



West Exe School

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Preparing for the Year 11 mock exams



Getting ready for revision

- ✓ Start revision early. The sooner you start the less you will have to do each day and the less stressed out you will be
- ✓ The most important thing is to make a realistic revision timetable (like the one opposite) that you will stick to
- ✓ Be precise on your revision timetable and note down *what you will do* for each subject
- ✓ Get one good revision book or aid for every subject. They do much of the initial work for you by breaking the subject down into 'do-able' chunks

Day	Period	Period 1 (9:00-10:00)	Period 2 (10:10-11:00)	Period 3 (11:10-12:00)	Period 4 (12:10-13:00)	Period 5 (13:10-14:00)	Period 6 (14:10-15:00)
Monday		Science (class)	Science (lab)				
Tuesday		Maths (School)			Maths (parquet)		
Wednesday			English (R&I)		English (poetry)		
Thursday		History (Germany)			Cadets		
Friday		English (School)					
Saturday		DROFF					
Sunday			DRAMA				PE

Doing the revision

- ✓ Use the recommended websites and online resources to help you revise and develop techniques that *work best for you*.

- **GoConqr** (a brilliant website packed full of revision resources). Sign up and get started!: <https://www.gocongr.com/en/>
- An online version of the **Letts Study Skills** booklet: <http://www.cullompton.devon.sch.uk/uploads/attachments/gcse-study-skills.pdf>
- **Mnemonics** techniques: <https://www.learningassistance.com/2006/january/mnemonics.html>

- ✓ Focus upon exam technique as well as just revising the subject's content
- ✓ Match the revision notes you make to the sort of questions you will be asked. Get hold of past papers
- ✓ Have a clear goal for each revision period. For example – 'at the end of this slot I will be able to label a diagram of the heart and answer a question on how the heart works.'
- ✓ Have a start and finish time – and stick to it!
- ✓ Get into the routine of following your revision plan – if you really don't feel like it, tell yourself you will do 15 minutes and then decide whether to carry on. At least you will have done 15 minutes.
- ✓ STOP and take a break if you are becoming frustrated, angry or overwhelmed. Don't waste time struggling – note down anything you are finding hard and take it to your next lesson



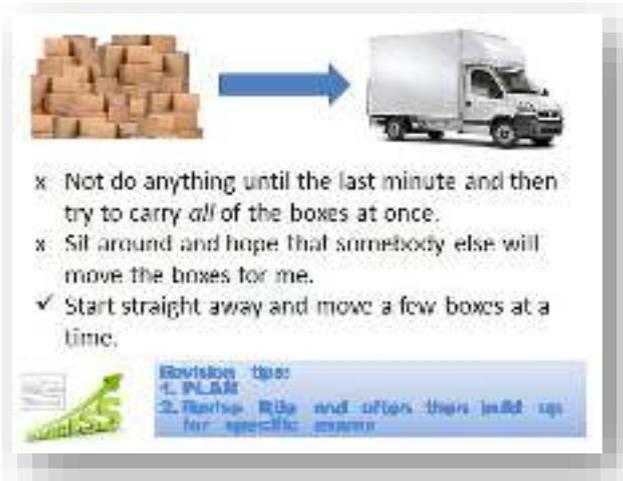
Improving your chances of getting the highest grades

There are a number of factors that cause students to lose marks in the exams. The factors below are often reported by examiners. You will also find them in revision books. Here is a list of factors that you need to be aware of and concentrate on –



- ✓ Start in good time – leave it too late and you will start panicking
- ✓ Plan for half hour or, at most, one hour slots. Nothing extra is likely to sink in if one subject is revised for much longer
- ✓ When revising during the evenings plan 1 or 2 subjects only. Leave some time for relaxation
- ✓ Allow some days off, but not in the few weeks just before the exams
- ✓ Plan to revise specific topics or aspects of a subject – for example, not just science, but human systems, or waves, or chemical

- reactions or electricity
- ✓ Read through a topic then make brief notes cards which can be used for further revision later
- ✓ Use colours to highlight
- ✓ Work in small groups to topic



and on

key works discuss a

Remember that revising is like any big job that preparation.

for exams requires

Compare it to shifting boxes when moving house. How would you do this?

Key tasks on the day before the exam

- ✓ Make sure you know your timetable
- ✓ Get there early – only fools leave it too late and rush – catch the much earlier bus
- ✓ Allow time for your brain to wake up – have a shower, eat a healthy breakfast
- ✓ Do a final check of the subjects you will be doing that day – know the structure and how many sections there are
- ✓ Make sure you have EVERYTHING you need and take spares – do not get into the stress of asking teachers for things you should have brought
- ✓ Take a pen you enjoy writing with – take 2 just in case

During the exam

- ✓ Don't forget that it is natural to be nervous. It actually gives your brain the extra adrenalin it needs to make the final effort
- ✓ If your mind goes blank, don't worry. Look at the question again, write down some notes – it'll get your brain ticking over again
- ✓ Don't start writing until you know what the instructions are and you are ready to write sense



- ✓ Make and keep to a time scale for each question depending on the number of marks (you will have done this in revision classes – stick to it). If you only have 3 minutes left for a question, write the answer in note form – the examiner will give you marks for it
- ✓ Allow a little bit of time at the end to check through your work to see if any changes need making and maximise SPaG (spelling, punctuation and grammar) marks. Examiners have said that this can make the difference between a higher and lower grade

Coping with the stress of GCSE exams

For many students, the pressure of sitting their GCSE exams can be intense and you may find yourself struggling to cope at times.

While they are revising, students are often stressed, anxious and irritable and can have trouble with eating and sleeping. But a few simple things can really help:

What could you improve / do more of that would help you to achieve your goals?



Go to bed at a sensible time

Eat a healthy breakfast

Arrive at school on time

Ask questions in lessons

Respond positively to any feedback

Catch up on any missed work

Complete homework as instructed

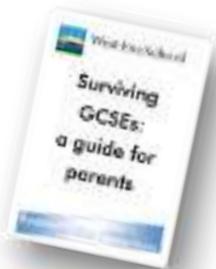
Make (and stick to) a revision timetable

Attend revision classes after school

Ask for revision materials

Not give up when things get tough –

Tell yourself, “I can / will do this!”



If you would like more information about coping with exam stress, we have uploaded a detailed parent's guide on the school website.

Some useful websites that you might want to look at are:

A series of strategies from a top revision-based company:

<https://www.goconqr.com/en/gcse/revision-tips/how-to-deal-with-exam-stress/>

A guide produced by the NHS:

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Examstress.aspx>

Some practical advice from BBC Radio 1:

<http://www.bbc.co.uk/programmes/articles/1y58ppPNfRBp41XQLb62gvt/anxiety-stress>

