



Year 11 Exam Preparation Booklet 2022-2023



What is this booklet for?

As our Year 11 students are fast approaching their final examinations in the summer term, it is vital that they are fully equipped with all the necessary knowledge and skills.

A large part of this success will be down to how effectively they manage their time, and implement an effective revision programme, in the run up to the summer examinations. Learning how to revise effectively is a key part of this.

This is where we all come in. Working together to support the students with their revision. Parents/Carers may find it difficult to support their children through this time. This booklet provides you with advice, tips, key dates and techniques that may help you with this support.

Formal GCSE written examinations begin in May 2023 and run until June 2023. Details regarding the final dates and expectations of students during this period will be sent out at the beginning of the summer term.

What is Lostock Hall Academy doing to support your child?

- ✓ Taught lessons that cover the syllabus
- ✓ Intervention and support/catch up lessons
- ✓ Study skills sessions (revision timetable planning)
- ✓ Pastoral support (Key Stage 4 Pastoral Lead is Mr Gilbert)
- ✓ Resources bought in (online)
- ✓ Practice examination papers
- ✓ Work closely with teachers to support behaviour
- ✓ Monitor attendance and punctuality
- ✓ Tutor time support
- ✓ Study revision skills assemblies (led by Mrs Williams)
- ✓ Email/contact home via School Synergy or phone call.

What can you do to support your child?

The good news is that you don't need to be an expert in any of the subjects your child chooses to make a real difference. You also don't need to give up your life and other responsibilities – you just need to know how best to spend the time you do have.

One of the hardest demands on students is that of understanding the long-term importance of doing the best they can, and learning to shelve short-term fun at times in the interest of long-term benefits (not easy even for adults). Children will also differ in their levels of maturity, their ability to take responsibility for their learning, organisational skills and levels of motivation.

This is where parents come in. Your support, encouragement and interest can make a spectacular difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.

Keeping the motivation for Parents

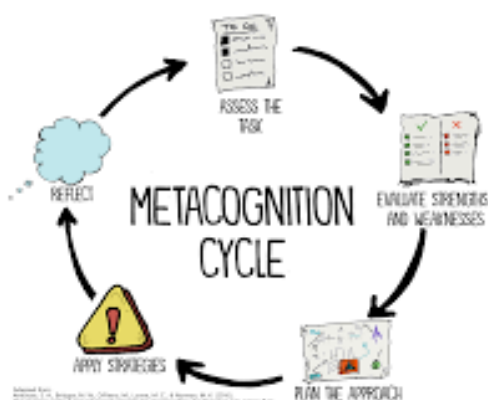
1. Agree the balance between work and social life and stick to the agreement. Again, flexibility is the key – if a special night comes up, agree that they can make up the work at a specified time.
2. All students fall behind, feel demotivated or overwhelmed, or struggle with the balance of social, work and school demands at times. When your child feels like this, berating and threatening them will have a negative effect. Talk to them about the issues, acknowledge their feelings and adopt a sensible attitude in wanting to find a solution.
3. Be flexible – use the 80/20 rule. If your child is sticking to what they are supposed to be doing 80% of the time, they will be doing alright.
4. If your child asks for your support, encourage them by helping them to see the difficulties in perspective. Teenagers often take an all or nothing ‘catastrophic’ approach to difficulties – “I’ve messed up this essay, I might as well give up!”.

Hints for an Ideal Revision Area

providing some of these will go a long way to helping your child...



What is the key to success?



Resilience is going to be a key ingredient in your preparation strategy. Resilience allows us to bounce back and fulfil our aspirations and dreams. Planning for our exams is the next key ingredient. The diagram shows how we need to take time to reflect on what we need to do, work out what we know or don't know, create a plan or work out what strategies we can use to help us find out the information we don't know and then apply them. We can then reflect on whether we now know that information, or whether we need to try different strategies.

Revision Strategies for Students

1. Plan ahead and start early to avoid freaking out

Start early to avoid cramming later. Once you've got your trial exam dates, work backwards to plan your revision well ahead of time. The longer you give yourself the less pressure you'll be under throughout the exams and you'll have time to focus, get help and go over all you need to know. Remember with most of the examinations at the end of the course, students will need to constantly revisit material and not rely on 'cramming' at the end. Start now with 2 x 20 minute periods of revision each evening (with a 5-10 minute break in between) and a reward at the end. You can build these sessions up to 4 or 6 sessions as you get into the swing of things.

2. Create a Revision Timetable

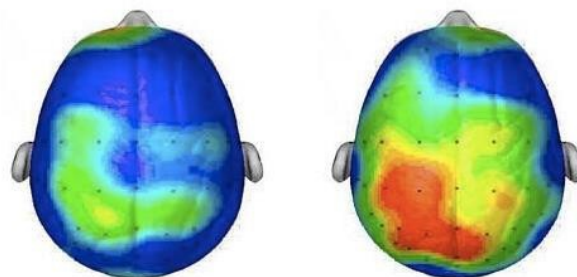
Building a revision timetable can add structure to your revision and help you **identify which GCSE subjects you need to prioritise to get better marks**. Creating a revision timetable is a great way to organise your study time, plus it also helps boost your motivation to revise for your exam.

| DAY | MON | TUES | WED | THURS | FRI | SAT | SUN |
|-------------------------------|-----|------|-----|-------|-----|---------|--------------------------|
| School revision session 3-4pm | | | | | | 10-11am | 10-10.30am 10.40-11am |
| 6-6.20pm | | | | | | | |
| 6.40-7pm | | | | | | 1-2pm | 1-2pm |
| 8-8.20pm | | | | | | | |
| 8.40-9pm | | | | | | 5-6pm | 5-6 |

3. Take Regular Study Breaks

Do you feel **stressed, tired and that no new information is entering your head**? There is no point forcing yourself to study for hours upon hours as this will not result in a positive outcome. Taking regular study breaks and exercising is proven to engaging your brain in studying and improve your exam performance in the long-run. Just make sure you're not taking breaks all the time, or no information will be going in! Find the balance that works.

Composite of 20 student brains taking the same test



After sitting quietly

After 20 minute walk

4. Make use of the Apps that are available

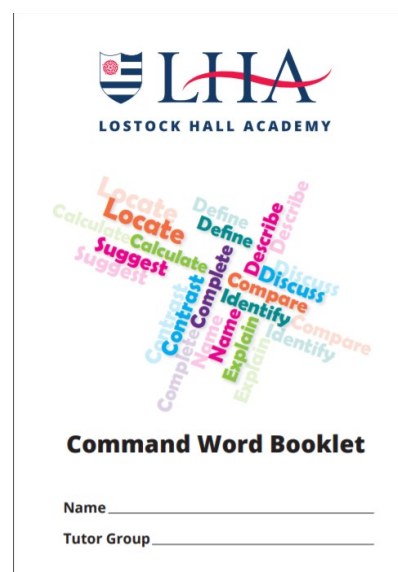
There are lots of apps available on both iphone and android phones and tablets that can help you to get organised, track your progress on revision and subject time.

You can revisit these by checking the list of links at the end of this booklet.



5. Know your command words and how they are used differently in different subjects.

You need to visit the command word booklet (posted on synergy) and have it handy when you are revising. Remember that those command words require you to do something specific when you are answering a question – but that how you answer in one subject may be different to how you have to answer in another.



Cognitive Strategies

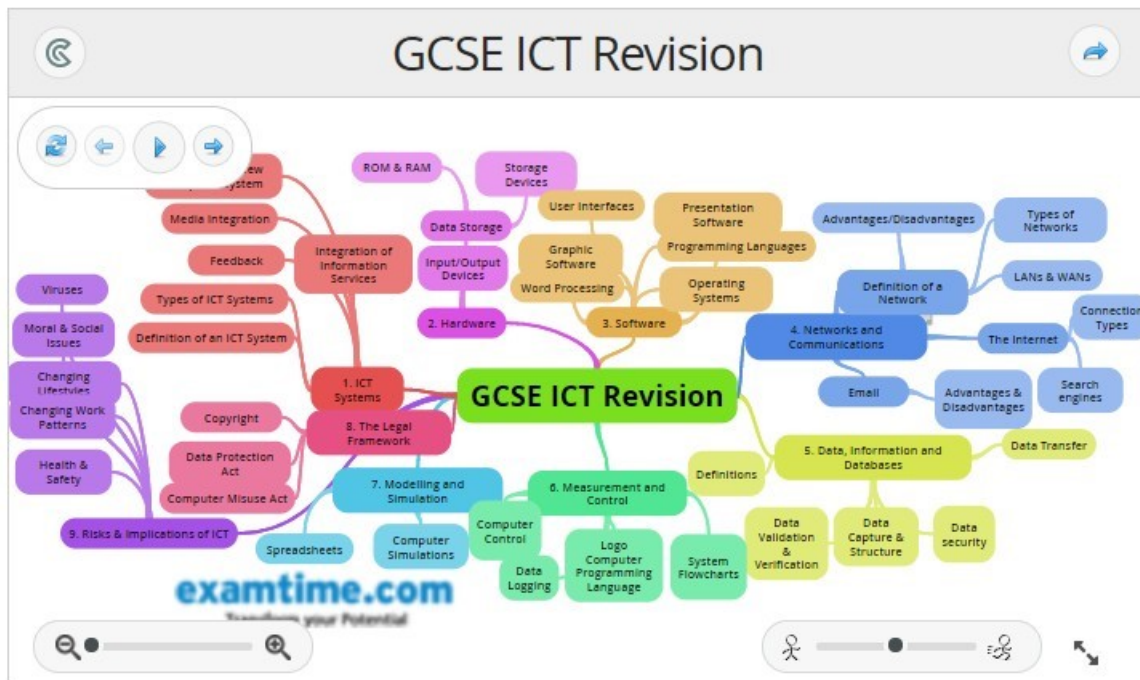
Cognitive strategies are learning processes (ways of working) that you or the teacher select to help you learn and revise effectively. For example:

- Mnemonics
- Knowledge organizers
- Post it notes/cue cards
- Mindmaps
- Visualisation /Dual Coding (using images and words)
- Scanning to find information
- Highlighting clues in a text (making inferences)
- Summarising and making notes
- Making word associations
- Self –assessment activities (and purple pen response)

You won't use all of these strategies, and some of these won't be appropriate to use in specific subjects. Use the space after each explanation to make notes on which subjects these work in, and whether they work for you.

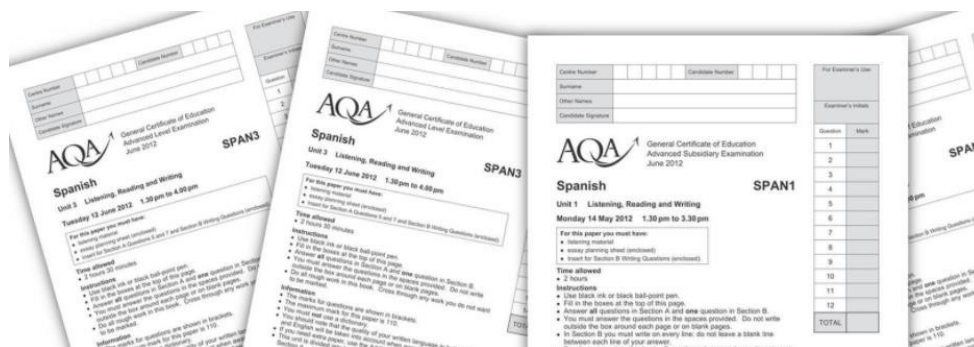
2. Use Mind Maps to Connect Ideas

If you find it difficult to remember tons of new study notes, Mind Maps may be the key to improving your memory. The [theory behind mind mapping](#) explains that making associations by connecting ideas helps you to memorise information easier and quicker.



5. Practice, Practice, Practice

One of the biggest recommendations that past GCSE students recommend is to **do as many GCSE past papers as you can**. Practising past papers will help you get familiar with the exam format, question style, time pressure and overall improve your ability to retrieve information quicker



6. Variety is the Spice of Life!

Mix up your study habits and methods by listening to **podcasts, watching videos or documentaries, moving to new study area or even something as simple as using different colours for your study notes**.

This is different to the other GCSE revision tips mentioned here as it encourages you to try a few different things to see what fits for you. Your brain will recall where you were or how you revised for a topic which will help you remember more information. Give it a go

7. Adapt for Different GCSE Subjects

It may seem obvious, but many students try to study for different subjects using the same study methods. **Your GCSE revision should take account of the difference between your subjects and the challenges they represent.**

For example, Flashcards are an ideal study aid to help you prepare for a Spanish, French, German and exam such as GCSE Science where you need to remember key definitions. An Online Quiz is a great way to test your GCSE Maths skills while you would highly benefit from using a Note to study English

8. Teach friends or family

Teaching others is perhaps one of the best ways to actually revise and learn yourself. Get with a group of friends and see who needs help on what topics and teach each other or as a group. You can also grab a friend or family member who doesn't do your course and give them a lesson to help your revision

9. Watch some videos

Don't just read notes or revision books, get interactive by watching videos too. There's no doubt a YouTube channel dedicated to revision notes on your course!

10. Make flash cards

Flash cards are bitesize revision notes that you can look at and refer back to in a bid to make things sink in. Even if you don't actually use them that often, the process of making them is itself helpful in helping your memory.



11. Find your golden time

Figure out when you're most productive and schedule your revision then. It will vary from person to person.

12. Prioritise

Organise your revision time so that you focus more on your troublesome topics and tough subjects. You don't need to waste time going over areas that you already know inside out.

13. Know the syllabus

Make sure you know exactly what it is you'll be tested on. For the same subject there may be various exam boards and even various exams offered by the same board so it's not always straight forward: You don't want to be revising for questions and topics you'll never be tested on! In doubt, ask your teacher or tutor.

