

# GCSE Study skills guide For students in year 11



## Name:

	Getting Exam Ready
Learn	<ul> <li>Make the most of lesson time! Learning takes place in class, when you are completing homework or doing additional research.</li> </ul>
	<ul> <li>It is important that you fully understand each topic before you can revise it.</li> </ul>
	<ul> <li>If there is anything you don't fully understand, re-read the textbook, ask your teacher, ask another student to go over the topic with you.</li> </ul>
Revise	<ul> <li>Once you have fully mastered a topic, you can start to revise it.</li> </ul>
	<ul> <li>Revision is reviewing material you have previously covered to reinforce what you already know or find out where your gaps are.</li> </ul>
	<ul> <li>There are many different ways to revise:         <ul> <li>condense your notes (e.g. using The Cornell note-taking method)</li> <li>create mind-maps or flow-charts</li> <li>prepare flashcards from your notes (question on one side, answer on the back)</li> <li>convert your notes into your own podcasts, etc.</li> </ul> </li> </ul>
	<ul> <li>Revision is <b>not</b> re-reading your notes over and over again! You need to do something with your notes instead!</li> </ul>
Retrieve	<ul> <li>Once you have revised a topic, you are ready to test yourself:         <ul> <li>ask a friend or family member to test you on your flash cards</li> </ul> </li> </ul>
	<ul> <li>re-draw your mindmaps or flow charts from memory</li> <li>complete past paper questions</li> <li>use Online platforms</li> </ul>

Year 11, you're now in the last eight weeks before exams. This is a time to focus and get ready. Everyone learns differently, so there's no perfect plan, but this guide has some ideas that have worked for others. It's about using your time well and feeling confident.

Remember, your teachers are there to help. If you're stuck, ask them. They want you to do well. This isn't just about memorising facts, it's about understanding and showing what you know.

These exams are your chance to show what you've learned. Work hard, stay focused, and believe in yourself. We hope you get the results you want in August 2025.

Mr Mills & Mrs

## TIPS FOR EFFECTIVE REVISION AND RETRIEVAL

#### Build your life around studying

This is one of the hardest things to do. Now you are in your last year of Key Stage 4, it is vital that you make sufficient time for exam preparation.

For the next few months, some other activities might need to be put on hold until after the exam. Think about what has got to give way and where you can turn 'down time' into 'study time'.

Sacrifices should be less difficult now the exams are getting closer.

#### Keep healthy

As we said at the beginning, revision takes time and effort and a lot of your energy. You do not need to stay at home and study all the time, however, try and avoid any activities that leave you drained and exhausted the next day.

Make sure you eat sensibly and drink plenty of water.

Moderate exercise and plenty of sleep are also important.

Remember that you should stop revising one hour before you intend to go to sleep. If you don't allow for some down time after revision, it is likely that you will find it harder to fall asleep straight away.

#### Keep calm

It is natural to feel a bit of tension as the exam season is drawing closer. Remember that if you have organised your time, started revision early and kept to your revision timetable, you are going to be fine.

If you are worried, try to identify what it is that is bothering you and talk about it with your parents and teachers. The chances are that you can do something about it.





#### Study space



Get the basics right and make sure you have the following:

- a comfortable chair
- a clear desk
- good light
- comfortable temperature
- pens
- coloured pencils
- highlighters
- paper
- folders
- dividers
- flashcards
- post-it notes
- ruler & protractor
- eraser
- calculator
- dictionary
- revision guides
- exercise books
- textbooks
- past papers
- markschemes
- examiners reports

If the place where you do most of your school work is not easy to work in, what can you do to make it better?

What distracts you when you are trying to settle down to revision?

Can you do something to remove that distraction (e.g. place your phone into a lockable box or different room)?

If you find it difficult to study at home, use your local library or arrange to stay longer in school to attend impact sessions.

## STUDY PLAN

Before you start your revision it is essential that you know what needs to be revised in each subject. Often your teacher will provide you with a checklist or exam specification which makes it also clear which topics are on which exam paper.

#### Using the exam board specification to create a checklist

You can use the exam board specification to divide the task up into a lot of smaller topics (it is easier to get started and to see your progress if you divide one large topic into a series of smaller topics). This means that each topic is fairly quick which keeps up your motivation to continue with your revision:

#### Example:

Chemistry Topic 5.9.1 The composition and evolution of the Earth's atmosphere

Specification point	Notes made	Revised notes	Need help
Students need to know the proportion of gases in atmosphere			
Students are required to know the composition of the Earth's early atmosphere			
Students need to describe the process by which the level of oxygen in the atmosphere increased			
Students need to describe the process by which the level of carbon dioxide in the atmosphere decreased			

#### Weekly study timetable



Make a provisional timetable for which topics you will cover each week. With a study timetable you are able to check that you are covering all subjects and are not running out of time.

- Aim to study a little every day (2 hours a day initially)
- Build in some unallocated study time because you may get a bit behind.
- Put the timetable up on the wall or fridge at home where everyone can see it. Ask your family to help you keep to it.
- If you find that you are repeatedly not sticking to your study timetable, find out why you are struggling to keep to it and rewrite it!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Breakfast						
8am	School	School	School	School	School	Out	Church
9am	School	School	School	School	School	Out	Church
10am	School	School	School	School	School	Out	Church
11am	School	School	School	School	School	Out	Homework
12pm	School	School	School	School	School	Out	Science
1pm	School	School	School	School	School	Lunch	Lunch
2pm	School	School	School	School	School	Homework	History
3pm	School	School	School	School	School	Homework	Break
4pm	Tea&TV	Period 6	Tea&TV	Period 6	Tea&TV	English	French
5pm	Homework	Tea&TV	Homework	Tea&TV	Homework	Art	Break
6pm	Maths	Football	History	Art	Out	Art	Science
7pm	English	Football	English	Art	Out	Break	Break
8pm	Science	Football	French	Maths	Out	Break	Maths

#### Example study timetable:

A printable template is attached at the end of this booklet.

## STRUCTURING YOUR STUDY SESSIONS

#### Study Session Version 1 – The Pomodoro method

- 1. Select a task.
- 2. Set a timer to 25 minutes.
- 3. Work until the timer goes off.
- 4. Take a 5 minute break.



- 5. Set the timer to 25 minutes.
- 6. Go over the work done so far, then move on.
- 7. Work until the timer has gone off.
- 8. Take a 5 minute break.



- 9. Set the timer to 25 minutes.
- 10. Go over the work done so far, then move on.
- 11. Work until the timer has gone off.
- 12. Take a 5 minute break.



- 13. Set the timer to 25 minutes.
- 14. Go over the work done so far, then move on.
- 15. Work until the timer has gone off.
- 16. Take a longer break.

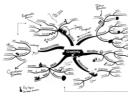


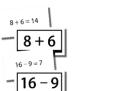


#### Study Session Version 2 - The power hour

- 1. Choose a small number of past paper questions.
- 2. Spend 20 minutes revising/re-viewing what you need to know to answer your chosen questions.









3. Set a timer for 20 minutes and answer the past paper questions you chose.



4. Mark your answers using the mark scheme.



5. Show your teacher your work and ask whether your marking is accurate and how you could improve your answer.



## TRANSFERRING INFORMATION INTO LONG-TERM MEMORY

#### Cold recall

- Choose a topic, or part of a topic. Spend time reading through the topic in your revision guide, textbook or exercise book.
- Cover up the information that you have just read and write down everything that you remember on a blank piece of paper.
- Then check what you wrote against the original notes.
- Hightlight the areas you have missed or did not remember correctly.
- Then repeat the process until you can remember everything correctly.

#### Self quizzing

- One of the best revision techniques is to quiz yourself (or get someone else to quiz you).
- Use the notes from the revision guide, textbook or exercise book to create a set of questions and answers (on paper or flashcards). If you make flashcards, remember to write the question on one side and the answer on the other side of the same card.

Front	Back
Question: Where does aerobic respiration take place inside the cell?	Answer: inside the mitochondria
Front	Back
Question: How are the mitochondria adapted to their function?	Answer: The have a folded inner membrane that gives them a large surface area.

- Using this technique, you will find out exactly how much you have forgotten about a topic.
- Forgetting is a normal process. Quiz yourself more often on the questions you get wrong or forget.
- Don't stop quizzing yourself on the questions you get right. Repeated quizzing is required to transfer the information into your long-term memory.

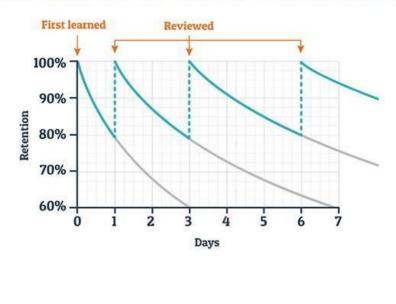




#### Spacing



- Leave time between quizzing sessions.
- Once you feel confident that you remember everything about a particular topic, allow some time to pass before returning to that topic (a few days or even a week).
- Over this time, you will start to forget some of the information. This means you will need to try hard to recall the information, which helps with the information being committed to long-term memory.



#### Typical Forgetting Curve for Newly Learned Information

#### Elaboration

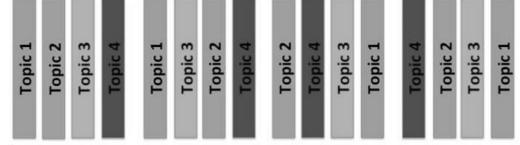
- Don't just copy notes from the revision guide, textbook, exercise book. Ask yourself questions while you are studying about how things work and why.
- If you cannot answer these questions yourself, make a note of them and remember to discuss these questions with your teacher.
- Describe how the ideas and concepts you are studying apply to your own experiences and memories. This will help you recall the information in the exam.

#### Interleaving



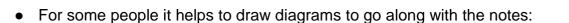
Don't study one subject or topic for too long.

When you go back through your flashcards or notes, go through them in a different order.



• Balance your time between subjects: if you spend too much of your time on one subject, either because it is your favourite one or because it is known to be weak, the other subjects will suffer. It is very common for students to get their best results in subjects they found difficult - because they neglected their stronger subjects during revision.

#### Dual coding



Dual Coding Theory by Allan Pairio	
This theory the states that when we learn	new information
we can code that information either as an image 🖤	or as a
word APPLE. Both, or either of these codes can be	e used to Presenting new
retrieve or remember	doubles \$2
the chance of accurately remembering the new learning	

• You can also cover up the notes and use the diagrams/drawings as clues to explain/recall a concept. Don't forget to check for accuracy against your notes afterwards.

#### Examiner reports/Insight reports

- Every year, the exam boards make public a document that is written by the examiners. In this document the examiners summarise what the most common errors were, which questions were answered well and what this good answer looked like (e.g. examiners have given high marks for answers that offer criticisms to viewpoints during an evaluation question).
- Examples of what not to do are also included.
- In terms of exam technique, this document is incredibly useful and an important resource to use during your revision. Read it carefully, turn it into notes, diagrams etc.

#### Past Papers

- Once you know off by heart the information from your notes and flashcards, you need to move on to past papers to see how the specification is tested/examined.
- Most students will complete each past paper once, however, you should complete each past paper at least twice.
- The first time round you might have to use your notes to answer some of the questions.
- Then go through the markscheme. Only accept answers that are worded exactly like the markscheme. If you are unsure if you can award yourself a mark for an answer, ask your teacher for advice. You know what you wanted to say, but that does not mean the examiner will interpret your answer the same way and very often the examiner wants to read a very specific phrase. It is important that you do not overmark your answers.
- The second time round, you should complete the paper without any of your notes and under timed conditions so you get used to the time pressure you will be under in the exam.

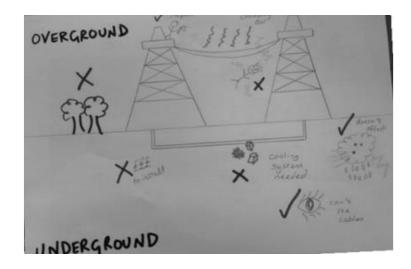






#### Other techniques

• Create a mind map on a topic. Then use the mind map to test yourself: turn the mindmap into explanation and descriptions and check these for accuracy. *Example: Evaluate the use of overground and underground cables within the National Grid.* 



Advantages of overhead cables: easy and quick to repair, cables are cooled by the air.

Disadvantages of overhead cables: spoil the landscape, greater risk of electric shock, can be damaged by extreme weather.

Advantages of underground cables: cannot be seen, less likely to be affected by weather.

Disadvantages of underground cables: repairs are more expensive as the cables are more difficult to access, cooling system is needed.

- Use revision websites given by your subject teachers Some can be found at the back of this booklet.
- Write key points on posters and post-it notes and pin these to walls and doors around the house.
- Plan answers to essay questions. Which quotations will you include and why?
- Record a series of questions and answers (leave about 5 seconds between a question and answer so you can use this strategy to test yourself) or explanations on your phone and listen back to them on your way to and from school.
- Come up with mnemonics to remember lists (e.g. Richard of York gave battle in vain red orange yellow green blue indigo violet).
- Find a study buddy. Structure your meetings (e.g. study, test each other, study, test each other) but make sure you stay focused and don't get sidetracked.

- Talk out loud when you quiz yourself.
- Walk (forwards, backwards, in circles) as you are quizzing yourself.

## The Cornell note taking method



You can use this method at home, when creating revision materials, or in class. It is useful to go through old exercise books and add the cues and summary notes to each page as part of your revision.

CUES	NAME, DATE, TOPIC, CLASS
WRITTEN	NOTES
SOON AFTER CLASS	TAKEN DURING CLASS
Leonarda a	· MAIN POINTS
A. mainteren	· BULLET POINTS
ANTICIPATED	· DIAGRAMS / CHARTS
EXAM QUESTIONS	· ABBREVIATE
un inere	· PARAPHRASE
MAIN IDREAS	· OUTLINES
OR PEOPLE	· LEAVE SPACE BETWEEN
VOCABULARY WORDS	TOPICS
USED FOR REVIEW & STUDY	CORNELL NOTE - TAKING METHOD
< 2 <sup>½</sup> <sup>*</sup> →	د
1	SUMMARY
THE MAIN	FTER CLASS. BRIEF SUMMARY HIGHLIGHTING POINTS IN THE NOTES ON THIS PAGE. FIND INFO LATER.

## SUBJECT SPECIFIC STRATEGIES

#### Mathematics - Edexcel (Higher and Foundation)

- Complete and collate all your Mock Friday **exam papers** and mock papers and use as a revision resource.
- Use the **QLA's** you received from your teacher as a starting point to improve by watching the SPARX maths linked videos
- Use **Methodmaths** to complete questions online and get questions marked and graded. (hrs SURNAME Firstname hrsPassword1)
- Use Maths genie to print off old papers or look at mark schemes or worked solutions
- Use **Maths genie** to revise individual topics and questions (check the "answer" booklets to see if you agree with the working/method/answer.)
- Have suitable **revision guide** read the revision guide summarise key definitions / formulae or examples and when finished revise from **your own notes**.
- **Revision cards** these are available to buy from Pearson Edexcel or CGP. Take them and put them into 3 piles. Too easy need to work on not sure about. Carry the middle pile with you and use those to revise from every day.
- Flash cards create your own questions on one side with hints / key words answers on the other.
- Equipment check you have a ruler, compass and protractor
- **Calculator** Do you have one do you know how to use it for trigonometry, squares and square roots, fractions, percentages and use the table function to find coordinates for graphs?

#### Art - Exam board EDUCAS

- Test out and practice all areas of your final piece (the final piece you will create in the exam)
- Ensure all of your artwork links to the artists you have researched
- Show your planning through thumbnail designs and media tests
- Do try out lots of ways to use the media and add reflective comments to explain what you have learnt; WWW/ EBI
- Create mini versions of your final piece to practice techniques and ensure it is the best design possible
- Time how long it takes you to complete the mini versions so you can calculate what scale you should work to in the 10hour exam

#### **Business Studies - Edexcel GCSE 9-1**

- Understand The Syllabus This is located in Google classroom and <u>https://qualifications.pearson.com/en/qualifications/edexcel-gcses/business-2017.html</u>
- Create A Study Schedule Plan out theme 1 and 2 topics
   Write out flashcards for all your formulas
- Visual Aids & Diagrams Use the mindmaps that are available from your teachers and in Google classroom.
- Practice Past Papers <u>https://qualifications.pearson.com/en/qualifications/edexcel-gcses/business-</u> 2017.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FExam-materials
- Use GCSE Bitesize <u>https://www.bbc.co.uk/bitesize/examspecs/z98snbk</u>

#### **OCR Enterprise and Marketing:**

- Make flashcards using the revision notes
- Practice past papers
- <u>https://www.businessed.co.uk/index.php/home/theory/camnat-public/camnat-theory-notes-2022-public</u>
- RO67 exam only

#### OCR Child development

- Make flashcards using the revision notes
- Practice past papers
- https://drive.google.com/drive/u/0/folders/1LRcABL\_OmSzUzcf5Ya4sjSRUuolvRx9h
- RO57 exam only

#### OCR Health and social care

- Make flashcards using the revision notes
- Practice past papers
- https://drive.google.com/drive/u/0/folders/1E9G2rgg0O4rVrHlfJD61UZUapYZ\_V\_2I
- RO32 exam only

#### English - Language

- Make sure you have joined the Y11 English Google Classroom. The code is: qqsmg2z
- Learn the Success Criteria for each of the questions for the 2 Language Papers.
- Use past papers to practice your skills

#### **English - Literature**

- Make sure you have joined the Y11 English Google Classroom. The code is: qqsmg2z
- Learn 15 quotes from 'Macbeth', 'A Christmas Carol' and 'An Inspector Calls'
- Learn 2 or 3 quotes from each of the Power & Conflict poems
- Plan responses to past-paper questions
- Write answers to past-paper questions

- Make sure you have a GCSE booklet and do the following:
- Revise vocabulary for each of the 8 modules. Use flashcards. This will be very helpful, for the listening and reading papers.
- Learn extra vocabulary given in class with the transcripts.
- Also use **BBC bitesize revision: click on Edexcel exams until 2025 to practise more vocabulary.**

For your speaking exam,

- Make sure you have answers for each of the general conversation modules and learn them. Do not use Google translate but only the vocabulary given in your GCSE booklet.
- Learn role play question words
- Learn your presentation and questions off by heart. Practise with a sibling or a parent even if they do not know the language. You need to practise out loud.
- Learn 5 sentences from the chatty mat document to describe the picture
- If you are a Foundation candidate, make sure you can say 8 verbs in the past, present and future tenses. Also be very familiar with 4 time expressions and 6 adjectives ( three negative and three positive adjectives). If you are a Higher candidate, you need to know more verbs and use at least 5 complex expressions recommended by the Exam board ( listed in the booklet).
- Revise the key words from the writing rubrics given in class.

#### Spanish - EDEXCEL.

- Make sure you have a GCSE booklet and do the following:
- Revise vocabulary for each of the 8 modules. Use flashcards. This will be very helpful, for the listening and reading papers.
- Learn extra vocabulary given in class with the transcripts.
- Also use **BBC bitesize revision: click on Edexcel exams until 2025 to practise more vocabulary.**

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#### (3 papers, paper 1- Physical, Paper 2- Human, Paper 3 fieldwork and pre-release)-

Revision sessions- Friday after school C101= Content based.

Thursday lunch time C103= Exam technique

If you want a copy of the checklist and glossary, contact or see Miss Humphreys (chumphreys@hrs.education).

- Use the youtube channel 'Geography Case Studies' to reflect and review examples.

- It may be useful to look at your November and January mock and your RAG sheet. This will give you an insight into areas you know better and areas you need to revise.

- From a general consensus, Coasts and rivers definitely need revision.

- Alternatively, if you can sign up to Brainscapes, there are digital flashcards, or AQA past papers to practice and see what you know or don't know- then you could RAG each question/ area using the spec (you should have a copy- or email Miss Humphreys)

- Some good websites for content are Physics and maths tutor, or Internet Geography

- For those of you that struggle with notes/ words, you could use ChatGPT **but you must be specific** for example, typing in Create me revision notes on the AQA GCSE Geography topic of:

- The challenge of natural hazards with Nepal and Christchurch as Earthquake case studies and Typhoon Haiyan..
- The Living world with hot deserts
- Physical landscapes of the UK- Coasts and rivers.
- Urban Issues and Challenges with London and Lagos as case studies.
- The changing Economic world.
- Resource management with a focus of food.

This gives you basic notes that you can then learn.

As always any questions come to C103 or email <u>chumphreys@hrs.education</u>, or speak to Miss Kalejaiye or Miss Henton.

#### History - Exam Board: Edexcel

- Use the google classroom with attached past papers.
- Use the question structure guide you have been given to help you structure your answer to the questions on the papers.
- Use BBC Bitesize to reinforce content knowledge. Make mindmaps for each page.
- Create flashcards of key SPPED. Test your recall with someone else.
- Use the target 5 or target 9 books and write out answers for the exercises
- For Cold War narrative accounts, use the flashpoints we have seen and split them into cause, event and consequence.

- Use BBC Bitesize as an excellent starting point for ensuring any classnotes are completed: GCSE Design and Technology - AQA - BBC Bitesize
- Make sure you are signed up to Seneca Learning where topics can be revised independently as well as set work completed to test your understanding [ speak to your teacher if you do not have the link.
- Flash cards these are excellent for recording and testing key specialist subject knowledge Prepare cards for Classification > Material type > key properties & uses [eg Natural Timber > Hardwood > Ash > Pale coloured, narrow grain]
- Practice past papers <u>AQA GCSE Design & Technology Past Papers [PDFs]</u>
- Mind Maps excellent for grouping information about processes under one heading for retrieval [eg Cutting > Laser Cutter > CNC CAM machine using coordinates to cut precisely from 2D CAD file > simple labelled sketch of process]

#### **Textiles - Exam Board AQA**

- Use BBC Bitesize as an excellent starting point for ensuring any classnotes are completed: <u>GCSE Design and Technology - AQA - BBC Bitesize</u>
- Make sure you are signed up to Seneca Learning where topics can be revised independently as well as set work completed to test your understanding [ speak to your teacher if you do not have the link.
- Flash cards these are excellent for recording and testing key specialist subject knowledge Prepare cards for Classification > Material type > key properties & uses [eg Natural Fibres > Cotton > soft, strong, creases easily]
- Practice past papers <u>AQA GCSE Design & Technology Past Papers [PDFs]</u>
- Mind Maps excellent for grouping information about processes under one heading for retrieval [eg Finishes > Printing > Sublimation, Screen, Rotary > simple labelled sketch of process]

#### **Physical Education - AQA**

- Make flashcards using the revision notes
- Complete mind maps on each unit of work
- Practice past papers / Complete practice questions
  - Practice 6 and 9 marker questions and review the mark schemes from past papers
  - <u>https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/teaching-resources</u>
- Use on-line resources
  - <u>https://thepeclassroom.com/</u>
  - Make sure you are signed up to Seneca Learning where topics can be revised independently as well as set work completed to test your understanding
  - https://senecalearning.com/en-GB/blog/gcse-physical-education-revision/
  - https://www.bbc.co.uk/bitesize/examspecs/zp49cwx
  - YouTube videos Aga GCSE Physical Education
- Use GCSE PE Simplified (great revision book) ISBN: 978-1-9161881-5-0

#### Science - Exam Board AQA

• Use the science revision site (knowledge organisers, checklists and revision mats for each topic)

- https://sites.google.com/hrs.education/hrs-science-revision/home
- Use cognito for summary videos, flash cards and exam questions
- Revise...
  - Whole topics: Mind maps or revision mats
  - Key word definitions: flash cards
  - Key diagrams and processes: blurting
  - Key information: retrieval question banks
- Make sure you are chunking information
- Do as many past paper questions as possible
- Past paper questions by topic on physics & maths tutor https://www.physicsandmathstutor.com/
- Make sure you are using the right revision resources...
  - Exam board: AQA
  - Combined or Separate
  - Higher or Foundation

#### **RE - Exam Board: AQA**

- Use the google classroom with all previous lessons, revision resources and past paper questions.
- Practice PEDAL for 12 mark questions. Remember to always include evidence which should be in the form or a quote or teaching from the Blble, Church or person of authority e.g. Jesus/ Pope etc.
- Use BBC Bitesize to reinforce content knowledge. Make mindmaps for each page.
- Buy the revision guide from Amazon https://www.amazon.co.uk/AQA-GCSE-Religious-Studies-Christianity/dp/0198422857
- Create flashcards of key terminology. Test your recall with someone else.
- Complete practice questions.
- For Themes, revise kay terms, find quotes from both Buddhism and Christianity and remember you can only talk about Atheism if it does not specify that you must discuss two religious views as Atheism is NOT a religion.

#### HOLIDAY IMPACT SESSIONS

E	EASTER Morning Session 10:00 - 12:00			EASTER Morning Session 10:00 - 12:00 Afternoon Session 13			n Session 13:00 - 1	15:00
Day	Date	Subject 1	Subject 2	Subject 3	Subject 1	Subject 2	Subject 3	
Mon	14/04/2025	History GCSE	GCSE Science- required practical revision	GCSE DT	GCSE French H/F	GCSE Science- required practical revision		
Tue	15/04/2025		A-Level RE	A- Level Business	A-Level RE	GCSE Business		
Wed	16/04/2025	GCSE Food Preparation and Nutrition	GCSE Maths	A- Level Chemistry	Gcse Food Preparation and Nutrition	GCSE Maths	A- Level Chemistry	
Thu	17/04/2025	GCSE Music	GCSE English Literature	GCSE Dance	GCSE Music	GCSE English Language	GCSE Dance	

#### IMPACT SESSIONS

Monday	Tuesday	Wednesday	Thursday	Friday
History am	Science pm	Business pm	English pm	Business pm
Maths pm	Timber and Textiles pm	Media studies pm	Timber and Textiles pm	PE pm
Drama pm	Business pm	Art lunch	French/Spanish pm	History pm
Dance lunch	Art lunch	History pm	Art lunch	Geography pm
		Computing lunch	Geography lunch	Drama pm
		Drama pm		

## EXAM SEASON

The hard work is done.

Your revision has met its end and now is the perfect time to calm your nerves and make sure that you are ready to enter the exam hall well rested and confident in your ability to answer the questions on the paper.

#### The night before your exam, make sure you

- Have everything ready for the next day (pencil case, calculator, spare pens, school uniform, water, food, money for transport, alarm clock set)
- Re-check the time of the first exam.
- Plan to study for a few hours in the afternoon/evening.
- Go offline avoid any social media sites.
- Exercise to work off stress (run, walk, swim, basketball, etc.)
- Visualise a positive exam experience. This will calm your nerves and increase your confidence.
- Remind yourself of how much revision you have done; again, this will boost your confidence.
- Focus on yourself. Do not compare yourself to others.
- Visualise the exam as a challenge or an opportunity to show off your knowledge rather than as a threat. This will reduce your stress levels.
- Remind yourself of how you overcame previous challenges. This will build your mental resilience and help you keep calm in the exam.
- Get a regular night of sleep 6.5-8 hours, go to bed early.

#### Suggested timetable for the evening before an exam:

- 1. Finish intense retrieval by 8pm.
- 2. Exercise for half an hour.
- 3. Review the topics for the next day's examination at 8.45pm.
- 4. Do some reading or another relaxing activity at 9.25pm.
- 5. Re-check your equipment, food, water and uniform for the next day at 10pm.



6. Sleep.

#### The morning of the exam

- Get up early allow time to get ready without rushing.
- Review the topics that will be tested in the exam.
- Eat a balanced and healthy breakfast. Avoid sugary foods. Drink water to ensure you are hydrated for the exam.
- Double check your school bag to ensure you have packed your pencil case, calculator, spare pens and water.
- Arrive at school with plenty of time (30 minutes before the start of the exam).
- Visualise a positive exam experience. This will calm your nerves and increase your confidence.
- Remind yourself of how much revision you have done; again, this will boost your confidence.
- Focus on yourself. Do not compare yourself to others.
- Visualise the exam as an opportunity to show off your knowledge rather than as a threat. This reduces your stress levels.
- Remind yourself of how you overcame previous challenges. This will build your mental resilience and help you keep calm.

#### Enter the exam hall

- Set out your equipment.
- Imagine yourself on results day: visualise opening your results and being delighted with the outcome.
- Focus on slowing your breathing to help you relax (inhale for 4 counts hold your breath for 4 counts exhale for 4 counts repeat).
- Listen carefully to the invigilator.
- Read the written instructions on the front of the exam paper carefully. These will tell you: time, choice of questions, type of answer, number of marks.
- Fill in the centre number, candidate number and your name.
- <u>Read each question slowly.</u> Use a highlighter to highlight or underline command words and essential information. Then read the question again.
- Think about a general plan for the answer before writing down your answer.





#### What happens when your mind goes blank?

- Focus on your breathing to calm your nerves.
- Jot down some initial thoughts.
- Move on to the next question if you still feel you cannot answer the question.
- Return to the question you struggled with at the end of the exam once you have answered all the other questions.

#### At the end of the exam

- It is natural to discuss answers with other students once the exam is over, however, don't bother with a full post-mortem. You have done your best.
- Physically and mentally, pack up your revision notes for that exam and move on to the next subject and exam.
- Think about the type of question you found most difficult. If you know that the same style of question will come up in another exam, make sure you practise answering these types of questions before the next exam.

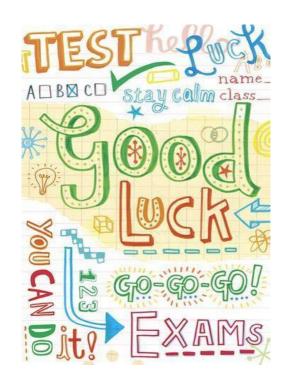
## **EXAM STRESS - KOOTH**



## NOTES

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## Summer 2025 Examination Timetable – Provisional

Date	Exam Board	Component Title
Thu 08 May	WJEC/GCSE	Drama COMPONENT3 Interpreting Theatre
Fri 09 May	EDEXL/GCSE	Investigating Small Bus.
Mon 12 May	AQA	English Literature Paper 1
Mon 12 May	AQA	Computer Science Paper 1B Python
Tue 13 May	AQA	Relig Studies A P1-1 Buddhism & P1-3 Christianity
Tue 13 May	AQA	Religious Studies A P1-5 Islam
Tue 13 May	AQA	Relig Studies A P1-1 Buddhism & P1-3 Christianity
Tue 13 May	AQA	Biology Paper 1 Tier H
Tue 13 May	AQA	Biology Paper 1 Tier F
Tue 13 May	AQA	Combined Sci Trilogy Biology P1H
Tue 13 May	AQA	Combined Sci Trilogy Biology P1F
Wed 14 May	AQA	Geography Paper 1
Wed 14 May	AQA	Media Studies Paper 1
Thu 15 May	EDEXL/GCSE	Maths New Spec. Non Calc. [F]
Thu 15 May	EDEXL/GCSE	Maths New Spec. Non Calc. [H]
Fri 16 May	EDEXL/GCSE	History Medicine in Britain
Fri 16 May	EDEXL/GCSE	Building A Business
Mon 19 May	AQA	Chemistry Paper 1 Tier H
Mon 19 May	AQA	Chemistry Paper 1 Tier F
Mon 19 May	AQA	Combined Sci Trilogy Chemistry P1H
Mon 19 May	AQA	Combined Sci Trilogy Chemistry P1F
Mon 19 May	AQA	Physical Education Paper 1
Tue 20 May	AQA	Eng Lit Paper 2
Tue 20 May	AQA	Computer Science Paper 2
Tue 20 May	OCR	Child Dev: HIth WII-Bng Chld Dev Wtn
Tue 20 May	EDEXL/GCSE	Application Comp.Thinking
Wed 21 May	EDEXL/GCSE	French Listening [F]
Wed 21 May	EDEXL/GCSE	French Reading [F]
Wed 21 May	EDEXL/GCSE	French Listening [H]
Wed 21 May	EDEXL/GCSE	French Reading [H]
Wed 21 May	AQA	Religious Studies [SC] P1 Buddhism
Wed 21 May	AQA	Religious Studies [SC] P2 Christ
Wed 21 May	AQA	Religious Stud.[SC] Buddhism Christianity Themes
Wed 21 May	AQA	Religious Studies [SC] P4 Judaism
Wed 21 May	AQA	Religious Studies A P2A Excl Text
Wed 21 May	OCR	Ent & Mrkt: Entrprse Mrktng Cncpt Wtn
Thu 22 May	AQA	Physics Paper 1 Tier H
, Thu 22 May	AQA	Physics Paper 1 Tier F
, Thu 22 May	AQA	Combined Sci Trilogy Physics P1H
Thu 22 May	AQA	Combined Sci Trilogy Physics P1F

Thu 22 May	AQA	Media Studies Paper 2
Thu 22 May	OCR	Sprt Sci: Rdcng Risk Sprts Injry Wtn
Fri 23 May	AQA	English Language Paper 1
Mon 02 Jun	AQA	Dance Written Paper
Wed 04 Jun	EDEXL/GCSE	Maths New Spec. Calc. [F]
Wed 04 Jun	EDEXL/GCSE	Maths New Spec. Calc. [H]
Wed 04 Jun	OCR	Hsc: Prncpls Care in Hsc Sttngs Wtn
Thu 05 Jun	EDEXL/GCSE	History Superpower Relations
Thu 05 Jun	EDEXL/GCSE	Early Elizabethan
Thu 05 Jun	EDEXL/GCSE	History Superpower Elizabethan
Thu 05 Jun	EDEXL/GCSE	French Writing [F]
Thu 05 Jun	EDEXL/GCSE	French Writing [H]
Fri 06 Jun	AQA	English Language Paper 2
Fri 06 Jun	AQA	Geography Paper 2
Mon 09 Jun	AQA	Biology Paper 2 Tier H
Mon 09 Jun	AQA	Biology Paper 2 Tier F
Mon 09 Jun	AQA	Combined Sci Trilogy Biology P2H
Mon 09 Jun	AQA	Combined Sci Trilogy Biology P2F
Mon 09 Jun	AQA	Physical Education Paper 2
Tue 10 Jun	EDEXL/GCSE	Spanish Listening [F]
Tue 10 Jun	EDEXL/GCSE	Spanish Reading [F]
Tue 10 Jun	EDEXL/GCSE	Spanish Listening [H]
Tue 10 Jun	EDEXL/GCSE	Spanish Reading [H]
Tue 10 Jun	EDEXL/GCSE	History Weimar & Nazi Germany
Wed 11 Jun	EDEXL/GCSE	Maths New Spec. Calc. [F]
Wed 11 Jun	EDEXL/GCSE	Maths New Spec. Calc. [H]
Thu 12 Jun	AQA	Geography Paper 3
Fri 13 Jun	AQA	Chemistry Paper 2 Tier H
Fri 13 Jun	AQA	Chemistry Paper 2 Tier F
Fri 13 Jun	AQA	Combined Sci Trilogy Chemistry P2H
Fri 13 Jun	AQA	Combined Sci Trilogy Chemistry P2F
Mon 16 Jun	AQA	Physics Paper 2 Tier H
Mon 16 Jun	AQA	Physics Paper 2 Tier F
Mon 16 Jun	AQA	Combined Sci Trilogy Physics P2H
Mon 16 Jun	AQA	Combined Sci Trilogy Physics P2F
Mon 16 Jun	OCR	Music: Listening and Appraising-Wtn
Tue 17 Jun	EDEXL/GCSE	Spanish Writing [F]
Tue 17 Jun	EDEXL/GCSE	Spanish Writing [H]
Tue 17 Jun	WJEC/GCSE	Foodprp & Ntrition COMP1 Written Princ
Wed 18 Jun	AQA	Design and Technology Written Paper

## CALENDAR

#### March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

#### April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
Easter Break				
14	15	16	17	18
Easter Break				
21	22	23	24	25
Easter Break				
28	29	30		

### May 2025

Tuesday	Wednesday	Thursday	Friday
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
07			
			30 Half Term
	6	6     7       13     14       20     21       27     28	6     7     8       13     14     15       20     21     22       27     28     29

#### June 2025

Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30					

## STUDY TIMETABLE TEMPLATE TERM TIME

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8-9							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							

## STUDY TIMETABLE TEMPLATE HOLIDAY TIME

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8-9							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							