

Preparing for exams

Wednesday 26th February 2020



Aims for this evening

- Practical tips in how to support your child's revision
- Demonstration of the revision programme
- How to build confidence and resilience leading up to exams





Keeping on Track

Year 11 information evening

Monday 9th September 2019

- ✓ Courses finished/near completion
- ✓ Mock exams
- ✓ 9 weeks of school left

Create the right environment

- Clutter free
- Access to revision materials
- Free from distractions

Preparing to revise

Set ground rules

- Mobiles and social media etc OFF
- Non negotiables
- Be prepared to be flexible

Getting and staying motivated

- Focus on long term goals
- Set personal targets which are frequently revisited



Complete a learning audit

- What are their key subjects?
- Strengths and weaknesses
- Traffic light topics
- Prioritise revision

Developing the right mentality



- ✓ Making an effort will make a difference
- ✓ It's never too late to improve
- ✓ Not getting things first time is an important part of learning
- ✓ "What do you need to do differently next time to get more marks?"

- X Avoid making mistakes of 'failing' at a task/question
- X Success in exams is down to being lucky
- X What I get in my exams is pre-destined
- X "I'm no good at xxx subject so there's no point in revising"

Using the revision programme

Backwell School Year 11 Guided Revision Programme



Prepared for

Dear Peter,

This programme of revision has been prepared for you by your subject teachers. It is a programme that, if you follow, will ensure that you revise all the content of your courses and practise the techniques needed to be successful.

It is designed with the sole purpose of supporting you and facilitating your revision. We understand that students learn and revise in different ways so we recognise that you may follow the programme in its entirety or you may adapt and be selective of both the sessions and the styles of working suggested. The best revision programmes are realistic and flexible – so make it work for you!

- ✓ There are 2 revisions sessions per evening, (for most of you one evening has been left free). There are 4 revisions sessions each day of the weekend and 6 sessions each day during the Easter and Whitson breaks. Each one is designed to take between 30-40 minutes.
- ✓ At the end of each session mark on this paper copy if you: fully understood it (green), might want to re-visit it (orange) or didn't understand it (red).
- ✓ When revision slots are not allocated to a specific subject you should use the time to go over topics where you feel less secure (orange and red). Always build in time to test yourself so you know the revision is working!
- ✓ There are many supporting resources available on frog:
<https://frog.backwellschool.net/revise> This includes information on how to access subscription services such as GCSEPod, Kerboodle, MyMaths & Frog Play.
- ✓ Make sure you take a break between each revision session.
- ✓ Confidence comes from experience, once you know the revision is working, celebrate and reward yourself for that success.

Whilst every care has been taken to ensure this programme lists your correct exams/tiers, it may not reflect recent changes. Please refer to your latest Statement of Entry for accurate exam dates, start times and tier information.

It is hard work preparing for exams, but all your effort will be worth it in the end!

Being successful in exams

Before the exam

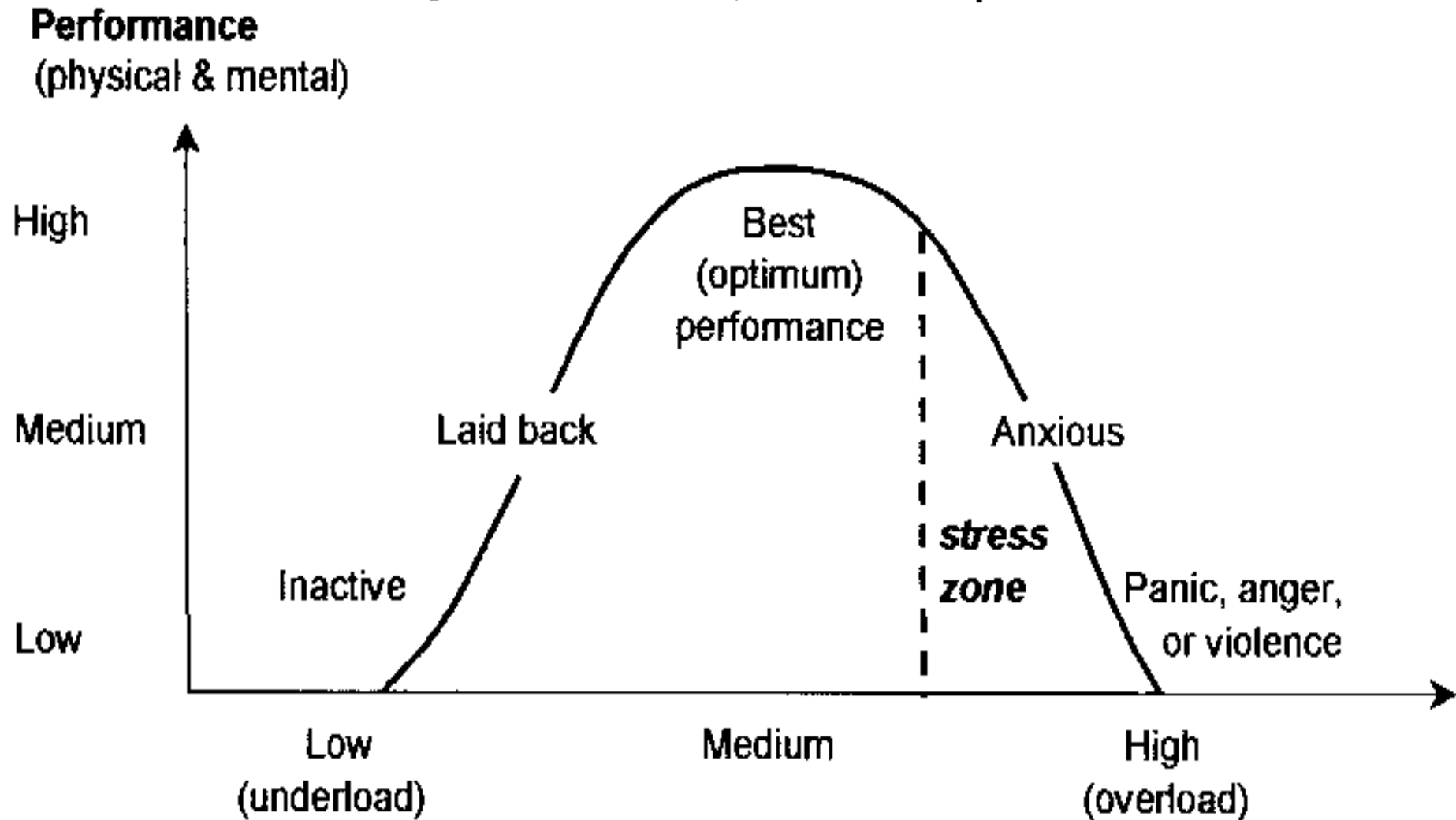
- ✓ Write all exams on a calendar and know if it's in the afternoon or the morning
- ✓ Know the duration of the exam
- ✓ Keep revision light on the day of the exam
- ✓ Arrive in good time

During the exam

- ✓ Take deep breaths
- ✓ Use all the time available
- ✓ Read the rubric very carefully
- ✓ Don't panic if the first few questions are tricky – you can come back to them
- ✓ Look for command words in questions e.g.

Evaluate....describe....explain...how far does...etc

Dealing with exam stress





DEALING WITH **EXAM STRESS**

If stress affects you, try to find ways to maintain a positive attitude and cultivate a positive approach during your revision.



KEEP FIT

by taking some exercise you enjoy



RELAX

perhaps by sitting quietly or meditating



EAT WELL

but healthily



PLANNED TIME AWAY

take some planned time away from study, rather than avoiding revision

THINGS THAT CAN HELP



RECOGNISE ACHIEVEMENTS

be pleased with your achievements as you revise

REWARD YOURSELF

reward yourself with an occasional treat

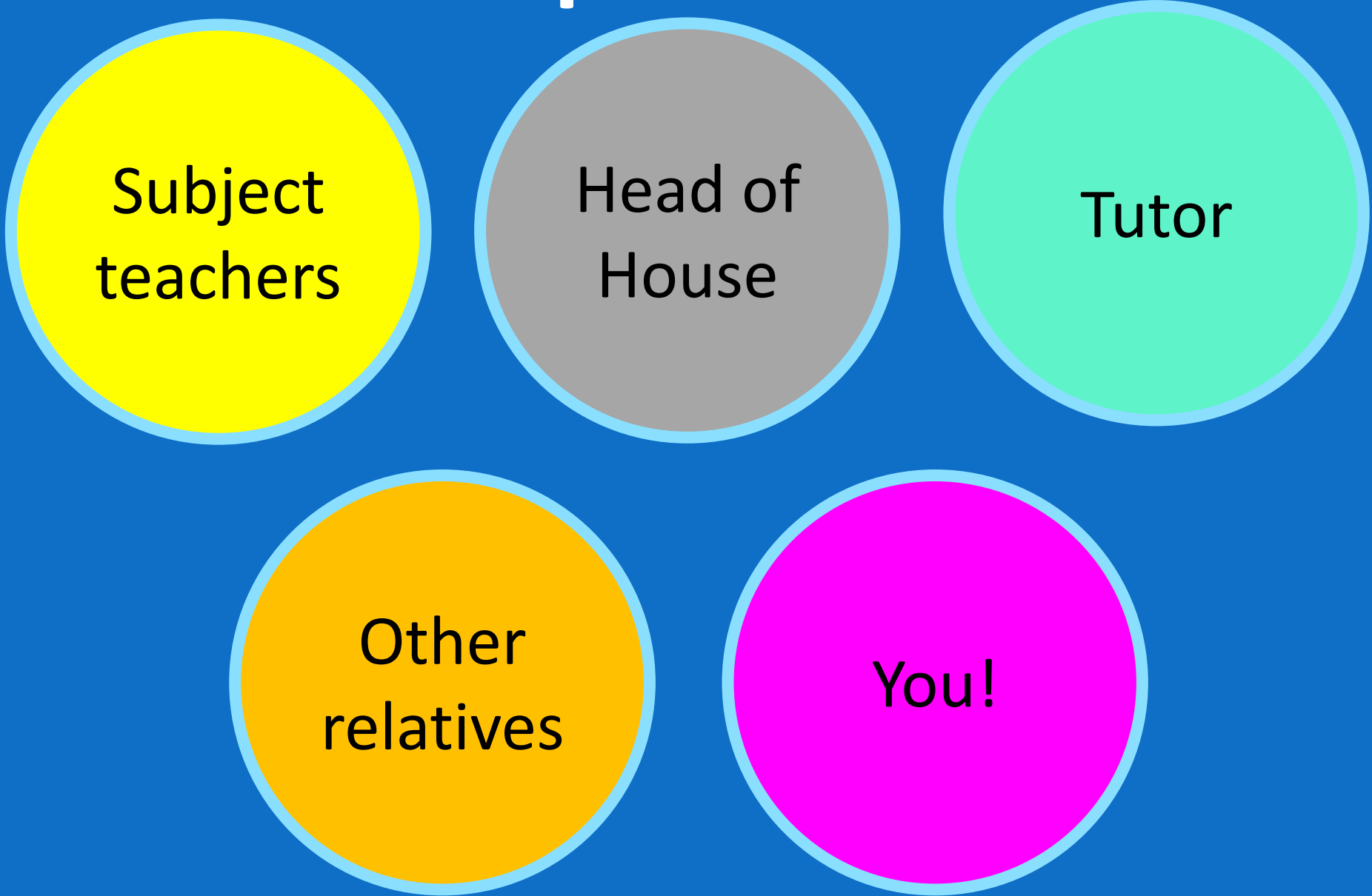


SLEEP

get sufficient sleep



Who can help?



Subject
teachers

Head of
House

Tutor

Other
relatives

You!

Key dates

| | |
|-------------------------------|---|
| Thursday 7 th May | Celebration afternoon Study leave begins |
| Friday 8 th May | Bank holiday |
| Mon 11 th May | Written exams begin |
| Weds 17 th June | Final exam |
| Weds 24 th June | Contingency day |
| Weds 24 th June | Y11 Ball |
| Fri 26 th June | Sixth form induction day |
| Thurs 20 th August | GCSE results day |

Don't forget, it will all be over soon!

