks Each 50% of their respective GCSE qualification Each 1 hour 45 minutes

### Year 11 AQA GCSE Science

Biology Paper 1 – 10<sup>th</sup> May 2024 Chemistry Paper 1 – 17<sup>th</sup> May 2024 Physics Paper 1 – 22<sup>nd</sup> May 2024

Biology Paper 2 – 7<sup>th</sup> June 2024 Chemistry Paper 2 – 11<sup>th</sup> June 2024 Physics Paper 2 – 14<sup>th</sup> June 2024

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### **Examinations**

## Year 11 AQA GCSE Science

### Separate Science (3 Separate GCSEs)

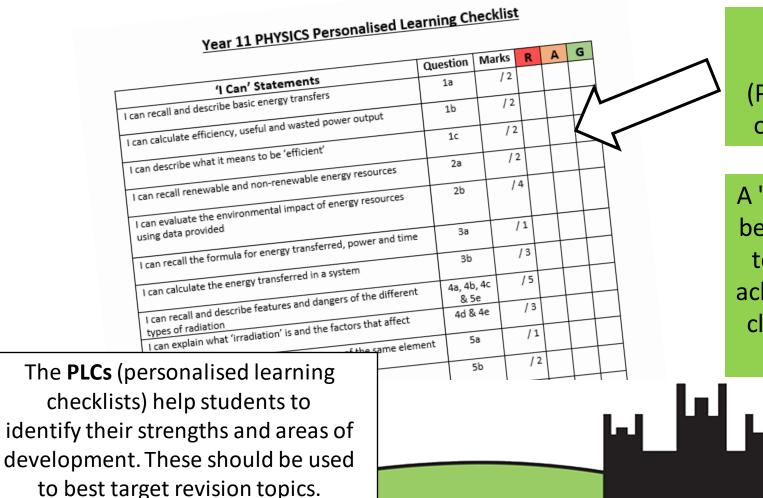
6 examinations in total (2x Biology, 2x Chemistry, 2x Physics) Each 100 marks Each 50% of their respective GCSE qualification Each 1 hour 45 minutes

### **Combined Science (2 GCSEs)**

6 examinations in total Each 70 marks Each 16.67% of the total GCSE qualification Each 1 hour 15 minutes

### What are my GAPS?

Use the mock examination PLCs to help guide revision.



For each Science exam taken, students will receive a **PLC** (Personalised Learning Checklist) of red, amber and green topics.

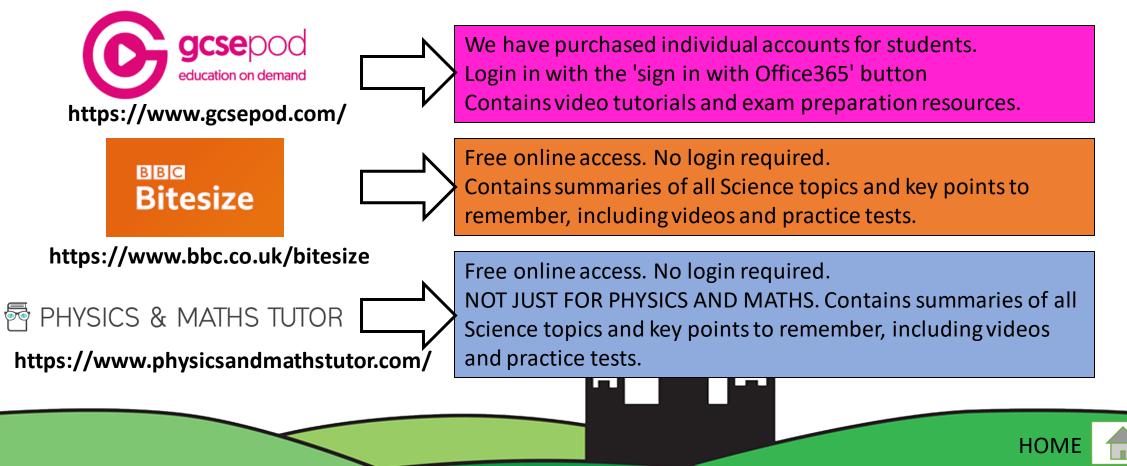
A 'Personal Improvement Task' will be completed in lesson to address topics in which students did not achieve full marks. This will help to close any learning gaps that they may have.

### **Revision Guides**

All students received a CGP CGP revision guide in Year 10 GCSE GCSE **Combined Science Combined Science** Those who excel in For AQA (Grade 9-1) For AQA (Grade 9-1) the Foundation Tier mock examinations can swap their revision guide for a **The Revision Guide The Revision Guide** Higher Tier one. **Higher Level Foundation Level** ncludes Free Online Edition Includes Free Online Edition For the new AOA Trilogy cours For the new AOA Trilogy cours 

### **Online / Active Learning**

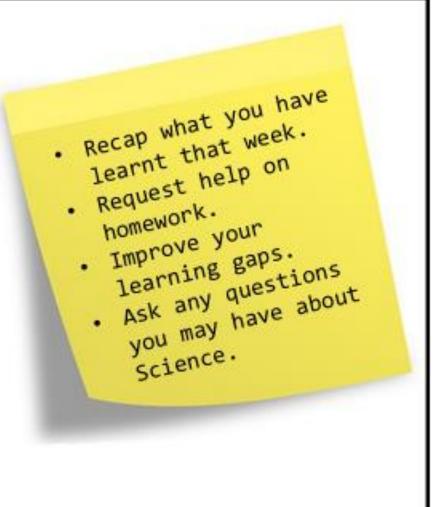
All online resources below are ideal for revisiting classwork, or for reviewing topics. Use your Personalised Learning Checklists to choose the areas to focus on.



### **Revision Sessions**

Science revision sessions are scheduled every Thursday 3pm – 4pm in rooms 61, 62, 63, and 64

In addition, Mr Ayling runs a further Physics revision session scheduled **every Friday 3pm – 4pm** in room 72









# Geography



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Paper One: 1 hour 30 minutes Physical

Paper Two: 1 hour 30 minutes Urban

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Paper Three: 1 hour 30 minutes Fieldwork and Decision-making

### PLCs

#### What are my GAPS?

#### UK Physical landscapes

Explain the different relief across the UK

Read a cross section of contour lines on an OS map

#### Coastal landscapes in the UK

Describe and explain the characteristics of both constructive and

destructive waves

Explain the different types pf sub aerial processes (weathering and mass movement)

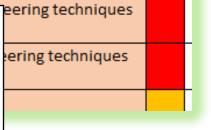
Describe the different types of erosion and explain how a variety of associated landforms are created

Describe how deposition and long shore drift create a number of different landforms

Know a named case study and explain how different processes and factors have influenced the coast

Study a coastal area using an OS map and pick out features using the key

After each mock, students are given a **PLC** (personalised learning checklist). This identifies their strengths and areas of development. These should be used to target revision topics.



- ✓ RAG your knowledge on the different topics, make sure you then act upon this with revision. Know geographical processes and case studies. You must be able to apply your knowledge and understanding using detailed examples and case studies.
- Know and learn the geographical terminology (key terms). These are really important!
- ✓ Make use of revision guides and revision materials given to you. Make sure any you use are for the AQA exam board, if you are not sure, ask your teacher.

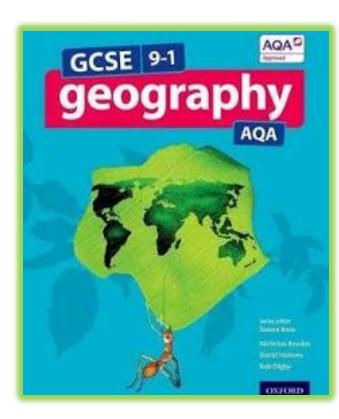
#### ✓ Use Seneca

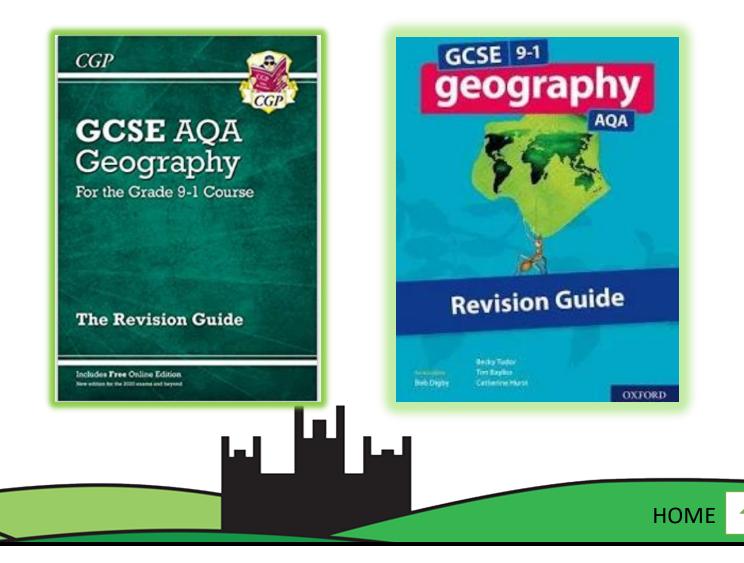
You should have logged in with a class code given to you by your Geography teacher. If you haven't, see your teacher!

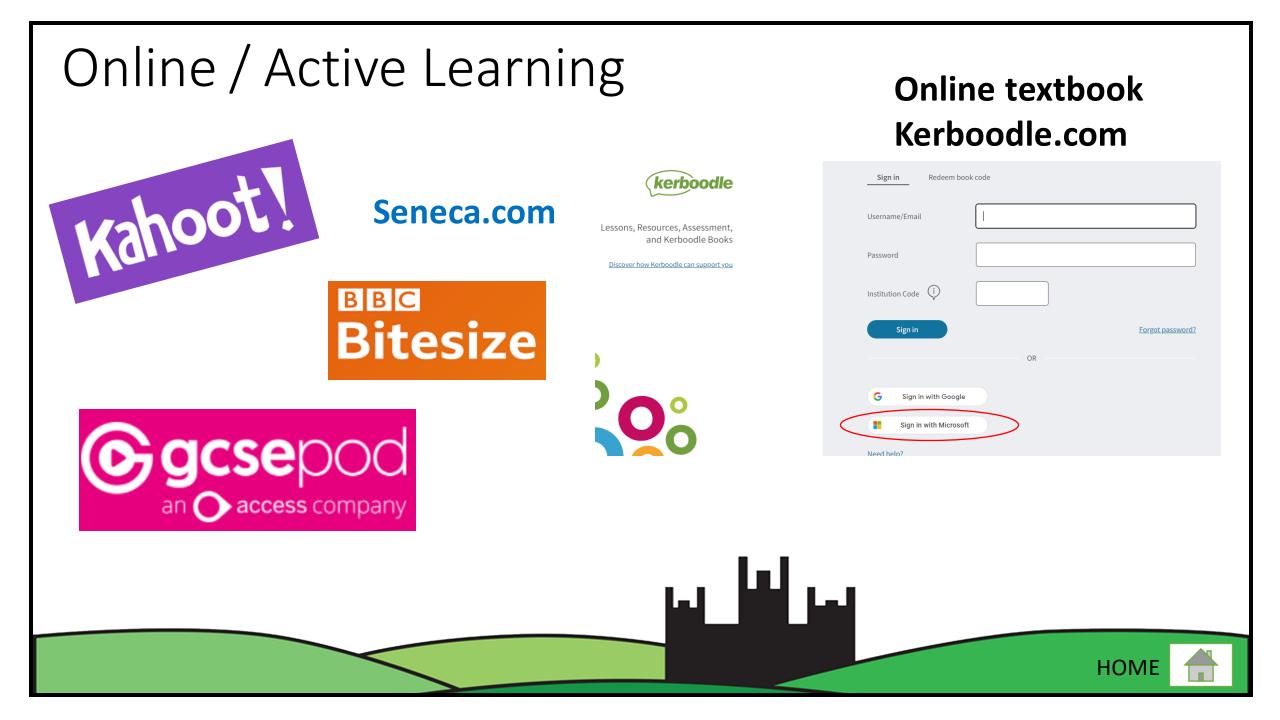
✓ Learn from previous examination practice and keep on practicing examination questions!



#### **Books and Revision Guides**







#### **Geography Revision Sessions**

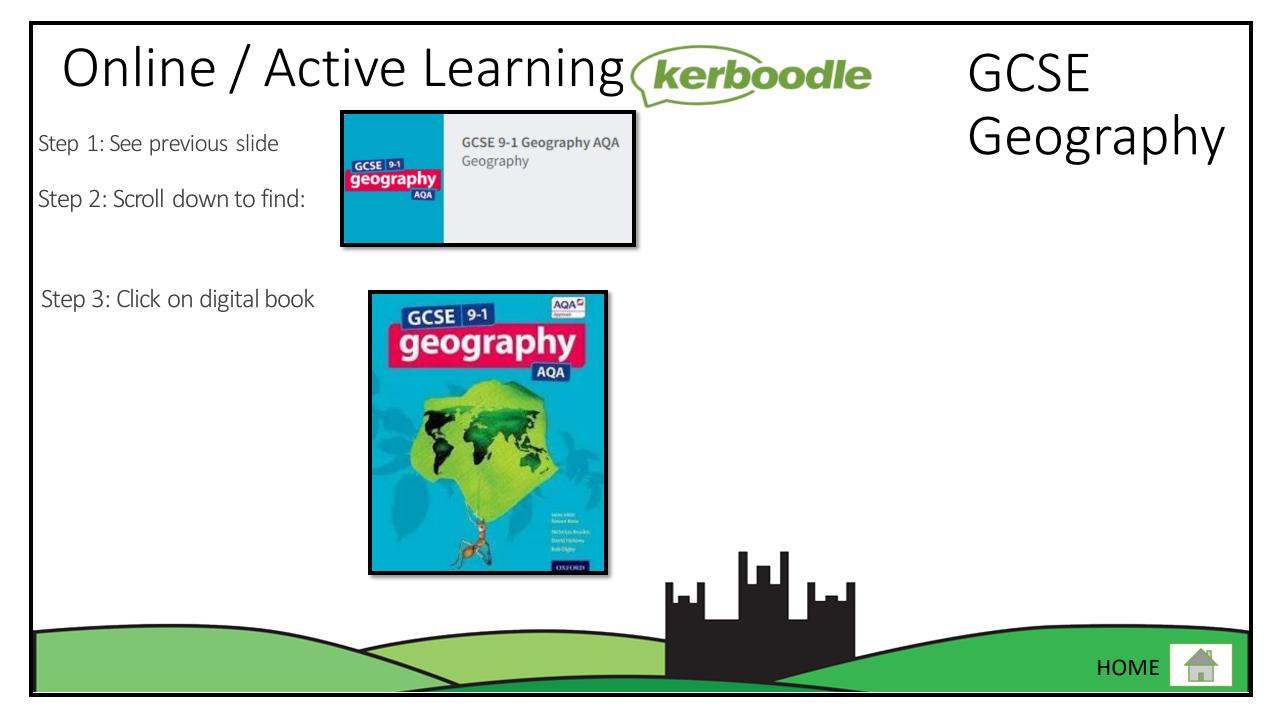
### □ These run <u>every week</u>

Great opportunity to:

- ✓ recap knowledge from the course.
- ✓ practise and develop your ability to answer exam questions.
- develop confidence by knowing what you know and being able to apply what you know.

Friday 3pm-4pm ➤ Mr Spencer (Room 75)

HOME





### PLCs

#### What are my GAPS?

the topics you have revised. Tick a <b>Topic</b>		How confident am		I have I have made my revised		l am confident	
Revisel	I could teach	I?	I don't know	revision notes on this topic	this topic		Evidence
Key topic 1: The Korean War							
European causes of conflict in Korea e.g. Berlin Airlif							
Causes and consequences of dividing Korea							
Events leading to the outbreak of war in Korea							
Events of the Korean War and how the war develope into an international conflict	d						
Explanation and evaluation of how the war became a stalemate.	3						
Analysis of why MacArthur was replaced and how a peace treaty was signed.							
Legacy and consequences of the Korean War.							
Key topic 2: Origin of Conflict in Vietnan	า						
History of French Colonial Vietnam and World War II				L			
er each mock, students	are	give	n a				
C (personalised learning checklist).							
s identifies their strengths and							

- ✓ RAG your knowledge on the different topics. Make sure you then act upon this with revision. You must be able to apply your knowledge and understanding using detailed examples of events / people / places.
- ✓ Know and learn your key terms. These are really important!
- ✓ Make use of revision guides and revision materials given to you. Make sure they are for the AQA exam board. If you are not sure, ask your teacher.

#### ✓ Use Kerboodle

You should have logged in with a code given to you by your History teacher. If you haven't, see your teacher!

✓ Learn from previous examination practice and keep on practicing examination questions!

#### **Books and Revision Guides**

#### my **revisi@n** notes

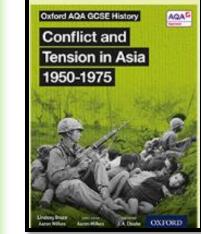
#### AQA GCSE (9-1)

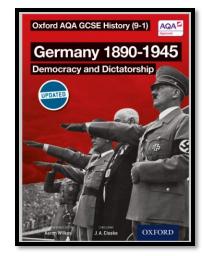
HISTORY SECOND EDITION

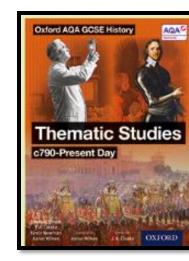


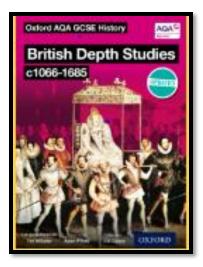
4 HODDER

Tim Jenner David Ferriby Simon Beale Carmel Bones Adele Fletcher Lizzy James





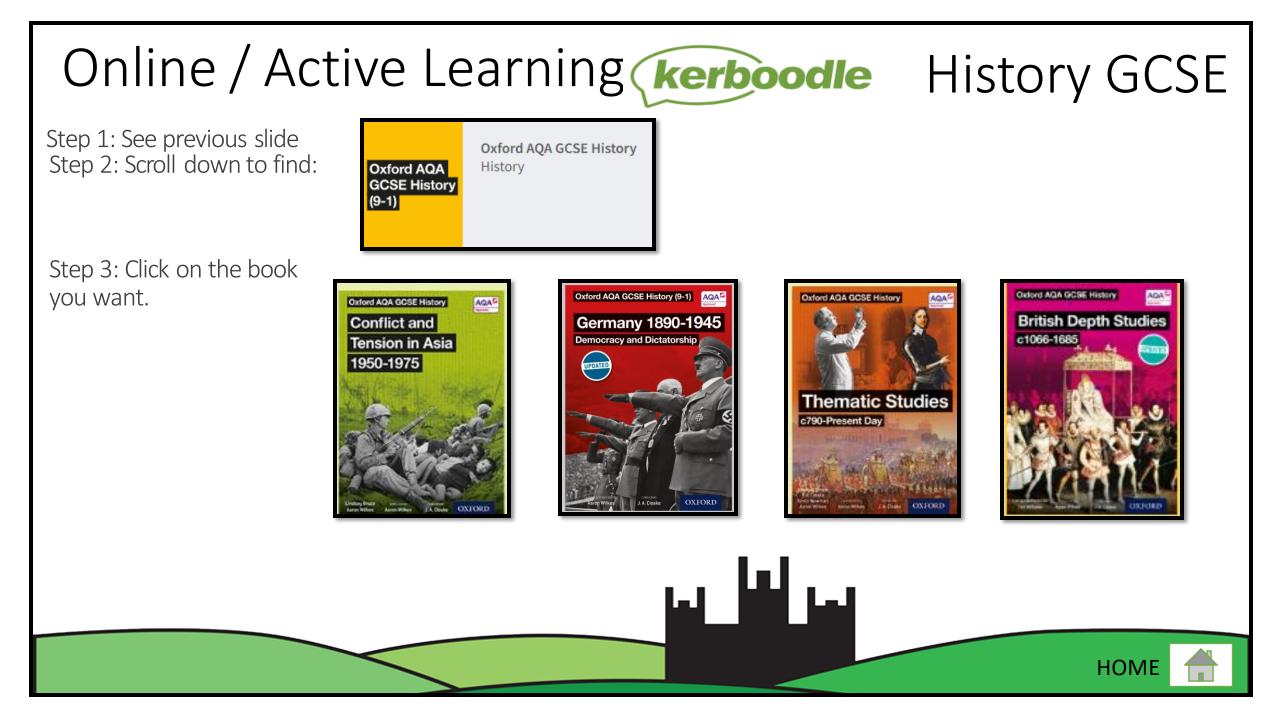




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#### **Revision Sessions**

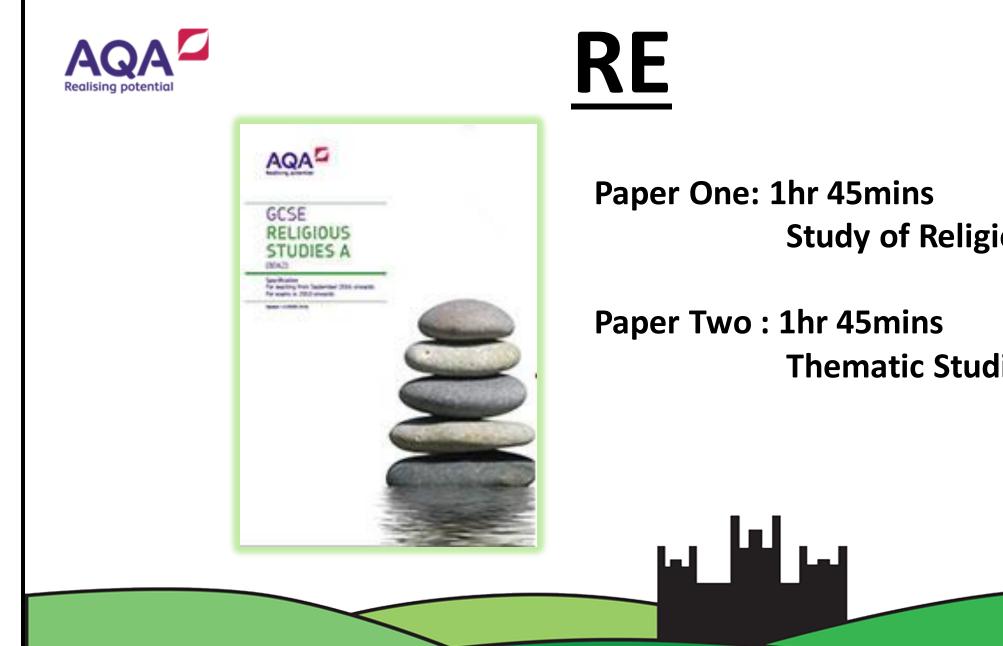
#### **These run** <u>every week</u>

Great opportunity to:

- ✓ recap what you have learnt that week.
- ✓ work on those gaps you have spotted by using your PLCs.
- ✓ ask the questions that have come out of revision.



HOME





HOME

**Study of Religions** 

**Thematic Studies** 

#### What are my GAPS?

Islam	Red		Amber	Green	Revised
Beliefs					
Oneness of God					
Beliefs of Sunni Islam and Shi'a Islam					
Nature of God					
Angels					
Predestination					
Life after death					
Prophethood: Adam and Ibrahim					
Muhammad and the Imamate					
Holybooks					
Practices					
Five Pillars, Ten Obligatory Acts,					
Shahadah: declaration of faith					
Salah: daily prayers					
Sawm: fasting during Ramadan		1			
After each mock, students are giver	n a				
PLC (personalised learning checklist	t).				
This identifies their strengths and					
areas of development. These shoul	Ь				
-	ч				
be used to target revision topics.					

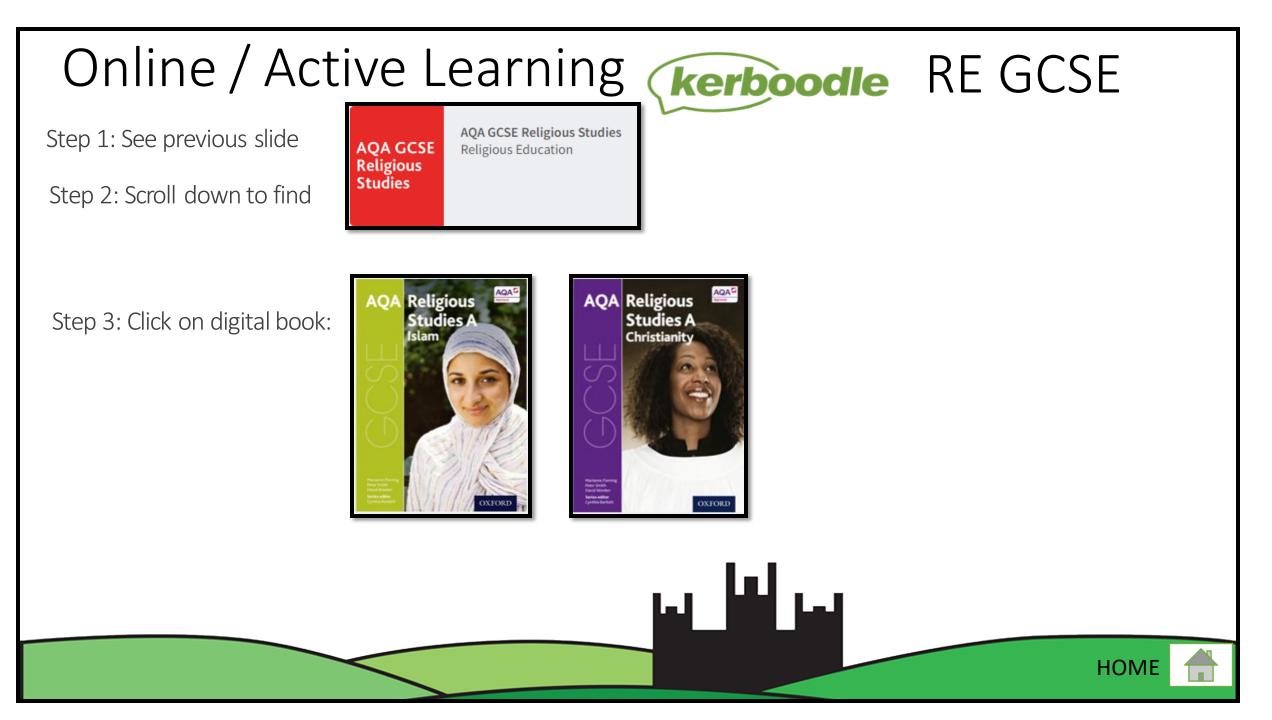
- ✓ RAG your knowledge on the different topics, make sure you then act upon this with revision. You must be able to apply your knowledge and understanding using detailed examples of beliefs and practices.
- Know and learn your key terms. These are really important!
- ✓ Make use of revision guides and revision materials given to you. Make sure they are for the AQA exam board. If you are not sure, ask your teacher.

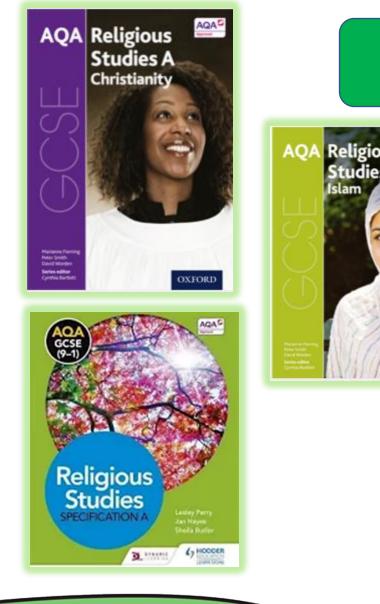
#### ✓ Use Kerboodle

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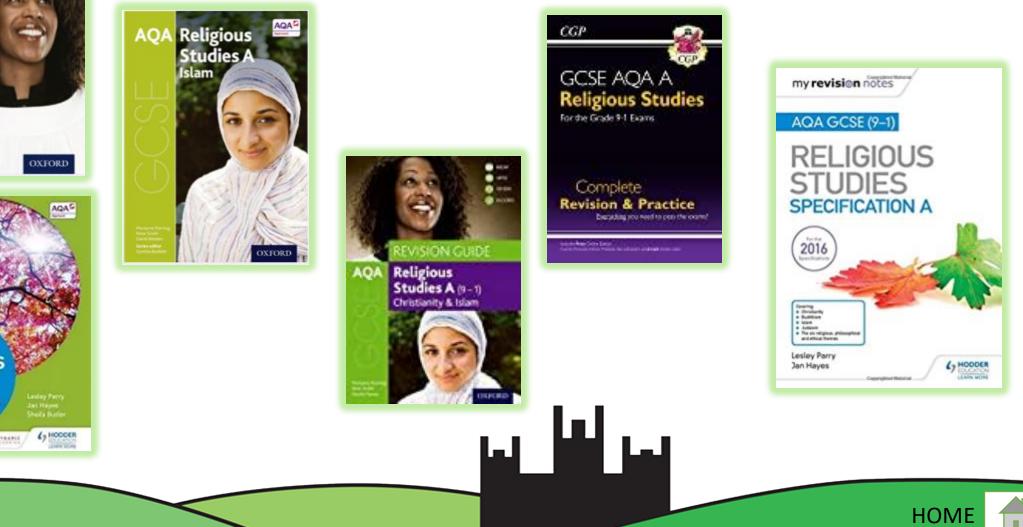
 Learn from previous examination practice and keep on practicing examination questions!







#### **Books and Revision Guides**





#### **Revision Sessions**

#### □ These run <u>every week</u>

Great opportunity to:

- ✓ recap what you have learnt that week.
- ✓ work on those gaps you
   have spotted by using your
   PLCs.
- ✓ ask the questions that have come out of revision.

### RE Monday B 3pm-4pm ➤ Mr Oliver (Room 205)

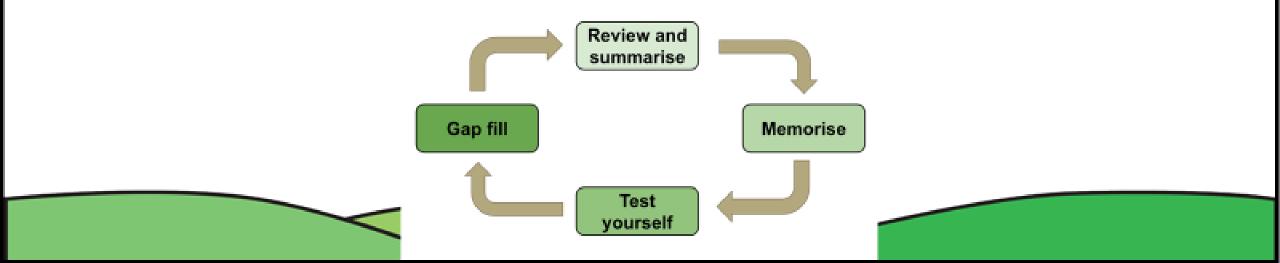
HOME

### Miss Phillips- Head of Year 11



### **How to Revise Effectively**

- You must do something with the information you are trying to learn. Simply re-reading notes, a textbook, or highlighting notes will not help you retain the information.
- Review and Summarise Identify key points and gaps in your knowledge. It can be tempting to go back over topics you feel confident with but make yourself revise the topics where you have gaps in your knowledge.
- Memorise Revise using techniques that are best for you and practice revising 'Better Not Harder'.
- Test Yourself once you have revised a topic test yourself on it with a practice exam question.
- Gap Fill After you have tested yourself identify any knowledge and gaps. Re-revise the sections
  where you did not get the answer right



# **Revision Technique Ideas**

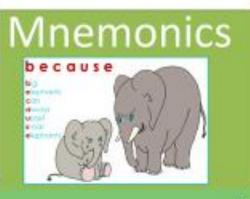
Use your revision guide for guidance on different revision techniques

Chunking – breaking information up into small chunks.

Association – link objects and ideas with each other.



Mnemonics – memory tool to help you remember something.



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Revision Jigsaw Puzzle Revision cards and highlighters – you have got these in your equipment pack

> Physical Journey – create a picture journey and layer information

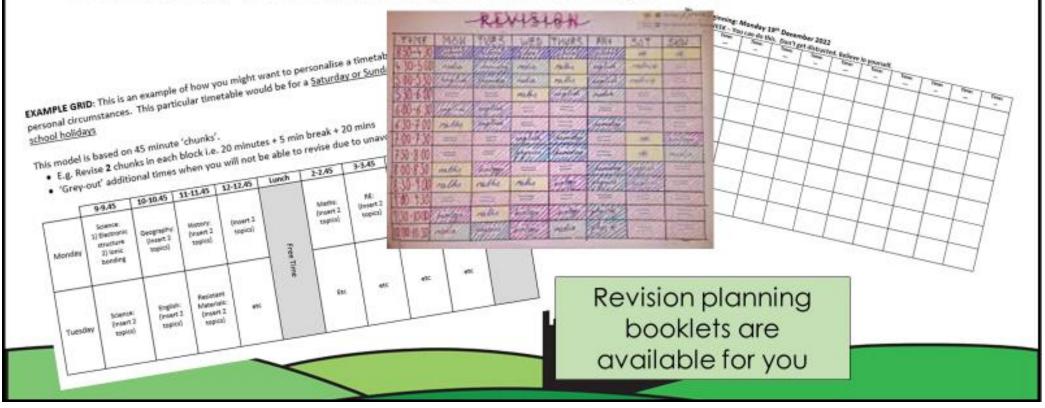
**Rote Learning** - read it again, and again, and again



Useful Link - https://www.bbc.co.uk/bitesize/articles/zxq76rd

### **Revision Tip**

Make a realistic revision schedule. Work out how much you would like to revise and the time you have available, then break it down into manageable chunks. Aim to do a few hours of revision each day and mix up your subjects so you do not get bored.



# When revising you could do the following

- 1. Read through your books.
- If you do not understand something, ask somebody.
- Choose the memory tricks that work best for you.
- Create posters to help you to organise information.
- 5. Create cards with key points and practise.
- Use past papers to practise answering questions.



# Dealing with exams

- **Dealing with exams**:
- Support- Even though you may be terrified about the exams too, this is a really tough time for lots of children.
- Expert advice says:
- The main thing children need when they are revising is peace, calm and stability at home. They already have enough worries at school and pressure revising.
- Link: <u>https://www.bbc.co.uk/programmes/articles/1XBINWwvl3wYrHb9hGDTPCI/top-tips-for-parents-from-the-mind-set-experts</u>

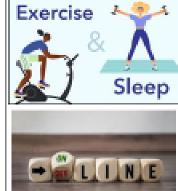


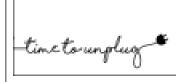
### **Tips on Preparing for Exams**

Take regular short breaks - Studying for hours and hours will only make you tired and you will find it difficult to concentrate, which may make you even more anxious.

Reward yourself - For example, you could take a long bath or watch a good movie once you have finished your revision session.

Do something physical - When you're not revising, use your spare time to get away from your books and do something active. Exercise is good for taking your mind off stress and keeping you positive, and it will help you sleep better.







Get some sleep - Brain recall becomes stronger after sleep and information becomes easier to access.

**Unplug –** Electronic devices can be very distracting. Put any devices you are not using out of site, stay off social platforms when revising and turn off your notifications

#### Ask for help - If you're feeling

stressed, it's important to talk to someone you trust, such as a family member, teacher or a friend. Lots of people find exams difficult to deal with, so do not be embarrassed to ask for support.

#### Useful Link

https://www.nhs.uk/mental-health/children-and-young-adults/help-forteenagers-young-adults-and-students/tips-on-preparing-for-exams/





We provide universal mental health support and targeted child counselling in schools, including primary, secondary and all-through schools, across England, Scotland and Wales

We offer:

- In-school mental health support for pupils, families and school staff
- Face-to-face and online training for school leaders and school staff
- Reflective supervision and supportive forums for school leaders and school staff
- Accredited qualifications up to Level 7 Postgraduate Diploma

Each school has a dedicated Place2Be mental health professional who is an integral part of the school team

They work closely with pupils, families and staff to improve emotional wellbeing and provide mental health support for the whole school





### Link: <u>https://www.place2be.org.uk/exams?gclid=EAI</u> <u>alQobChMIrs2n34L2ggMVt4BQBh2frAfGEAAYASAA</u> <u>EgLRsvD\_BwE</u>

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### **Next Steps**

- Take the opportunity to speak to yours teachers at parents' evening.
- Use your personal learning checklists to familiarise yourself with your strengths and areas for development.
- Get yourself organised by creating a revision timetable and find revision techniques that suit you.
- Ensure you are attending mentoring every morning and try and attend as many afterschool support sessions as possible.
- Speak to your mentor and class teachers for support with your academic studies.
- Create a plan and stick to it.

If you have any questions or concerns, please do not hesitate to contact Mr Brooke on <u>ibrooke@Canterbury.kent.sch.uk</u> or Ms Phillips on <u>lphillips@Canterbury.kent.sch.uk</u>



