



GCSE Summer Exams Support

GCSE Exams Class 2023

Introduction

Year 11 is a very important year. Exams, college applications and decisions about the future all come around quicker than you might expect. Mock exam marks will be used by teachers to make predictions about final grades. Colleges and 6th forms will want to know them.

The purpose of this booklet is to provide you with essential information about how to prepare for your mock exams. To achieve well in your GCSEs you need to make the most of the mock experience

The key messages are:

1. Get organised! If you can't do it on your own, get help. Balance your subjects.
2. Start early – there is lots to do, the earlier you start, the more manageable it is, cramming your revision is stressful and not as effective.
3. Make use of all the things the school provides – we only recommend things that make a big difference!

Contents

- ❖ *How do I organise my revision?*
- ❖ *Where can I get resources to revise for my subjects?*
- ❖ *How do I revise?*
- ❖ *Two different templates for making a revision plan*



Where can I get resources to revise for my subjects?

The following pages contain the key revision information from every subject. Find your subjects and take note of them!



Subject: English Language (Eduqas)

Number of exams in and length:

- Component 1 - 1 hour and 45 minutes
- Component 2 - 2 hours

Topics that are assessed on each paper:

Component 1 (40%)

Section A – Reading (40 marks) – 20%

This section will test, through structured questions, the reading of an unseen extract from one 20th century literary prose text.

Section B – Writing (40 marks) – 20%

This section will test creative prose (story) writing through one 40-mark task. Candidates will be offered a choice of four titles.

Component 2 (60%)

Section A – Reading (40 marks) – 30%

This section will test, through structured questions, the reading of two high-quality unseen non-fiction texts (about 900-1200 words in total), one from the 19th century, the other from the 21st century.

Section B – Writing (40 marks) – 30%

This section will test transactional, persuasive and/or discursive writing through two equally weighted compulsory tasks (20 marks each). Across the two tasks candidates will be offered opportunities to write for a range of audiences and purposes, adapting style to form and to real-life contexts in, for example, letters, articles, reviews, speeches, etc.

Recommended resources to use to revise and where they can be found:

- English Language revision workbook (available from the Finance Office)
- Revision materials on English Language Revision Google Classroom – all students have been added. Code: ead55so
- Past papers, students' yellow work books and other materials from the class teacher.
- <https://resources.eduqas.co.uk/Pages/SearchResources.aspx>

Subject: English Literature (Eduqas)

Number of exams in and length:

- Component 1 - 2 hours
- Component 2 – 2.5 hours

Students are not permitted to take copies of the set texts into the examination.

Topics that are assessed on each paper:

Component 1 (40%)

There are two sections on this paper:

Section A – Shakespeare (20%)

All students study 'Macbeth.' They will be required to write on a given extract from the play and then write a character or theme essay.

Section B – Poetry Anthology (20%)

Two questions based on poems from the WJEC Eduqas Poetry Anthology, one of which involves comparison.

Component 2 (60%)

There are three sections in this paper:

Section A - Post-1914 Prose/Drama (45 minutes) - 20%

Your child will have studied either 'Lord of the Flies' or 'An Inspector Calls.' They will be required to write about a character or theme across the text, using a source-based extract in the exam.

Section B – 19th Century Prose (45 minutes) - 20%

Your child will have studied either 'An Inspector Calls' or 'The Strange Case of Dr Jekyll and Mr Hyde.' They will be required to write about a character or theme across the text, using a source-based extract in the exam.

Section C – Unseen Poetry (1 hour) - 20%

Two questions on unseen poems, one of which involves comparison.

Recommended resources to use to revise and where they can be found:

- English Literature revision guides for all texts are available from the Finance Office.
- Revision materials on English Literature Google Classroom – all students have been added. Code: cdarmyl
- Past papers, students' purple work books and other materials from the class teacher.
- <https://resources.eduqas.co.uk/Pages/SearchResources.aspx>

Subject: Maths

Number of exams in and length:

3 papers $1\frac{1}{2}$ hours each, equally weighted.

Paper 1 is non-calculator, papers 2 and 3 are calculator allowed.

Students are provided with a formula sheet in the exam. Students have been given a paper copy to help with revision and an electronic copy can also be found on the maths revision Google Classrooms (details at the bottom of the page)

Topics that are assessed on each paper:

Any topic can be assessed on any paper and topics may be assessed more than once.

Recommended resources to use to revise and where they can be found:

- Past papers will be given out to be used in class and at home
- Extra sets of past papers will be available on Google Classroom
- Mathswatch: vle.mathswatch.co.uk/vle/
- Corbettmaths videos and exam practice www.corbettmaths.com
- Maths Genie <https://www.mathsgenie.co.uk/gcse.html>

Further revision info can be found on the maths revision google classrooms:

Higher code: rqeytz4

Foundation code: ikt6eac

There are 5 twilight revision sessions which can be signed up to on the parents evening booking system:

Date	Higher	Foundation
Wed 22 Feb	Number and Proportion	Number
Wed 1 Mar	Geometry	Proportion
Wed 8 Mar	Algebra 1	Algebra
Wed 19 Apr	Data, Similar Shapes and Transformations	Geometry
Wed 26 Apr	Algebra 2	Data, Similar Shapes and Transformations

Subject: Combined Science

Number of exams in and length:

Six exams, 2 for each science discipline, each 1 ¼ hours

Topics that may come up in each paper [See your Google Classroom for details of the topics for each paper]:

Recommended resources :

Revision guide - The contents section in the front of the book lists the topics by paper.

Google Classroom – A variety of revision materials for different learning styles. The classroom codes are:

Foundation – **bbtrnry**

Higher – **v3a4dgm**

You will need to make sure that you are familiar with the **required practicals** for each paper, as these **will be a key focus**.

Finance Office - Additional revision materials are available for purchase via the finance office. The resources are sold at cost price which is significantly cheaper than on the 'high street'.

Online Resources

<https://www.savemyexams.co.uk/>

<https://my.educake.co.uk/student-login>

<https://senecalearning.com/en-GB/blog/gcse-revision/>

<https://www.footprints-science.co.uk/>

<https://www.bbc.co.uk/bitesize/examspecs/z8r997h>

Subject: Separate Sciences (Option E Choice)

Number of mock exams in March and length:

Six exams, 2 for each science discipline, each 1 ¾ hours

Topics that may come up in each paper [See your Google Classroom for details of the focus topics provided by AQA for each paper]:

Recommended resources :

Revision guide - The contents section in the front of the book lists the topics by paper.

Google classroom – A variety of revision materials for different learning styles. The classroom codes are:

Triple – **6jeowdw**

You will need to make sure that you are familiar with the **required practicals** for each paper, as these **will be a key focus**.

Finance Office - Additional revision materials are available for purchase via the finance office. The resources are sold at cost price which is significantly cheaper than on the 'high street'.

Online Resources

<https://www.savemyexams.co.uk/>

<https://my.educake.co.uk/student-login>

<https://senecalearning.com/en-GB/blog/gcse-revision/>

<https://www.footprints-science.co.uk/>

<https://www.bbc.co.uk/bitesize/examspecs/z8r997h>

Subject: Business

Number of exams in and length:

Business 1 – Business Activity, Marketing and People.

80 marks, 90 minute exam - Multiple choice, short and long answer written questions based on case studies given in the exam.

Business 2 – Operations, Finance and Influences on Business.

80 marks, 90 minute exam - Multiple choice, short and long answer written questions based on case studies given in the exam.

****This is synoptic so can draw on knowledge from paper 1 too.****

Topics that are assessed on each paper:

Business 1 – Business Activity, Marketing and People/HR

Business 2 – Operations, Finance and Influences on Business

Recommended resources to use to revise and where they can be found:

Class workbook and assessment feedback

In-house revision guides

Revision sheets/flash cards – which have been completed in class

Revision book – Published by Hodder Education GCSE Business (9-1)

Business revision google classroom

Websites:

BBC Bitesize

[GCSE Business - OCR - BBC Bitesize](#)

Two teachers – video topics

[FREE BUSINESS STUDIES RESOURCES | Two Teachers](#)

Google classroom for Business revision (exam technique and knowledge)

Code: fb6wd2y

[Business Revision \(google.com\)](#)

Subject: Drama

Resources given by school:

The Google Classroom pages for 11A and 11C 2023 GCSE Drama are continually updated with resources, information and exemplar work.

The GCSE Drama revision guide is an excellent way to make sure that you are prepared for Component 3. Copies are available for £3 from the finance office.

Your teachers will also be holding Portfolio sessions at lunchtime and after school by arrangement.

Useful websites:

- <https://www.bbc.co.uk/bitesize/subjects/zbckjxs>
- <https://www.bbc.co.uk/bitesize/guides/zsyvvcw/revision/1>

Other useful resources:

- 'An Inspector Calls' set text

Top tips when revising for Drama:

- 1) Read and **act out** moments from 'An Inspector Calls' so that you have *practical experience* of playing the characters across the whole of the play.
- 2) Make specific notes about moments from 'The Curious Incident' or 'Kin' to fit onto an A4 page. Include sketches and *specific drama terminology*.
- 3) Research the **social and historical context** of 'An Inspector Calls' so that you know what the playwright wanted his *audience* to feel and experience.

Subject: Design & Technology Product Design

Number of mock exams in November and length:

One exam which is 2 Hours long.

Topics that may come up in the mock:

D&T and our world – *CAD/CAM, Manufacturing, Sustainability, New and Emerging Technologies*

Electronics – *Inputs/Process/Outputs, Circuits, Microprocessors*

Mechanisms – *Principles of mechanical devices, CAMS, Pulleys, Levers, Gears*

Smart Materials – *Modern Materials, Smart Fibres*

Materials – *Papers & Boards, Natural & Manufactured Timber, Ferrous & Non-Ferrous Metals, Thermoforming & Thermosetting Plastics, Natural & Synthetic Fibres*

Recommended resources to use to revise and where they can be found:

- DT Google classroom revision materials.
- Revision podcasts on sohamdt.com
- Students also have their theory books which have all of their theory work in which can be used to revise from.
- All Design & Technology classrooms have class sets of Revision guides which they can use to revise and borrow.

Useful websites which can be used for revision:

www.sohamdt.com – YR 11 tab

www.technologystudent.com

<https://www.bbc.co.uk/bitesize/examspecs/z4nfwty> - Eduqas

Subject: Food Preparation and Nutrition

Number of exams in the subject and length:

One exam 1 hour and 45 minutes

Topics that may come up:

Food, nutrition and health, Food science, Food safety

Food choice, Food provenance

Recommended resources to use to revise and where they can be found:

Illuminate Publishing AQA FP&N Revision Guide (to be returned after final exam)

Mock and Past papers from AQA website

<http://www.illuminate.digital/aqafood/>

Login- SSOHAM 3

Password- STUDENT3

<https://www.bbc.co.uk/bitesize/subjects/zdn9jhw>

Subject: Geography

Number of exams in and length:

Paper 1 (Physical Geography) – Monday 22nd May 2023 – 1 hour 30 mins
Paper 2 (Human Geography) – Tuesday 9th June 2023 – 1 hour 30 mins
Paper 3 (Geographical skills)- Tuesday 16th June 2023 – 1 hour 15 minutes

Topics that are assessed on each paper:

Paper 1 – *Section A - Natural Hazards* (tropical storms – Typhoon Haiyan case study, tectonic hazards – Nepal and New Zealand earthquake case studies, climate change, UK extreme weather – Beast from the East example). *Section B – Living World* (ecosystems – UK pond example, tropical rainforests – Madagascar case study, cold environments – Svalbard case study). *Section C – Physical Landscapes in the UK* – Coastal landscapes (Dorset coast example) and River landscapes (River Tees and Morpeth examples).

Paper 2 – *Section A – Urban challenges* (London case study, Nairobi case study, sustainable urban living – Freiburg example). *Section B – Economic world* (development – Tunisia example, NEE case study- Pakistan, UK Economy). *Section C – Resource management* (Food option studied, Agrica – example)

Paper 3 – *Section A – Pre-release. Section B – Unseen fieldwork skills, Section C- own fieldwork questions.*

Recommended resources to use to revise and where they can be found:

- Revision booklet an overview booklet which will be provided by the school
- Class work and assessment feedback
- CGP revision guide and AQA GCSE Geography flashcards – available to purchase from Amazon
- Past papers – can be accessed from the AQA GCSE Geography website [AQA | GCSE | Geography | Assessment resources](#)
- Materials uploaded to Google classroom e.g., revision sheets and knowledge organisers
- After-school revision sessions run by the Geography department
- Tutor 2u revision videos on YouTube
- BBC Bitesize and Seneca can be used for short knowledge recaps

Subject: History

Number of exams and length

- Paper 1 – Crime & Punishment and Whitechapel – 1 hour 15 minutes
- Paper 2 – Early Elizabethan England and The American West – 1 hour 50 minutes
- Paper 3 – Life in Germany – 1 hour 20 minutes

Useful websites:

- <https://www.bbc.co.uk/education/topics/z29rbk7>
- <http://www.bbc.co.uk/schools/gcsebitesize/history/mwh/germany/>
- <https://qualifications.pearson.com/en/qualifications/edexcel-gcse/history-2016.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FExam-materials> (this site has past papers for you to download and try, although please be aware, you can't access 2022 as they are password protected)

Other useful resources:

We will be providing all students will an exam guide, free of charge after Easter. There are also commercial revision guides available to buy. The 'Revise Edexcel GCSE (9-1)' series is created by Pearson and there is one for each of the courses above. These are available at all main retailers. We will be giving copies of these to students who are eligible for financial support.

We will be setting Seneca revision homework every week. This will be useful for content revision for all 3 exams.

Revision sessions will run after school in April & May, dates to be confirmed.

Top tips when revising History

- 1) Be clear on the order of events, you don't have to learn hundreds of dates but you do need to know sequences. Timelines are useful for this.
- 2) Don't learn isolated facts – think 'how might this information be useful in the exam?' 'what type of question might it help with?'
- 3) Try to write questions based around the ideas such as change, causes, consequences. Use your mock exam papers to help you.

Subject: Computer Science

Number of exams in the subject and length:

Two exams – each 90 minutes

Component 01: Computer systems

Introduces students to the central processing unit (CPU), computer memory and storage, data representation, wired and wireless networks, network topologies, system security and system software. It also looks at ethical, legal, cultural and environmental concerns associated with computer science.

Component 02: Computational thinking, algorithms and programming

Students apply knowledge and understanding gained in component 01. They develop skills and understanding in computational thinking: algorithms, programming techniques, producing robust programs, computational logic and translators

Recommended resources to use to revise and where they can be found:

[https://www.teach-](https://www.teach-ict.com/2016/GCSE_Computing/OCR_J276/OCR_J276_home.html)

[ict.com/2016/GCSE_Computing/OCR_J276/OCR_J276_home.html](https://www.teach-ict.com/2016/GCSE_Computing/OCR_J276/OCR_J276_home.html)

<https://student.craigndave.org/gcse-videos>

<https://www.bbc.co.uk/education/subjects/z34k7ty>

<https://www.cambridgegcsecomputing.org/>

<http://www.ocr.org.uk/qualifications/gcse-computer-science-j276-from-2016/assessment/>

CGP GCSE OCR Computer Science The Revision Guide.

Digital textbook posed on Google Classroom with activities to do.

Subject: Film Studies - Part 1

Number of exams in the subject and length:

2 Exams:

Component 1:

1 hour and 30 minutes

Component 2:

1 hour and 30 minutes

FILM STUDIES – Component 1: Key Developments in US Film
Content that will feature in Component 1:

Section A

Rear Window (Hitchcock, 1954)

Witness (Weir, 1985)

Rear Window compared to *Witness*

The examination requires a solid knowledge of:

- **Key sequences** in the films.
- **Genre and genre conventions.**
- The **micro elements of film form**, i.e. mise-en-scene, cinematography, lighting, and editing.
- The social, cultural, and historical **contexts** of the films.
- **Narrative, representation, and visual style/aesthetics** in both films.

Section B

Developments in Film History

Section C

Juno (Reitman, 2007)

Gustavo Mercado's *Finding the Frame* specialist writing

The examination requires a solid knowledge of the **specialist writing** and must be applied to key sequences in the film.

Subject: Film Studies – part 2

FILM STUDIES – Component 2: Global Fil: Narrative, Representation and Film Style

Content that will feature in Component 2:

Section A

Slumdog Millionaire (Boyle, 2009)

- With a focus on **Narrative**

Section B

Die Welle (Gansel, 2008)

- With a focus on **Representation**
- Representation of **ethnicity, age, or gender.**

Section C

Skyfall (Mendes, 2012)

- With a focus on **Visual Style/Aesthetics**

The examination requires the revision of **key sequences** in all of the films.

Recommended resources to use to revise and where they can be found:

All revision materials/supporting resources, web links, exam board mark schemes/model exam papers, and a wealth of Power Point presentations, videos and pdfs are located on the *Film Studies Google Classroom*.

Subject: Eduqas Media Studies – part 1

Number of exams in the subject and length:

2 Exams:

Component 1:

1 hour and 30 minutes

Component 2:

1 hour and 30 minutes

Content that **could** feature in Component 1:

Section A: Exploring Media Language and Representation

Assesses **media language and representation** in relation to **two** of the following print media forms:

- **Magazines** (*Pride*, November 2015 + *GQ* (July 2016)
- **Film Posters** (*The Man with the Golden Gun* (1974) + *Spectre* (2015)
- **Newspapers** (*The Guardian*, 12.9.18 + *The Sun*, 12.6.18)
- **Print Advertisements** (*Quality Street* (1956) + *This Girl Can* (2015)

Requires a **comparison** between one of the print media forms above, and an **unseen media text** in the same form.

Section B: Exploring Media Industries and Audiences

Assesses media **industries** and **audiences** in relation **two** of the following media forms:

- **Film** (*Spectre*, 2015)
- **Newspapers** (*The Sun newspaper*)
- **Radio** (*The Archers*)
- **Video games** (*Fortnite*)

Subject: Eduqas Media Studies – part 2

Content that **will** feature in Component 2:

MEDIA STUDIES – Component 2: Understanding Media Forms and Products

Section A: TV Crime Drama

Luther, Series 1, Episode 1 (BBC, 2010)

The Sweeney, Series 1, Episode 1 (1975)

Section B: Music Video and Online, Social and Participatory Media

Bad Blood (Taylor Swift, (2014)

[Taylor Swift - Bad Blood ft. Kendrick Lamar - YouTube Home - Taylor Swift](#)

Intentions (Justin Bieber, 2020)

<https://www.youtube.com/watch?v=3AyMjyHu1bA>
Justin Bieber | Home (justinbiebermusic.com)

Rio (Duran Duran, (1982)

<https://www.youtube.com/watch?v=nTizYn3-QN0>

Section B will require a good knowledge of Taylor Swift and Justin Bieber's use of social media platforms and websites.

Recommended resources to use to revise and where they can be found:

All revision materials/supporting resources, web links, exam board mark schemes/model exam papers, and a wealth of Power Point presentations, videos and pdfs are located on the *Media Studies Google Classroom*.

Subject: MFL – French / Spanish

Number of exams in and length:

FRENCH	Speaking	Mon 24 April Tues 25 April Duals Weds 3 May	12 mins prep + 10-12 mins exam
	Listening	23 May	HGR 45 mins FDN 35 mins
	Reading	23 May	HGR 1 hour FDN 45 mins
	Writing	5 June	HGR 1 hour 15 mins FDN 1 hour

SPANISH	Speaking	Mon 24 April Tues 25 April Duals Weds 3 May	12 mins prep + 10-12 mins exam
	Listening	6 June	HGR 45 mins FDN 35 mins
	Reading	6 June	HGR 1 hour FDN 45 mins
	Writing	13 June	HGR 1 hour 15 mins FDN 1 hour

Topics that are assessed on each paper:

SPEAKING

- Use your speaking portfolio
- Attend intervention and Easter revision sessions

LISTENING/READING

- All themes/topics

WRITING

- Use your speaking portfolios to help you revise for writing

Subject: MFL – French / Spanish

Useful websites:

- Memrise www.memrise.com
- BBC Bitesize (click then select French or Spanish)
<https://www.bbc.com/education/levels/z98jmp3>
- Linguascope – Intermediate level (soham; let5learn)
www.linguascope.com
- Kerboodle website (ask your teacher for activities)
- AQA

Other useful resources:

- Speaking portfolios – for speaking AND writing
- Revision guides (see MFL for details or buy from the school shop at a reduced price)
- ‘Love it’ grade 5 + 8/9 help sheets or ‘Complexity & variety’ sheets
- Mock papers & Practice questions

Top 5 tips when revising French & Spanish:

1. Little and often – 5 minutes of Memorise 3x week; learn a speaking topic per week
2. Revise your tenses – past/present/future as a minimum
3. Attend the Revision & Intervention sessions
4. Use the ‘Love it’ or ‘Complexity & variety’ sheets to help improve complexity in writing and speaking
5. Complete timed practice questions (L/R/W + translation) + use your revision guides.....!

Remember! - GCSE MFL French and Spanish speaking exams are your first GCSEs – 24 & 25 April, 3 May

Subject: Music

Number of exams and length: 1 listening examination of 1 hour

Topics that are assessed on the paper:

Pop Music: Rock 'n' Roll of the 1950s and 1960s, Rock Anthems from 1970s and 80s, Pop Ballads of the 1970s, 80s and 90s, Solo Artists from 1990 to Present Day

The Concerto through Time: The Baroque, Classical & Romantic Concerto

Film and Video Game Music

Rhythms of the World: Eastern Mediterranean Music (this includes Palestinian, Israeli and Greek Music), Indian Classical, Bhangra Music, African Drumming, Samba, Calypso (song and steel pans).

You will also be asked to follow a score, recognise key and time signatures, add Italian terms to a score and complete missing notes in a melody line. You will need to be able to recognise orchestral, world and band instruments by ear.

Recommended resources to use to revise and where they can be found:

- OCR GCSE Revision Guide (available from the finance office)
- OCR GCSE Revision Videos on YouTube (there is one for each topic we study, with videos to help you recognise the music)
- BBC Bitesize Website
- Google Classroom revision resources

- Mrs Perry's class, 11A, class code: **xj2c4ex**

- Mr Moses' class, 11C, classcode: **vvbyahs**

Subject: Physical Education

Number exams and length:

One written exam paper of 1 hour duration

Topics that may come up:

Paper 1 - Factors Affecting Physical Performance – Applied anatomy and physiology; Physical training

Recommended resources to use to revise and where they can be found:

OCR GCSE PE Revision Guides:

https://www.amazon.co.uk/GCSE-Physical-Education-Revision-Guide/dp/1789083206/ref=sr_1_4?keywords=ocr+gcse+pe+revision&qid=1569332219&sr=8-4

Sample assessment:

<https://www.ocr.org.uk/Images/316929-sample-assessment-materials-taster-booklet.pdf>

Practice paper:

<https://www.ocr.org.uk/Images/234823-unit-j587-01-physical-factors-affecting-performance-sample-assessment-material.pdf>

Subject: RE

Number of exams in and length:

Paper 1 - 1 hour 45 minutes

Paper 2 - 1 hour and 45 minutes

Topics that are assessed on each paper:

Paper 1 – Christian Beliefs and Practices, Buddhist Beliefs and Practices.

Paper 2 – Theme A (Relationships and Family), Theme B (Religion and Life), Theme D (Religion, Peace and Conflict) and Theme E (Religion, Crime and Punishment).

Recommended resources to use to revise and where they can be found:

- Past papers (also available on AQA website)
- Sample questions and answers
- Revision summary sheets

Other useful resources (available to borrow from your RE teacher):

- AQA Religious Studies A (9-1) Christianity & Buddhism revision guide – Paper 1 and 2
- AQA Religious Studies A (9-1) Christianity and Buddhism Workbook, Themes Workbook
- AQA Religious Studies A (9-1) Christianity, Buddhism and Themes revision cards

Useful websites:

- <http://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062>
- <https://www.bbc.com/education/examspecs/zy7spbk>
- <https://www.buddhanet.net/e-learning/index.htm>
- <http://www.bbc.co.uk/religion/religions/christianity>

How do I revise?

The key message when revising is that it must be **active** and not passive. Passive would be just reading the revision guide then finishing and going to watch TV. Active revision is anything that involves thinking, making a decision or doing.

Instead of just reading it and then having a cup of tea...

- ***Can you reduce the information down to half the size in note form? Can you reduce it further down to just keywords?***
- ***Can you draw pictures to help you remember it?***
- ***Can you summarise the information in 5 key points then put them in order of importance?***
- ***Can you draw a mind map and link the information on a topic together?***
- ***Can you turn the page of information into a 10 question quiz that you can get someone to test you on?***
- ***Can you make flash cards with keywords on one side and definitions on the other?***
- ***Can you make a podcast about the thing you are learning about?***



How do I revise?

Once you feel like you've revise a topic, you need to **test yourself** to see if you really have and practice applying that knowledge. If the subject you are revising for involves writing them you must practice writing your answers

You can do this by answering questions in the revision guides, or by answering the relevant pages in a workbook or internet site.

It is extremely important that you mark the questions yourself – there is no point in doing questions if you don't know if they are right or not

Exam practice – build up to trying exams, there are not many practice papers so use them wisely! Make sure you mark them afterwards – get help from someone if you struggle. If you can't help looking at the answers, give them to someone responsible!



The Pressures of Exams



Some stress isn't always a bad thing. It focuses us at a time when it really matters.

But it is crucial to find the perfect balance, somewhere between not caring how you do to being so anxious that you are not able to perform in the exam.

What can you do?

- **Revise-** It sounds obvious but you will become more anxious if you haven't done any work. Revising will give you more confidence in your ability to perform in the exam.
- **Sleep-** Revising until the early hours won't help anyone. You won't sleep well, which means in the morning you're tired and grumpy. That's not going to help anyone is it?
- **Ban the socials-** Checking your notifications late into the evening before a big exam is distracting and the light from your phone/ tablet/ laptop actually tricks the brain into thinking the light is morning sunlight and 'wakes' you up. Plus who knows what someone has tagged you in or written on your wall. You don't need that drama!
- **Meditate!-** If the pre-exam build up throws you off you're A-Game then try some guided meditation (sessions in the Hub before the exams)- proven to calm and relax you, focusing the mind.
- **Speak to us!-** Every year we have students who struggle with exams. You're not on your own! Pop in, email us, ask your tutor to email/ speak to us, ask parents to call in. However, you need to do it, let us know. Talking to someone will always make you feel better. We've got so many tips and tricks but unless we know about you we can't help!

What can we do?

- **Self-help resources-** we use some fantastic resources that have been written by professionals for students around exam times. Why not pop into the Hub to pick up a pack or you can sign up to receive 6 emails that firstly explain what anxiety is and then how to manage it- Go to www.danreganhypnotherapy.co.uk/issues/exam-fear to sign up for the free emails.
- **Offer support and strategies to manage anxiety-** After your mocks we're going to run some sessions with Mrs Rockley to explore what the right support for you is.
- **Tweaks to exam arrangements**
- **Guided meditation-** As mentioned earlier, meditation is hugely successful in focusing and calming you down. We'll be running some sessions to teach you how to do it. Then, if you're getting stressed, you can try to calm yourself down. Any time, any place!

Part one: Planning the habit

1. Think about commitments you already have e.g. the school day, an evening when you have football training and list them
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2. Then put them into the weekly timetable below
3. Look at it and work out what have time available
4. Put in a time you'd like to have stopped working by
5. Think of other things you like to do that relax you or you enjoy
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6. List the subjects you take:
7. Highlight any priorities in within that list (if you have any that you want to particularly focus on)

Part one: Planning the habit

8. Put in hour or half hour blocks into the timetable where revision could take place
9. Put in a couple of spots where you know you'd like to relax
10. When are you at your best, which hours are your most productive do you think?
11. Identify 'dead time' e.g. before meals, after meals, when you're waiting around for something to start

Part 2: Doing the habit

1. Try to use a room or part of a room that is only for revision, that way you will associate working with being there and distractions will be easier to avoid. Which location (s) can you think of?
2. Sit a chair and a table/desk (not on your bed).
3. Tell someone you're starting revision and tell them to ask you what you will be doing in that time. Who can you tell, share our plan with?
4. Be very specific about when, where and what you will revise. Stick to the plan! Complete the more detailed revision plan with locations, topics and subjects.
5. Keep distractions away – no TV, no phone, no computer game. Make it easy to avoid temptation by making your environment temptation free. Where will you put your phone, who could you give it to?
6. Set a clear end time so you know when you can stop. Stick to the plan.
7. Treat it like a job that needs doing, if it's not a school day, get up for work.

