

Year 11 Information Evening



This information will also be shared with students in form time, and we will continue to communicate with you as we progress in the coming weeks.

If you have any questions following this presentation please feel free to contact me.

jsayce@acle.Norfolk.sch.uk

Purpose of the Evening:

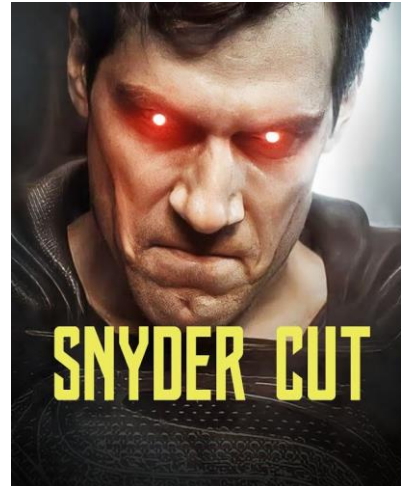
- Give you key information to help you maximise your child's potential in Year 11.
- To share our high expectations of Year 11 students.
- To give you an overview of the key subject specific information surrounding your child's GCSEs in their final year.
- Allow you to access all the key information which can support your child at home with their GCSEs. Updates and support in place
- Answer any questions you might have about your child's GCSEs.



Following this evening



1. Speak to members of the Senior Leadership Team, SENDco and HoY.
2. Watch any section of the event you need further clarification on via the website.
3. Buy revision guides online via Scopay (if you do not want to purchase them this evening)



Your support network

- ✓ Mr Sayce and all of LT
- ✓ Miss John- Head of Year 11
- ✓ Form tutors
- ✓ Subject teachers
- ✓ Heads of subject
- ✓ Intervention staff
- ✓ Inspire



Work with us- Teachers aren't the enemy

Communication is key- if you need specific help or guidance then please speak with us.

Looking ahead-January- Revision Evening...

- Focusing more on...
- Importance of revision.
- How to revise effectively.
- Balancing time and stress to cope with the exam workload.

A logo for Year 11 Information. The text "Year 11" is written in a large, white, cursive script font. Below it, the word "INFORMATION" is written in a smaller, white, uppercase sans-serif font. The logo is set against a solid teal background.

Year 11
INFORMATION

What you need to do in order to succeed with in Year 11

Effort

We expect students to...

- Stay positive

Behaviour for learning

We expect students to...

- Arrive on time ready to

Home Learning

We expect students to...

- Notice how I didn't include 'being clever' or anything to do with natural ability...
- Working hard and having the right attitude will ensure your success.

best of your ability

- Keep going when things are difficult

- Be polite and listen to everyone

- Treat others the way you would like to be treated

- Complete independent revision at home- flashcards, GCSEPod and Seneca

Don't just take my word for it! Advice from Year 11s on results day

'Enjoyed the extra support with Maths, which I passed, thank you!!'- Kacey Cunningham

'Pace yourself and you'll enjoy Year 11 more. Use Seneca and GCSEPod regularly'. Oliver Moss

'Start revision early and I know it is easier said than done but don't over stress it if you've done the revision. **Stressing too much takes away your energy**' Ruby Smith

'Revise, it actually does pay off!'- Tom Smith

'Put in the **hard-work** and it **will pay off**. Trust me, if I can do it, then you can do it!' . Alex Found

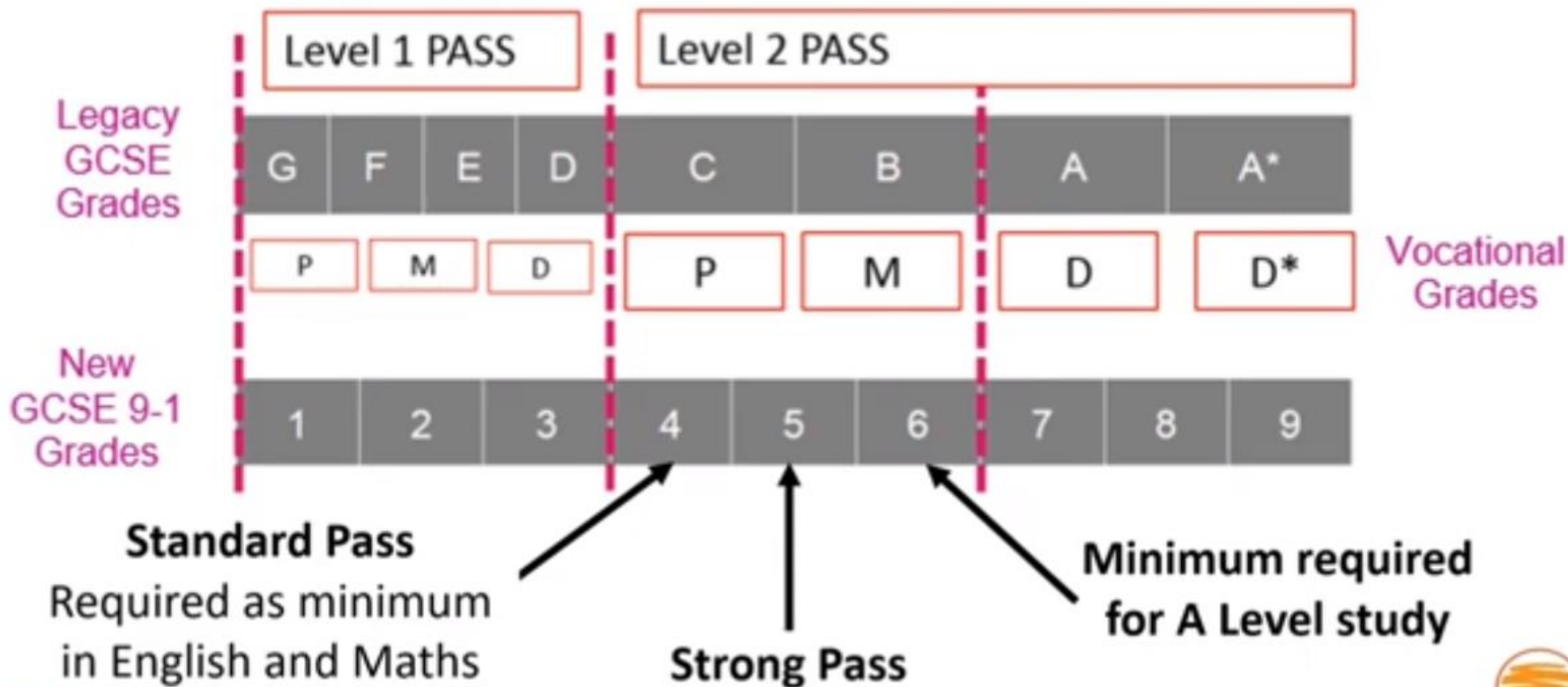
'Make a **revision timetable**, it helped me so much to have a schedule to follow' Katie Logan

'Start doing **revision** whenever you finish a **unit** so you don't have as much at the end of the year'- Talya Ewles Belton

'Revise earlier than later, it all helps!'- Anna Hamilton

'Revise more than you think! I revised more than I thought I should do for some subjects, and I **did** so much better than I thought I could' Tom Peacock

GCSE grades explained



GCSE

Access Arrangements:

Some students may need access arrangements for their GCSE exams.

Possible access arrangements are as follows:

Reader, Scribe, 25% extra time, use of overlay, use of laptop, prompter, smaller room

If your child has an EHCP then they will automatically be granted access arrangements depending on their needs.

If your child does not have an EHCP then we can either test them to see if they qualify for extra support or if they have a medical condition, then medical evidence can be submitted as evidence to support the access arrangement/s.

We have already sent out letters about confirmed Access Arrangements but if you have any questions or queries, please contact Miss Frary:

Lfrary@acle.Norfolk.sch.uk

The past few years...



Structure of the year- key dates

Mock exams- from Monday 27th Nov- in hall- lasting 2 weeks- 8th Dec 2023



Year 11- tracking 1- Weds 6th Dec 2023- reports to follow shortly after this (before Xmas)



Year 11 mock results morning-
Monday 8th January 2023



Year 11 parents evening- Thursday
11th January 2023



Exam boards release final info on exam content- Feb 2024



Mock exams 2- Monday 26th February- Friday 8th March 2024



Summer exam series- May-June 2024



Leaver's assembly- end of June 2024

Year 11 Prom- **Monday 1st July 2024**

GCSE Results Day- Thursday 22nd August 2024



Year 11 Roadmap 2023-24

Be amazing



September

- Assemblies on sixth form/apprenticeships
- Individual mentoring
- Careers education
- Bespoke After-school revision
- Form time sessions- revision techniques
- New homework expectations
- Parents' information evening

October

- World Mental Health Day
- Sixth Form Open days/evenings
- Progress Meetings
- Careers Guidance Interviews

October Half-Term

November

- Stress and Anxiety Workshop
- **Mock exams: starting 27th November**
- Study Support Sessions (with parents/carers)

December

- Mock exams finish
- 6th Form Application Deadline
- Celebration Day

Christmas Holidays

January

- GCSE Revision Evening
- Parents' Evening-11th Jan
- Start of GCSE practical exams

February

- After-school intervention
- Mental Health Assembly

February Half-Term

Mocks begin 26th Feb

March

- **Mock exams: Finishing 8th March**
- 6th Form Offers
- GCSE practical examinations continue

April

Easter Holidays

- Revision focus in all lessons
- Exam stress workshop

May

- **Start of GCSE exams**
- **May Half-Term**

June

- GCSE exams continue
- Leavers' Day- assembly
- Sixth Form Induction

Target: Ensure you are beginning to develop the right revision habits, get into the routine of revising regularly. Frequently and in small-bursts is the key. Active revision is the aim.

Target: Engage with revision using active methods and use tools such as GCSEPod effectively.
Attend all mock exams in full uniform with full equipment.

Target: Successfully embedded revision methods and have developed study habits linked to frequent revision..

July

- Prom

Thurs 22nd Aug

- GCSE Results Day

Year 11 Academic Reviews- Support and focused intervention

- Last year we trialled and ran a series of Academic review meetings. These were **1hr meetings with parents and pupils** about their academic progress. We really dissected their progress, looked at their books and set key targets that were very SMART focused. We then did regular check-ins and parental engagement to follow on from these.
- This was very successful, and we are now beginning this much earlier.
- We will be starting this in October with 20 pupils and we'll be in touch with parents/carers about next steps soon. The meetings will be led by Miss John and a member of SLT.

S	M	A	R	T
Specific	Measurable	Attainable	Realistic	Time-bound
Do: Set real numbers with real deadlines.	Do: Make sure your goal is trackable.	Do: Work towards a goal that is challenging, but possible.	Do: Be honest with yourself- you know what you and your team are capable of.	Do: Give yourself a deadline.
Don't: Say, "I want more visitors."	Don't: Hide behind buzzwords like, "brand engagement," or, "social influence."	Don't: Try to take over the world in one night.	Don't: Forget any hurdles you may have to overcome.	Don't: Keep pushing towards a goal you might hit, "some day."



Exams- organisation is key- Building a revision timetable

- Without a plan, it's easy to feel overwhelmed or to over-analyse to the point of paralysis. The solution is to take action, **create a realistic and workable revision timetable**, and – most important of all – stick to it!
- Year 11 all have **Study Support** as part of their drop-down day on the **9th November**. I will be leading a session on how to build a short-term revision timetable. It will be very important that all pupils attend this.
- I will hold **lunchtime sessions before this** (week before Oct half-term) if pupils want to know how to make one before then.



The best way to get
something done...

...is to begin.

Timetabling your revision

- A solid revision timetable not only guarantees you cover everything you need to in time for the assessments, but it also breaks everything down into more manageable chunks – much less scary!

Once you start getting everything out on paper or screen, you'll have a proper idea of the task ahead. The ideal revision timetable will be prepared enough in advance that you have a bit of balance and don't burn yourself out.

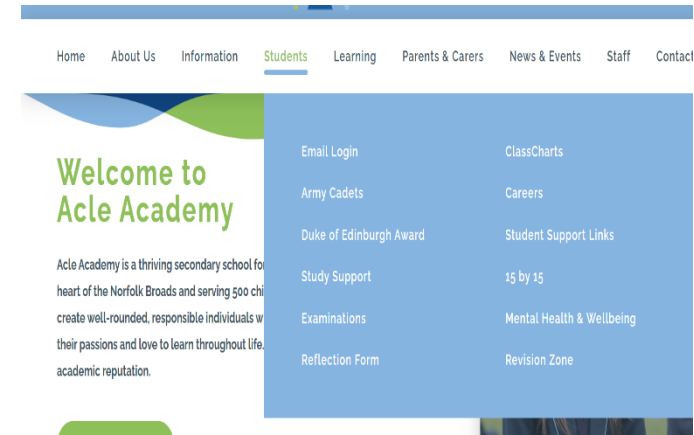


Why bother having a revision timetable?

- Planning and revision will be crucial to **ensure you're prepared** for the internal assessment period.
- Your assessments are **spread out over 8 weeks** which makes planning a study timetable much easier.
- Preparing a revision timetable will **help you be more prepared, focused and ultimately less stressed** about the internal assessments.
- You can prepare a weekly, short-term plan every week or use my long term calendar.

Google Classrooms

- We already have the **school revision zone** which is an excellent, ready-made revision tool for your child to use to prepare for their exams in all subjects.
- We have now embedded **Google Classrooms** again this year to support your child in every class they take.
- Teachers are **uploading all lessons** (within 24hrs of them taking place), homework and revision materials directly to their classroom.
- This is great if your child misses a class because of illness or another reason. The expectation is that they **MUST catch up on the missed work**. All the resources are now in place for them to do this.



Revision Resources

REVISION ZONE RESOURCES - GOOGLE DRIVE ▶

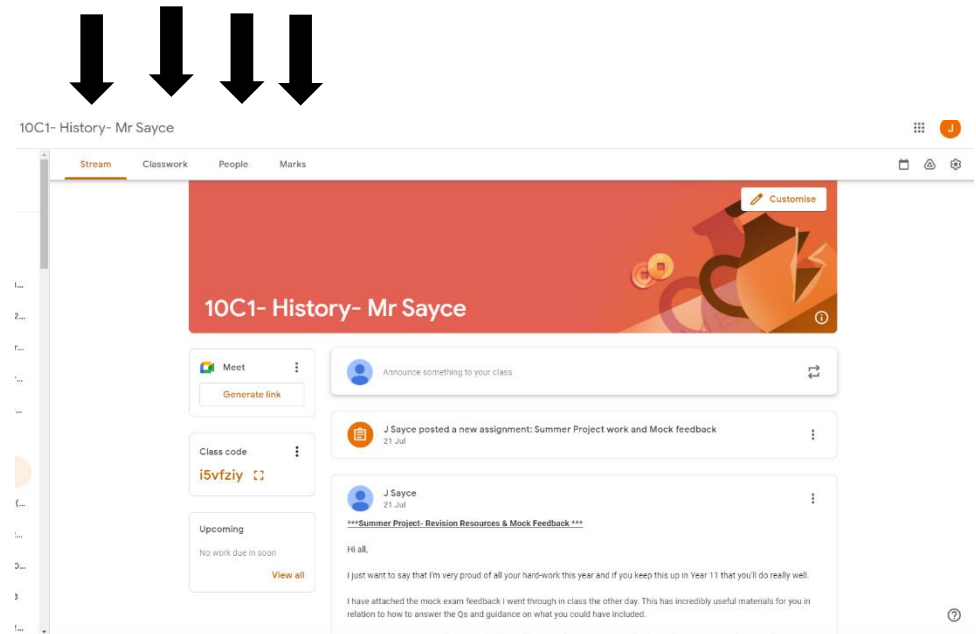
A presentation was held in school on Thursday 29th September and all supporting documents and videos can be found below. This is a comprehensive guide to GCSEs for parents and pupils. If you have any questions about a particular GCSE please contact your child's Head of Subject or if it is a general query about GCSEs or progress then get in touch with Mr Sayce.



Google Classroom

Recap- what does Classroom look like?

- Every **Class** is comprised of four pages: **Stream**, **People**, **Classwork** and **Marks**.
- Teachers (and students, if we allow them) can post **Announcements**, which can include weblinks and uploaded resources.
- Homework can be set (and marked, if you want), as **Assignments**.
- Courses can be set up for different topics



What it will look like

All topics ▾

Paper 1-Medicine Through Time ⋮

Students will see this topic once work is added to it

Paper 2-Elizabethan England ⋮



Summer Project work and Mock feedback

Due 6 Sept, 23:59 ⋮

Paper 2- Superpower relations and the Cold W... ⋮

Students will see this topic once work is added to it

Paper 3- Weimar and Nazi Germany ⋮

Students will see this topic once work is added to it

+ Create

All topics ▾

Paper 1-Medicine Through Time ⋮



Lessons

Posted 14:46 ⋮



Knowledge questions

Posted 14:46 ⋮



Past papers

Posted 14:46 ⋮

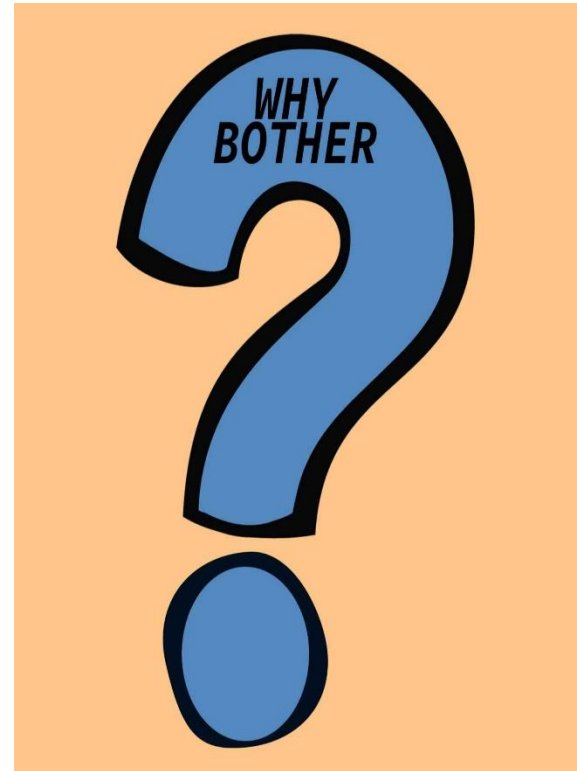


Revision guides

Posted 14:45 ⋮

Why are we now promoting Classrooms again?

- At its core, Google Classroom does a few things and does them well.
- ✓ It creates a central home for class activities.
- ✓ It can ensure that work from lessons, homework or revision materials is organised into 'topics' which can be reused in future years.
- ✓ It will ensure parents/carers have a clear idea of how to support their child with learning/revision/ additional materials at home.
- ✓ It doesn't mean that we're not using Classcharts- this will still be the platform for setting homework.



Careers

Post 16 Options, application and process.



Year 11 Post 16 Applications

Careers Drop Down Day 13th October (Workshops / CV Writing/ mock interviews/meeting the 'big' sectors)

Help you Choose- Login and registration in CC lessons over next 2 weeks.

Independent Careers Advisors Appointments

Apprenticeship- ASK (Apprenticeship Support & Knowledge for schools and colleges programme)

Master Classes- Optional – Survey on google classroom

Careers Breakfasts (Monthly)

Post 16 Routes

The Parents' Guide to
www.theparentsguideto.co.uk

Level	Qualification / educational route				
8	Doctorate (PhD)		NVQ 8		
7	Masters degree (MA)		Degree apprenticeship / NVQ 5, 6, 7		
6	Bachelors degree BA or BSc				
5	Foundation degree FdA or FdSc	Higher National Diploma (HND)			
4	Higher National Certificate (HNC)		Higher apprenticeship / NVQ 4		
3	A levels Grades A-E	International Baccalaureate	T Levels	BTEC diploma BTEC certificate	Advanced apprenticeship / NVQ 3
2	GCSE Grades 4- 9 (C, B, A or A*)		BTEC first diploma		Intermediate apprenticeship / NVQ 2
1	GCSE Grades 1- 3 (D,E,F or G)		Foundation diploma / entry level qualifications		Traineeship / NVQ 1
Academic route		Vocational route		Applied / work route	

- Continue education at Sixth Form or College (A-levels/ Btech)
- Learn and earn at the same time through an Apprenticeship
- Employment with Accredited Training.

Help You Choose

Why Apply Online via Help You Choose?

- All the learning options are all in one place.
- Young people can apply to multiple providers using the same information.
- They will receive emails to keep them up-to-date with the progress of their applications.

You can find lots of useful information to help support your child in the parents section of Help You Choose

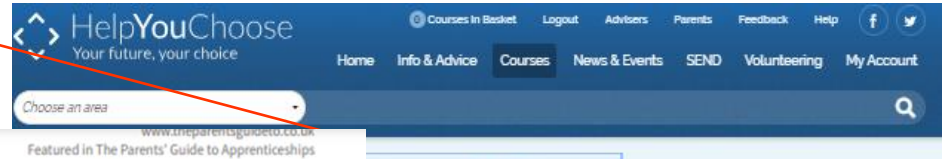
What Happens After Applying?

- The student gets an **Email Receipt** to confirm their application's been sent
- They'll then get an **Email acknowledgement** from each sixth form and college when they start processing the application
- Some sixth forms and colleges then contact the student to arrange an **Advice Interview**



Apprenticeships & Training

If you/your child are interested in an apprenticeship go to the Apprenticeships & Training section on Help You Choose.



Apprenticeship levels



LEVEL 2 *Intermediate apprenticeships*

Typical length
12-18 months

Entry requirements:
None or few

Qualifications obtained:
GCSE, BTEC or equivalent

Who's it for?
Mostly for 16-year-olds with limited or no academic qualifications.



LEVEL 4/5 *Higher apprenticeships*

Typical length
3-5 years

Entry requirements:
A Levels or equivalent

Qualifications obtained:
Higher national diploma / foundation degree

Who's it for?
Mostly for those who want to qualify for professional career paths without attending university or college. Sometimes referred to as 'school leaver' or 'non-graduate' programmes.



LEVEL 3 *Advanced apprenticeships*

Typical length
12-24 months

Entry requirements:
Usually 5 GCSEs

Qualifications obtained:
A levels or equivalent

Who's it for?
Mostly for 16-year-olds with reasonable academic achievements but who don't want to study in sixth form.



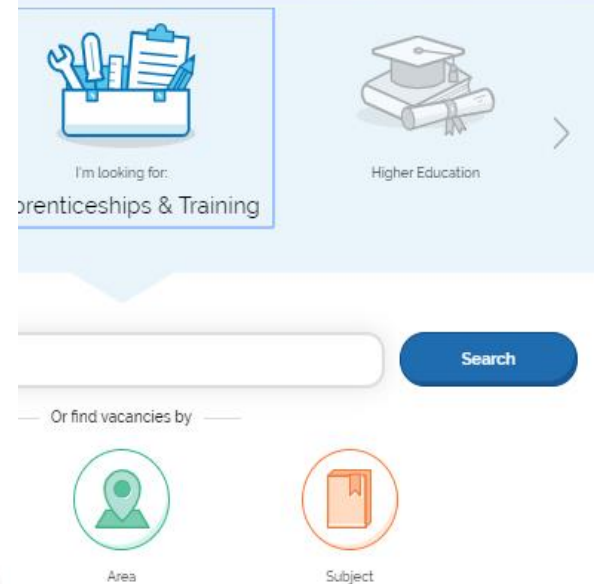
LEVEL 6/7 *Degree apprenticeships*

Typical length
3-7 years

Entry requirements:
At least 2 A Levels or equivalent

Qualifications obtained:
A BA or BSc degree or higher

Who's it for?
Mostly for those with excellent sixth form results that want to study for a degree or similar whilst working.



Apprenticeships Norfolk

You can find further information about apprenticeships in Norfolk on the Apprenticeships Norfolk website at:
www.apprenticeshipsnorfolk.org



[Employ An Apprentice](#) | [Apprenticeships Reforms](#) | [Become An Apprentice](#) | [Contact Us](#)



EMPLOY AN APPRENTICE
Want to hire an apprentice?
[Click here to search local Apprenticeship Providers >](https://www.apprenticeshipsnorfolk.org/en)
<https://www.apprenticeshipsnorfolk.org/en>

GET IN TOUCH
Want to speak to a member of our very helpful team?
[Click here to send us a message. >](#)

BECOME AN APPRENTICE
Find out what's available from local Apprenticeship Providers.
[Click here to search >](#)

Member Log In



National apprenticeships website

You can register for apprenticeship vacancies at
www.gov.uk/apply-apprenticeship



[Home](#) > [Education and learning](#) > [Apprenticeships, 14 to 19 education and training for work](#)

Find an apprenticeship

Find an apprenticeship in England.

You can apply for apprenticeships in [Scotland](#), [Northern Ireland](#) and [Wales](#).

[Search >](#)

You can also:

Related content

[Become an apprentice](#)

[Find a traineeship](#)

Explore the topic

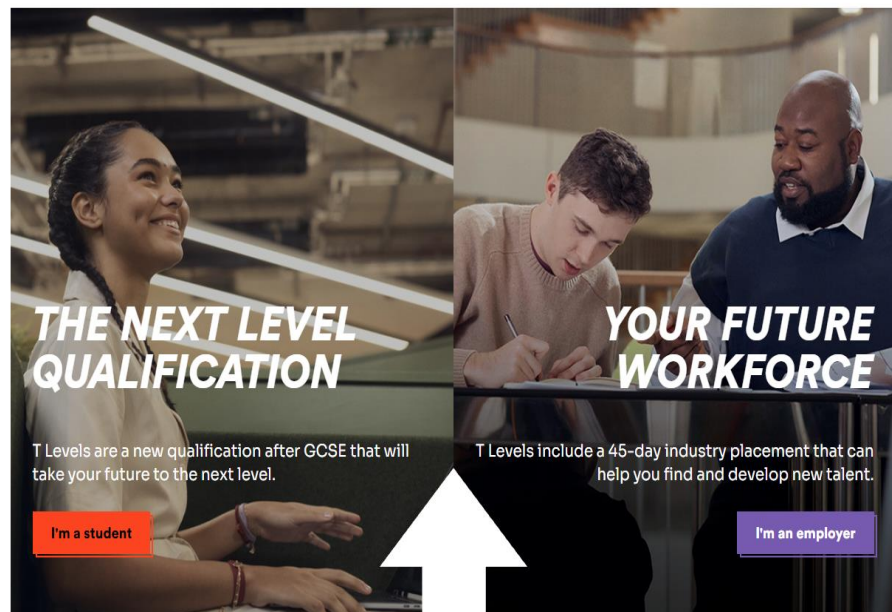
[Finding a job](#)

[Apprenticeships, 14 to 19 education and training for work](#)

[Apprenticeships](#)

National Apprenticeship week (6-12th February 2023)

*Drop down Morning - support with applications
Taster Sessions*



What are T Levels?

[T Levels](#), or Technical Level Qualifications, are a new government backed qualification introduced as of September 2020 and will be equivalent to 3 A Levels. These 2-year courses have been developed in collaboration with employers and businesses so that the content meets the needs of industry and prepares students for working life.

T Levels involve a mix of classroom learning (about 80% of the course time) and practical experience (about 20% of the course time) including a 45 day on-the-job placement in a genuine business. Afterwards, students may go on to university, alternative higher education, another job, an apprenticeship or they may be offered an opportunity with the company where they were placed.



EQUIVALENT TO 3 A LEVELS

T Levels are an alternative to A levels, apprenticeships and other 16 to 19 courses. Equivalent to 3 A levels, a T Level focuses on vocational skills and can help students into skilled employment, higher study or apprenticeships.

A 45-DAY INDUSTRY PLACEMENT

Each T Level includes an in-depth industry placement that lasts at least 45 days. Students get valuable experience in the workplace; employers get early sight of the new talent in their industry.

80% CLASSROOM, 20% WORK

T Level students spend 80% of the course in the classroom, learning the skills that employers need. The other 20% is a meaningful industry placement, where they put these skills into action.

More information...

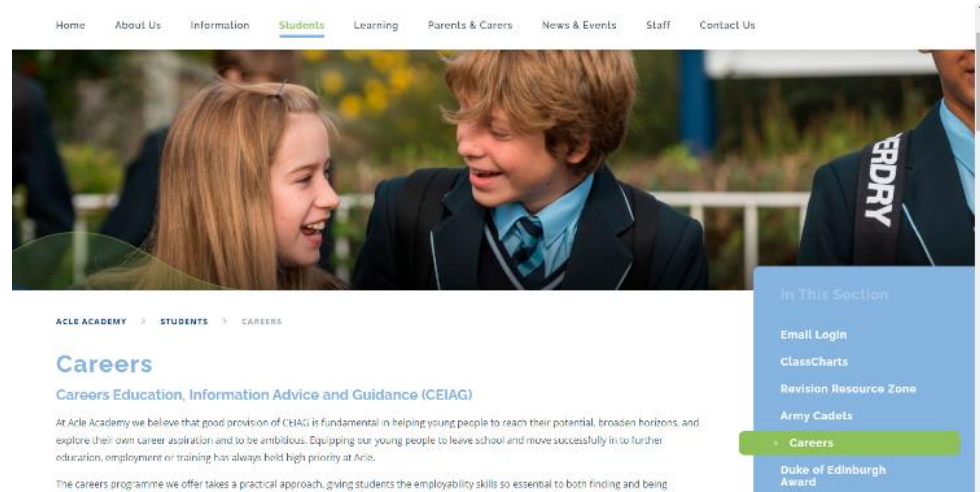
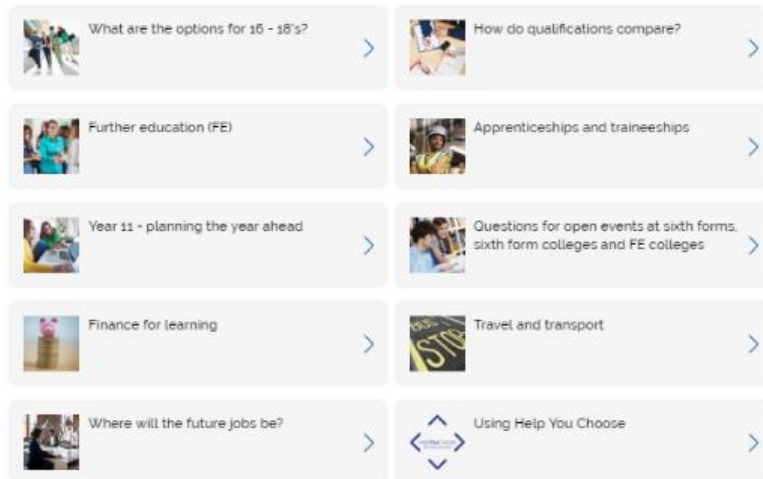
Careers Page on Acl Academy Website
Parents Section on Help you Choose
cskarin@acle.Norfolk.sch.uk

Key message

- *Please do ask for help...*
- *We would like all students to have completed an application by Christmas.*
- *Remember college will oversubscribe, every grade count.*

Choices at 16

More within Choices at 16



The mocks are on the horizon...

Mock exams begin on Monday 27th November 2023

This is in exactly **60 days** from today

7 School weeks until the mocks begin...

College offers will often **ask for your mock results** and it is important that these are taken seriously and you apply yourself effectively

You do not want to take the attitude that- ***'I'll just see what I get without any revision'***

This will be a **waste of time**.

The purpose of the mocks is to ensure teachers **can give you guided feedback** on what you're doing well and what you still need to **focus more on**.

How can you possibly know your areas for improvement if you haven't put the effort in first?



WHY ARE MOCK EXAMS GOOD FOR YOU?

Mock exams are an essential component of exam preparation for your annual MOT assessment. They allow you to mimic the real exam experience under timed conditions, with exam standard questions.

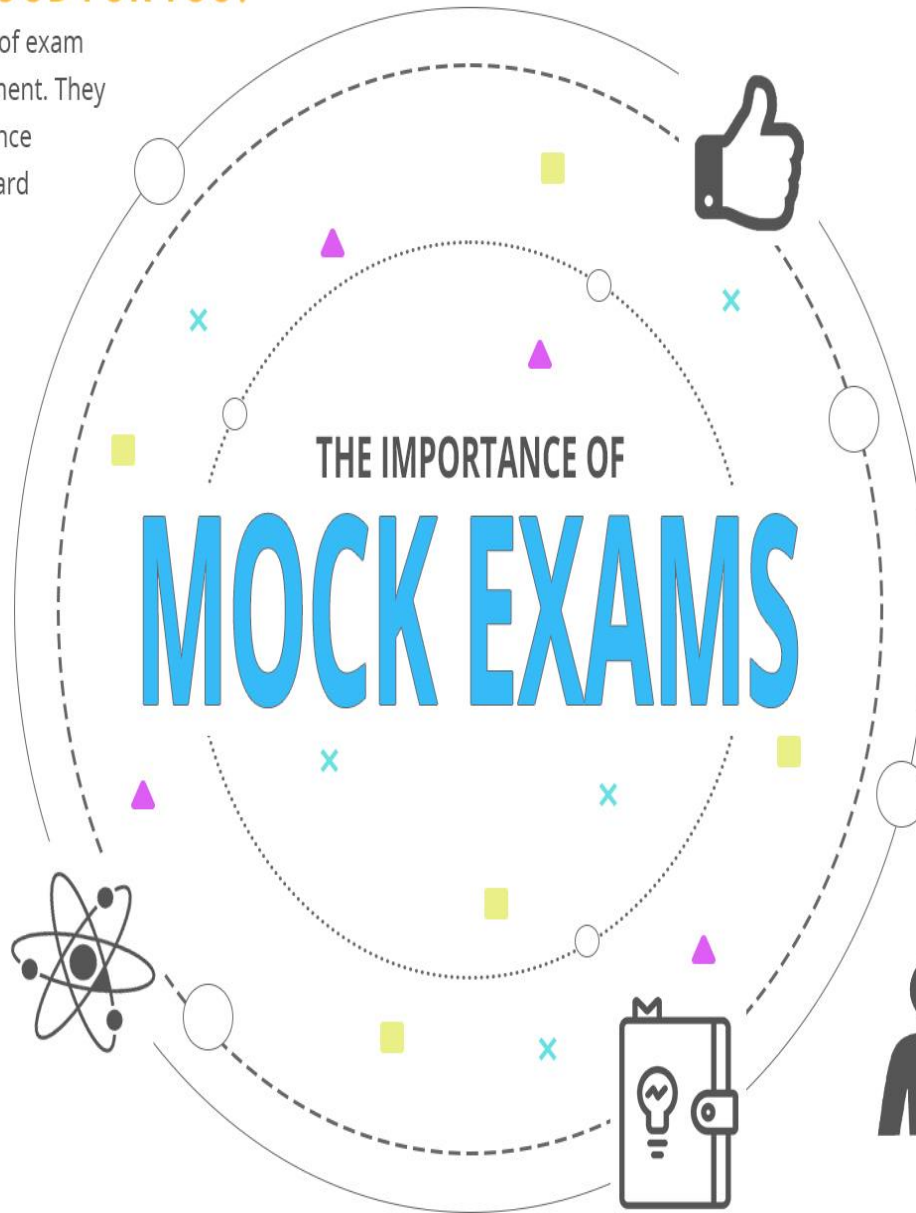
EXERCISE YOUR BRAIN
TO BUILD EXAM STAMINA



HELPS TO
IDENTIFY TOPICS
YOU NEED TO REVISE



TEST YOUR
REVISION STRATEGIES



HELPS YOU GET USED
TO EXAM PRESSURE



ALLOWS YOU TO PRACTICE
EXAM TECHNIQUES



GIVES YOU EXPERIENCE OF
EXAM CONDITIONS



IT'S THE PERFECT OPPORTUNITY
TO ASK FOR HELP



The mock exams (PPEs)...

The purpose of the mock exams are to:

- **Experience** a realistic, extended exam programme.
- Develop and embed **revision techniques** and **organisational skills**. Find what works for you!
- Sit exams in the **exact conditions** the final exams will be in, following the correct protocols.
- Get into good **habits** of checking the exam **notice board**.
- Provide us with **accurate information** and data for intervention and support.
- Receive **positive news** as well as potentially less positive!

Why bother revising for mocks?

Don't let apathy mask your anxiety!

Helps me remember facts, figures, topics and methodologies that you have covered some time ago

Because my teachers tell me that it'll help me

Increase my confidence and reduce anxiety and stress.

Because my parents/carers make me do it...

To get my target grade

To go onto my next stage and do what I want to pursue



PREVENT THE PANIC

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



Acle Academy
Respect. Aspiration and Determination



START IN PLENTY OF TIME

Whether you are revising for PPE's, Mocks or Resits; it is important to identify your exam start dates and plan ahead. Planning and long-term thinking will be invaluable during exam periods.



PERFECT A REVISION ROUTINE

Find what works best for you! Take the chance to perfect your best revision strategies and learn what works for you.



DON'T UNDERESTIMATE

Let's be honest, exam periods can be stressful! But panic and stress will be a much smaller issue if you recognise the importance of all your exams and tackle them head on.



SET REALISTIC TARGETS

Your ability and knowledge will change throughout an academic year so make sure your expectations in attainment match this! Talk to teachers and parents to make sure you are all working towards a goal that works best for you.



USE YOUR RESOURCES

At GCSEPod we have provided some great pods and resources for you to use; your exam periods are about, doing the best you possibly can, so use every resource you can!



USE THE OPPORTUNITY

Exams are not designed to catch you out! They're a great opportunity for you to show off and maximise everything you can do by testing your knowledge.



DON'T PANIC!

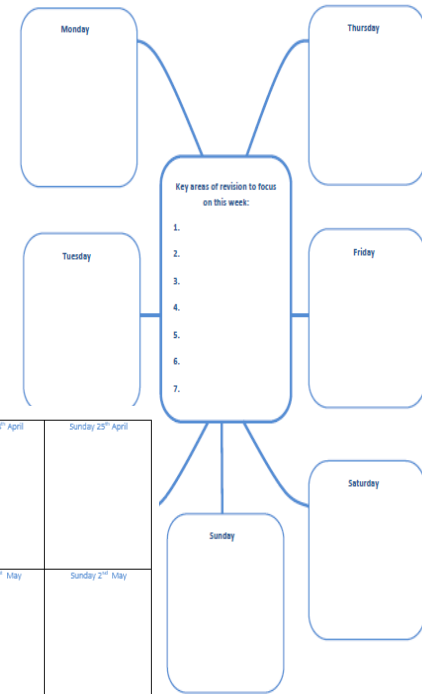
Most importantly, don't panic! Use our tips and speak to as many people as possible to stay up to date, prepared and motivated! You CAN do this!



ARRANGE FEEDBACK SESSIONS

Speak to your teachers, friends and parents to track your progression and revision before and after your exams. Speaking and sharing ideas prevents panic!

Fail to plan, plan to fail'



Week 1	Monday 19 th April	Tuesday 20 th April	Wednesday 21 st April Maths Paper 1 90 mins Gym	Thursday 22 nd April German Reading and Writing exam- pd 1&2 (Rm13)	Friday 23 rd April	Saturday 24 th April	Sunday 25 th April
Week 2	Monday 26 th April	Tuesday 27 th April Biology unit 1 Combined 1 hr 15 Triple 1hr 45 Gym	Wednesday 28 th April	Thursday 29 th April	Friday 30 th April Biology Unit 2 Combined 1 hr 15 Triple 1hr 45 Gym	Saturday 1 st May	Sunday 2 nd May
Week 3	Monday 3 rd May Bank Holiday- no school	Tuesday 4 th May Maths paper 2 90 mins Gym	Wednesday 5 th May GCSE PE Theory 1 hr 15 Gym	Thursday 6 th May H&C Practical- pd 1-3 food room Art Practical- pd 1-3 Art room French Reading Exam 1 hour- AM- Rm 14	Friday 7 th May H&C Practical- period 1-3 Food room Art Practical- Periods 1-3 Art room Hand in deadline for Sports Studies coursework	Saturday 8 th May	Sunday 9 th May
Week 4	Monday 10 th May D&T Industrial Processes 2 hour NEA- Room 8	Tuesday 11 th May	Wednesday 12 th May Geography Paper 1- 90 mins Gym	Thursday 13 th May	Friday 14 th May Geography Paper 2- 90 mins Gym	Saturday 15 th May	Sunday 16 th May

✓ Revision timetables

✓ Study planners

✓ Short-term week priority sheet

Little but often

Embed the organisational skills necessary to succeed

Is it ever too early to begin revising?

- Students who do their best in the GCSE exams, **work hard all through Year 11** rather than relying on last minute revision.
- It is best for students to start revision early and to keep revising during the year by doing little but often.
- This will give your child time to review what he/she has studied and to strengthen the memory and this will avoid the panic of leaving things to the last minute.



Making use of the resources available to you

We have wealth of incredibly useful and proven revision resources at our disposal to help GCSE students attain highly.



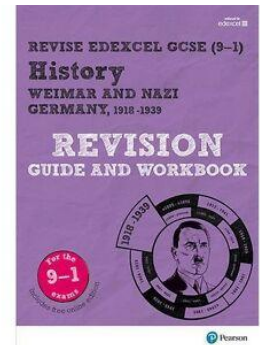
GCSEPod



Google Classroom



Acle Academy GCSE
Revision Zone



Traditional revision
materials



Seneca



Pixl Apps



OAK
NATIONAL
ACADEMY

Oak National
Academy

What is GCSEPod?

3-5
minute
'Pods'

28+
subjects

Easy
to use

57.9 million
pods
watched

17.4 million
pods
watched in
2021

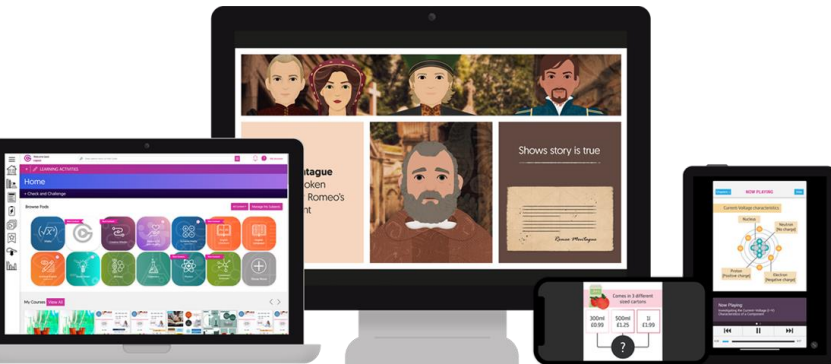
10 years experience as an
award
winning educational
publisher

- Mapped to the curriculum
- Available on all platforms

1 in 3 secondary schools in the UK
subscribe

- In use across 40+ countries

- “The Netflix of GCSE Content”



Why it works!

Year 11 Impact Analysis

On average, regular users of GCSEPod achieved

1.1

more Progress 8 points than non-users

On average, the highest users achieved

20

Attainment 8 points more than non-users

Regular users of GCSEPod achieve, on average

1

grade higher per subject than non-users

Want to know more?

Visit www.gcsepod.com/parents to find out more and get exclusive access to additional resources that will help you support your child

Register for a free parent/carers webinars to find out more

Watch the parents introductory video I have uploaded to the school's website.

www.gcsepod.com/podup-presents-webinars/



Making a start with revision

5. Environment-

- Think about where it is best to revise for YOU
- There are lots of options (look left)
- Close the door - shut out noise
- Turn your phone OFF
- Turn on a light
- Get a comfy seat
- Get a drink of water or cup of tea!

Starting out

Library	Bedroom at Home	Friends House
<ul style="list-style-type: none"><input type="checkbox"/> Lots of books<input type="checkbox"/> Few distractions<input type="checkbox"/> Quiet	<ul style="list-style-type: none"><input type="checkbox"/> Set up your work area just how you want it<input type="checkbox"/> Private<input type="checkbox"/> Easy access	<ul style="list-style-type: none"><input type="checkbox"/> You can discuss problems<input type="checkbox"/> You can help test each other
<ul style="list-style-type: none"><input type="checkbox"/> Busy and tricky to find a desk<input type="checkbox"/> Travel time...	<ul style="list-style-type: none"><input type="checkbox"/> Lots of distractions<input type="checkbox"/> TV and Phone too easy to find	<ul style="list-style-type: none"><input type="checkbox"/> You might distract each other<input type="checkbox"/> Might be more stressful

3. Make a plan-

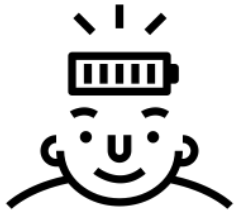
- It will help you to prioritise
- Include ALL your subjects and topics
- Identify times when you can revise
- Identify when you can't revise too...
- Making a Timetable...

6. Rest and relaxation-

- Make sure you get some good sleep
- Do something relaxing before you go to bed
- Take some exercise and get some fresh air
- Eat well - lots of fruit and veg!
- Drink lots of water

Memory

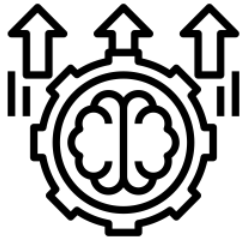
What do we know about memory?



Your working memory is easily overloaded, cramming doesn't work



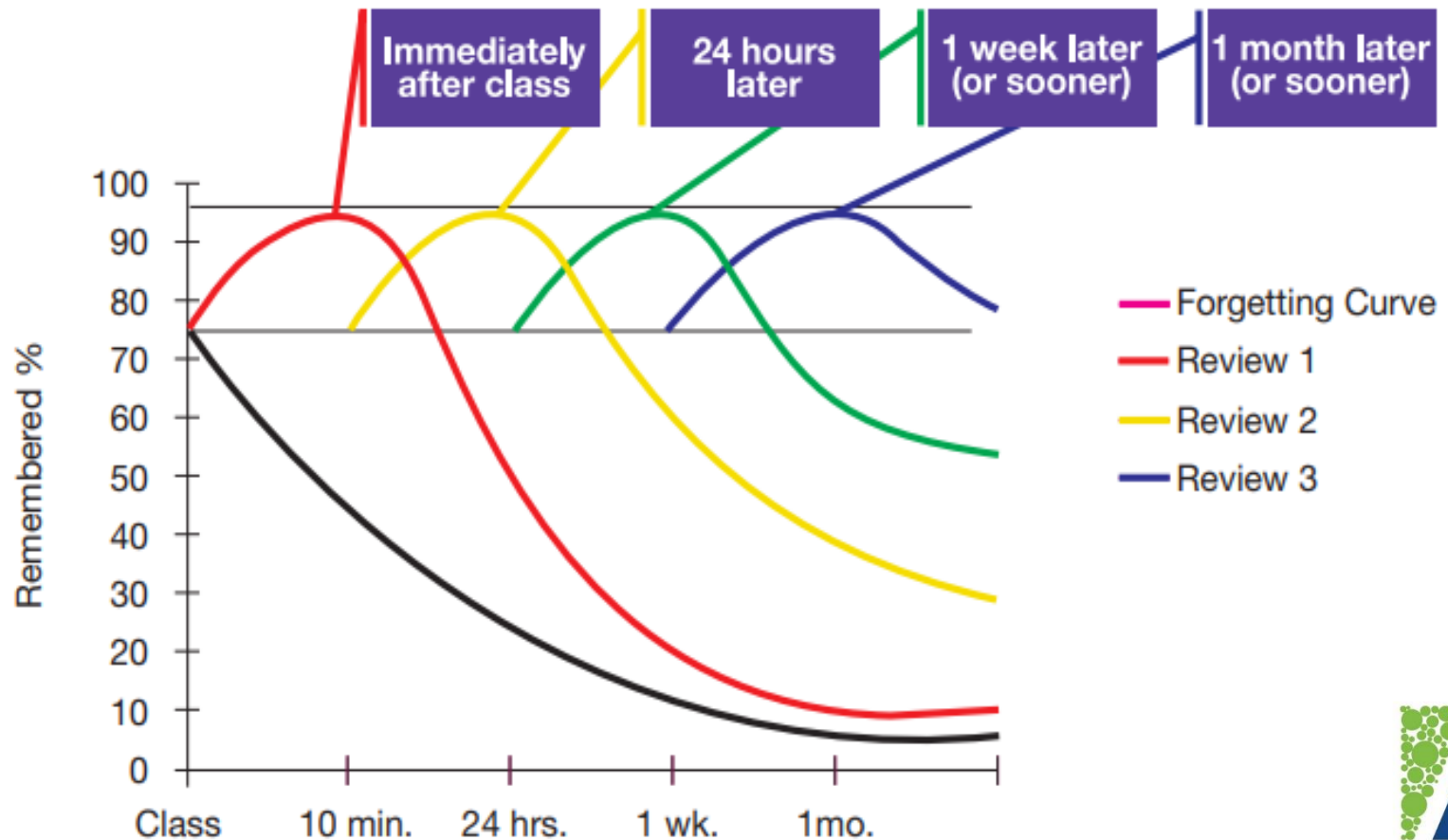
Information is forgotten if not revisited, it's natural.



Practice and retrieval helps strengthen long term memory & boosts learning

Why is home learning and revision at home so crucial to success?

This diagram called the Ebbinghaus Forgetting Curve – it illustrates how information is quickly forgotten unless it is reviewed at spaced intervals.



What can parents do to help to reduce the memory burden?

- If homework and revision are left to the last minute, this will limit your child's chance of doing their best.

Over the next few months:

1. Ensure that your child **attends school** and is always on time. Every day lost in attendance reduces their chance of achieving their best at GCSE. If they miss days, make sure they log onto Google Classroom and catch-up on missed content.
2. Encourage your son/daughter to persevere and to begin working hard now in preparation for the exams. Check that they are **keeping up with homework** and **attending any and all in-school revision sessions** on offer.
3. Encourage your child to **begin revising now at home!**

How much time should they be spending on home learning?

- This will vary occasionally as sometimes homework will come in patterns.
- On average most studies say that Year 11 students should be completing approximately **1 and half hours homework a day.**
- Getting into good habits linked to completing homework and using time effectively will benefit pupils when revision starts to step up.



Staying motivated

- GCSEs are hard and they can become very pressurised.
- One of the hardest things to maintain in this situation is motivation.
- Without motivation, very little can be achieved.

So, how do you stay motivated when it gets difficult?



KEEPING THE MOTIVATION UP

Students:

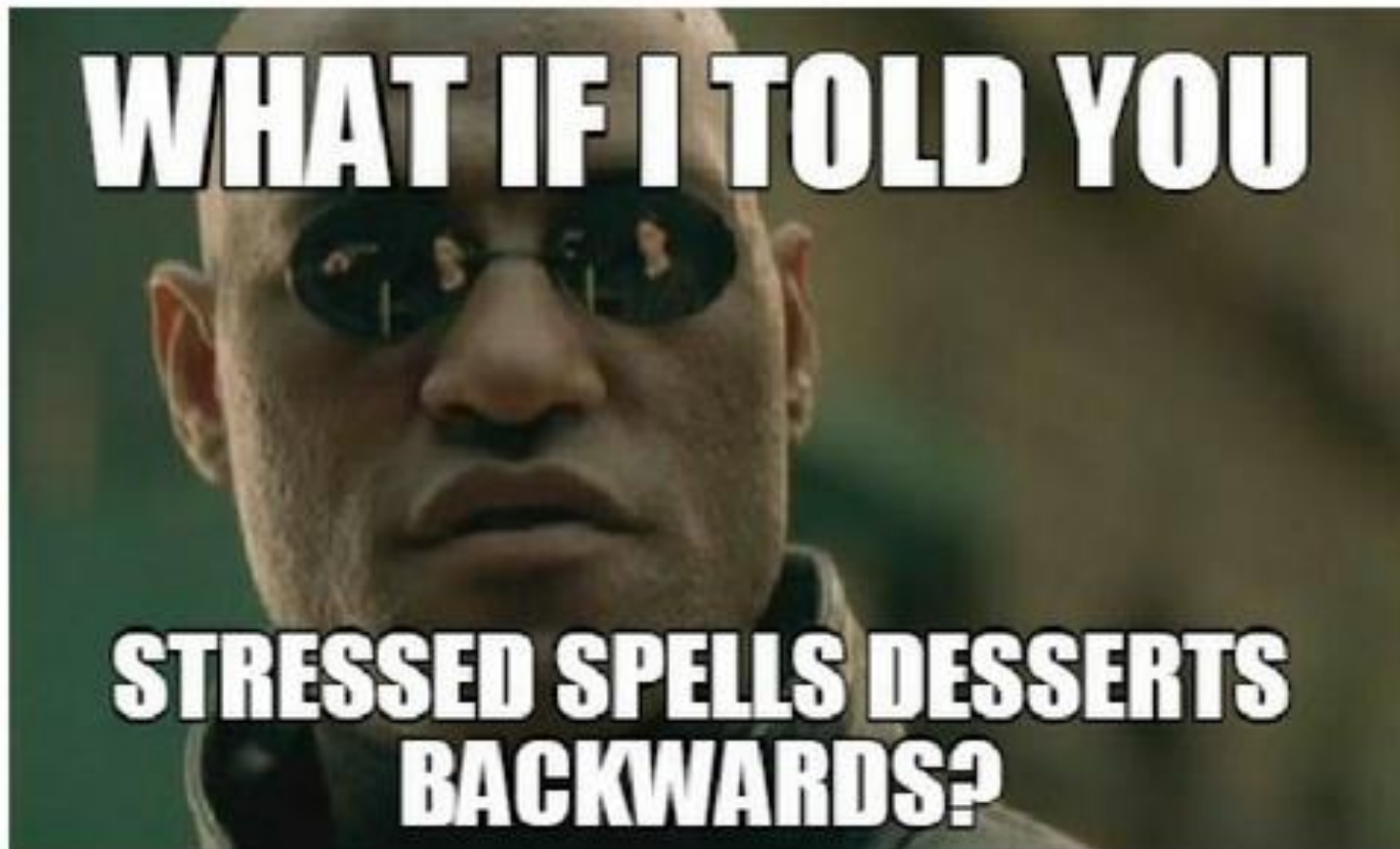
1. Don't stop working in lessons you find hard or dislike – talk to someone about any difficulties you are having – there is always a solution
2. Prepare a home learning schedule if necessary and stick to it – even when you don't feel like it. Don't wait until you are in the mood – the further behind you get the less you will be in the mood (agree the schedule with your parents for a hassle-free life)
3. Resist the temptation to bury your head in the sand if things are getting out of hand – talk to your parents/tutor/teachers/Engage/ Mr Sayce
4. Ignore what friends and others are doing or saying – you are working for an easy life for YOU now and later – let your friends have the hassle of redoing coursework or even their GCSEs

KEEPING THE MOTIVATION UP

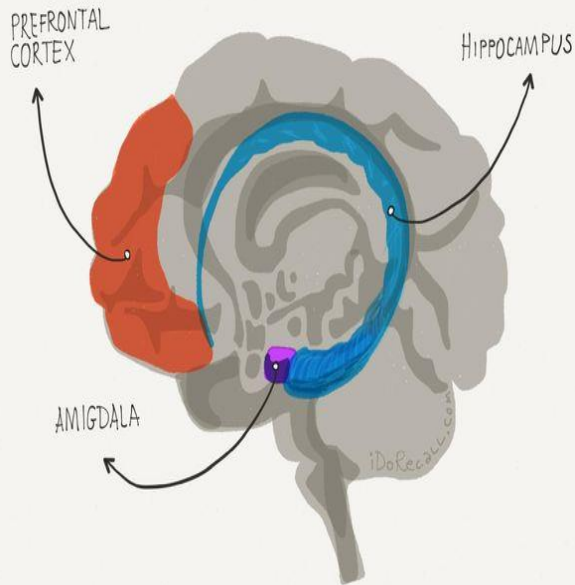
Parents:

1. Agree the **balance between work and social life** and stick to the agreement. Flexibility is the key – if a special night comes up, agree that they can make up the work at a specified time.
2. **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.
3. 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.”

Dealing with GCSE stress



What is exam stress and who is the 'Exam Stress Gremlin'?



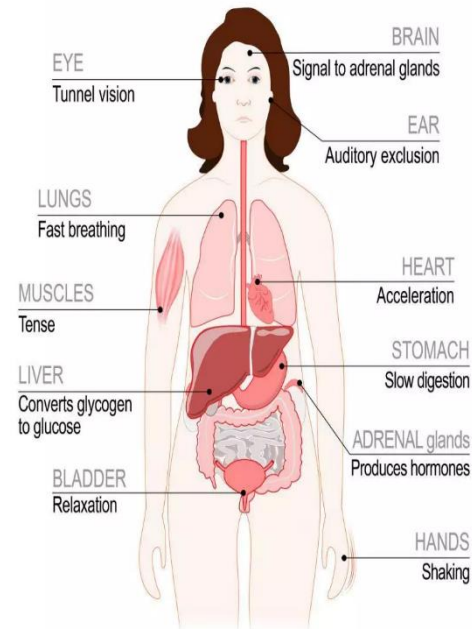
Amygdala is the caveman.

Filters information based on emotional state. Reaction without thought.

Fight/flight/freeze!



Fight-or-flight response



These bodily changes help us to;

- Run faster
- Think faster
- See better
- Be stronger
- Hear better
- Heal quicker

Why do some students feel exam stress more acutely than others?



Our stressors (causes of stress) can be people, actions, places, attitudes, things or situations. However, the fact that we can be in the same situation causing stress e.g. exams but not all experience exam stress in the same way suggests that it's not the exam which feeds out exam stress gremlin but the way we *think* about it.

Some students become stuck in the 'Fight, Flight, Freeze' response. They may study compulsively to 'fight' the exam or put off revision, effectively fleeing from it. Students can tackle their exam stress gremlin by thinking differently about the exam and their ability to cope with it. By thinking **realistically** and **positively** and **acting in constructive ways** they can get through it

CLASSIC EXAM STRESS BEHAVIOURS



- Wasting time doing other things instead of revision
 - Don't stick to the revision plan you created
 - Give up on revision before even trying
 - Avoid school revision sessions
- Planning escape routes out of revision and exams
- Hide away from others and become withdrawn
 - Hide how you are feeling from others
 - Take your feelings out on others
 - Act in ways to please other people
 - Act in defiant or non-compliant ways
 - Skip meals or binge-eat
 - Ignore the advice of others

THINK
DIFFERENTLY!



- Accept that thoughts are only thoughts
 - Be a Thought Detective
- Ditch your Exam Stress Thinking Glasses-imagine yourself physically taking them off as soon as you are aware of negative thoughts or behaviours
 - Perfection doesn't exist
 - Mistakes and weaknesses do not equal failure
 - The past doesn't equal the present or the future
 - There will be positives in your life
 - We can't please everyone all of the time
 - Learning can be enjoyable
 - We need to see the bigger picture of ourselves

ACT DIFFERENTLY!




- Reduce self-defeating behaviours
- Stop avoiding-start achieving those things you keep telling yourself you can't so that your confidence grows
 - Stop procrastinating;
 - Don't study to excess
- Work on solving the problems that are causing exam stress
- Use the 'Stress Time' technique-set a time of 15-30 mins to focus on your exam worry, address the causes, consider strategies to tackle it and then shelve it
 - Create a Revision Plan
- Personalise your revision techniques so that they motivate you
 - Break revision down into easy achievable steps
 - Change your Self-Talk with Positive Affirmations
 - Try Relaxation Techniques

IN SUMMARY, STUDENTS CAN STARVE THE EXAM STRESS GREMLIN BY REMEMBERING THAT...



- THEY can't control the exams but they can control how they RESPOND to the exams
 - Stressing won't help-choose constructive thoughts and behaviours which tackle the problem rather than fight or flight
- They can starve their Exam Stress Gremlin and be rid of it for good
- They just need to keep calm and do their best-no one can ask any more of them than that!

Sleep to remember, remember to sleep.

A young person with dark hair is shown in profile, looking down at a smartphone held in their right hand. The scene is dimly lit, with the primary light source being the screen of the phone, which casts a soft glow on the person's face and hand. The background is dark, emphasizing the person and the device.

Many teenagers have little understanding of how much bad sleep is impairing their ability to learn. Teenagers need 8-10 hours sleep each night. REM sleep is needed for consolidation of memories and this happens later in our sleep cycle; waking after too little sleep is disruptive to memory.

“Some research showed that if children are sleep-deprived by just an hour a night, it could reduce their cognitive academic performance by up to two whole years”.

“We need to recognise that sleep is one of the most powerful performance-enhancers known to humankind.

If you are serious about your academic performance, then you should be getting good quality sleep on a regular basis.”

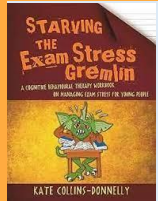
Source: The Guardian

7 WAYS TO SUPPORT A WORRIED CHILD

1. Create a space for conversation
2. Demonstrate calm
3. Empathise and validate
4. Introduce alternative perspectives and ways of thinking
5. Reduce environmental stresses
6. Problem solving and coping
7. Check in and monitor progress



Great resources to support with exam stress



- 'Starving the Exam Stress Gremlin' book by Kate Collins-Donnelly
 - Anna Freud 'On My Mind' online resources
<https://www.annafreud.org/on-my-mind/self-care/>
 - ZenTeens guided relaxations <https://zenmuma-zenkids-zenteens.thinkific.com/enrollments>
- Place 2 Be Exam Stress resources <https://www.place2be.org.uk/our-services/services-in-schools/navigating-exam-season-free-resources/>

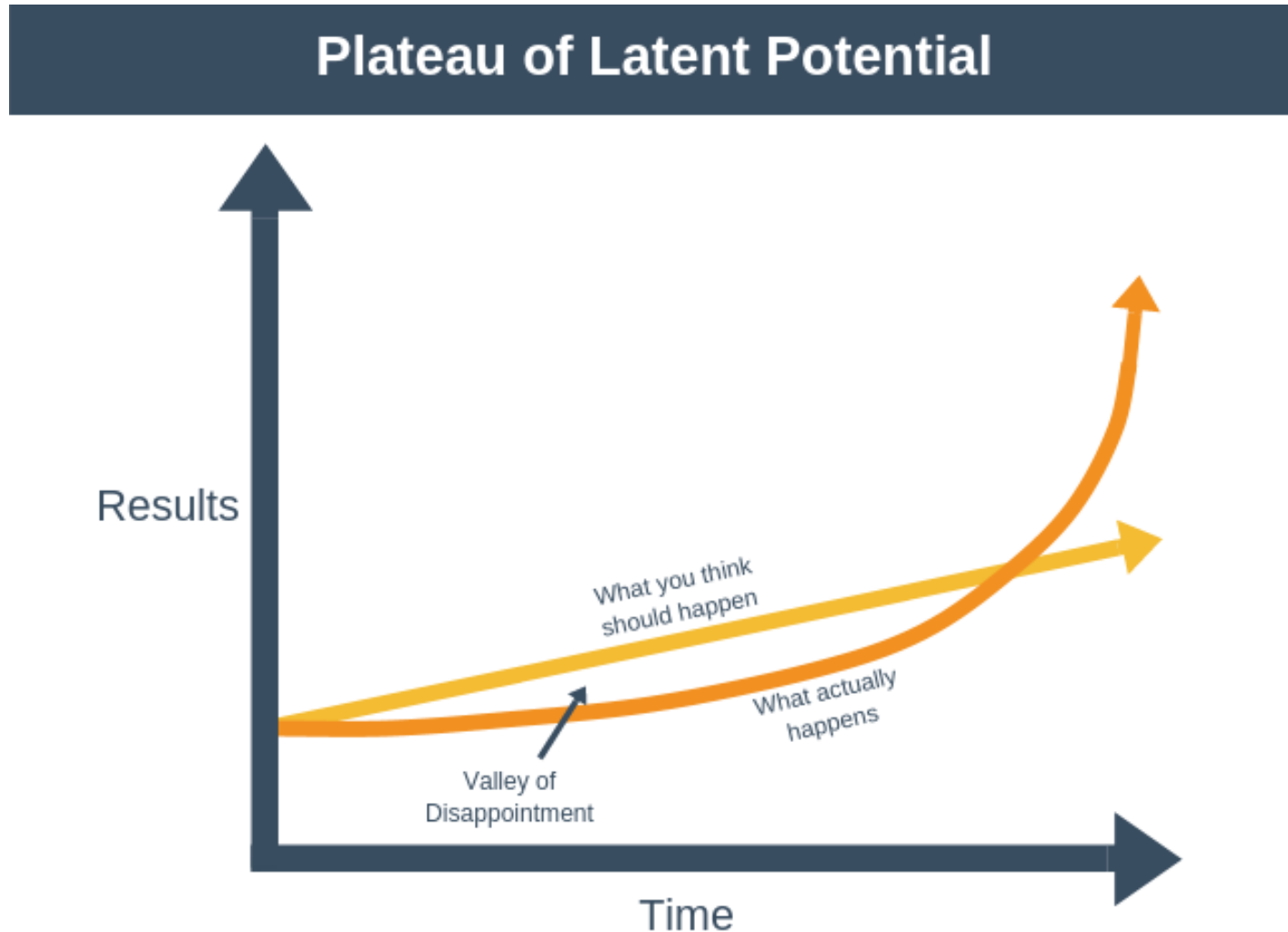
If your child needs targeted support



- Contact Ms John/Mrs Frary to access well-being or counselling support in school for your child
- Just One Norfolk (NHS) Parentline **07520 631590** where you can text to a speak to a health professional about your child's mental health
- ChatHealth service- run by school nurses who young people can message on **07480 635060**
 - Kooth confidential online counselling at www.kooth.com

You will not see instant results

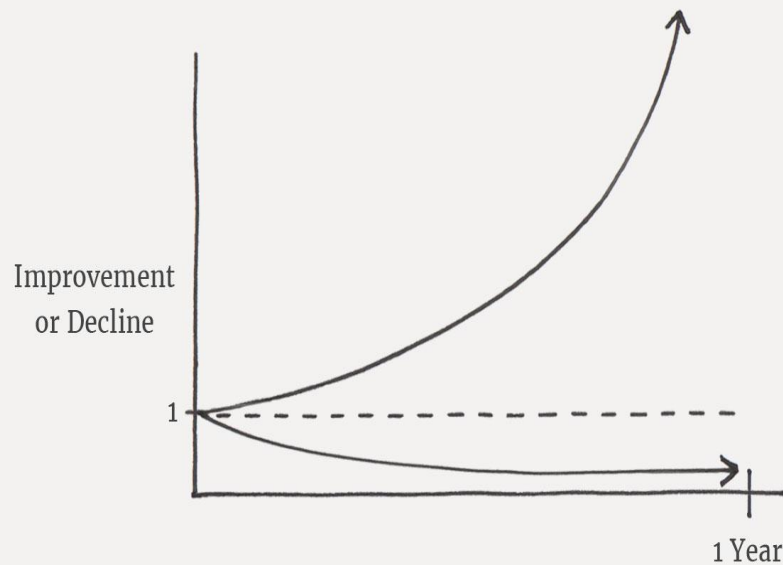
Creating a new habit



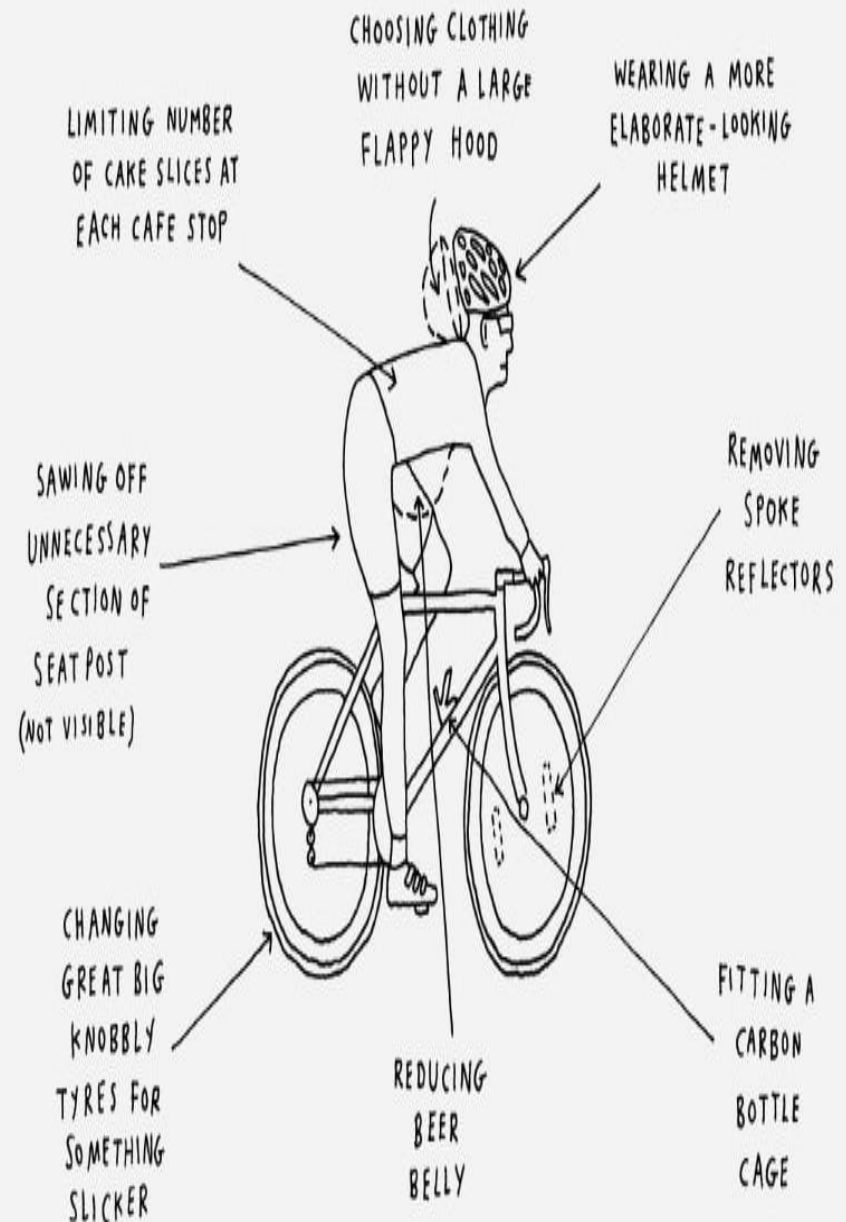
The impact of Marginal Gains

The Power of Tiny Gains

1% better every day $1.01^{365} = 37.78$
1% worse every day $0.99^{365} = 0.03$



JamesClear.com



What can **you** do to get 1% better each day?

THE DIFFERENCE BETWEEN IMPROVING
AND REGRESSING BY 1 PERCENT EVERY
DAY FOR 1 YEAR

$$1.01^{365} = 37.8$$

$$0.99^{365} = 0.03$$

- ✓ Adopt a positive attitude to each and every lesson
- ✓ Don't think of cover lessons as 'doss' lessons or lessons where you don't need to work. That's on you!
- ✓ Work out where you are struggling and ask for help.
- ✓ Consolidate your learning by following on from it- e.g. GCSEPod, Cornell Notes or making flashcards.
- ✓ Work with your teachers and not against them.
- ✓ Consider 'flipped learning' by looking up topics you're due to be taught in advance and doing research on them.
- ✓ Practise exam questions and act on feedback.
- ✓ Make the most of every minute in lessons.
- ✓ Stop procrastinating- aim to spend 10 mins less a day on your phone and instead add 10 mins of study time.

Habits

Habit forming.

“Getting one percent better everyday counts for a lot in the long-run”



Strategies

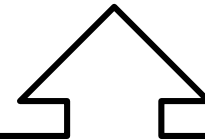
The Science of Learning

Most Powerful Strategies

- Practice
- Quizzing
- Flashcards
- Mind-maps
- Spacing out your revision

Least Powerful Strategies

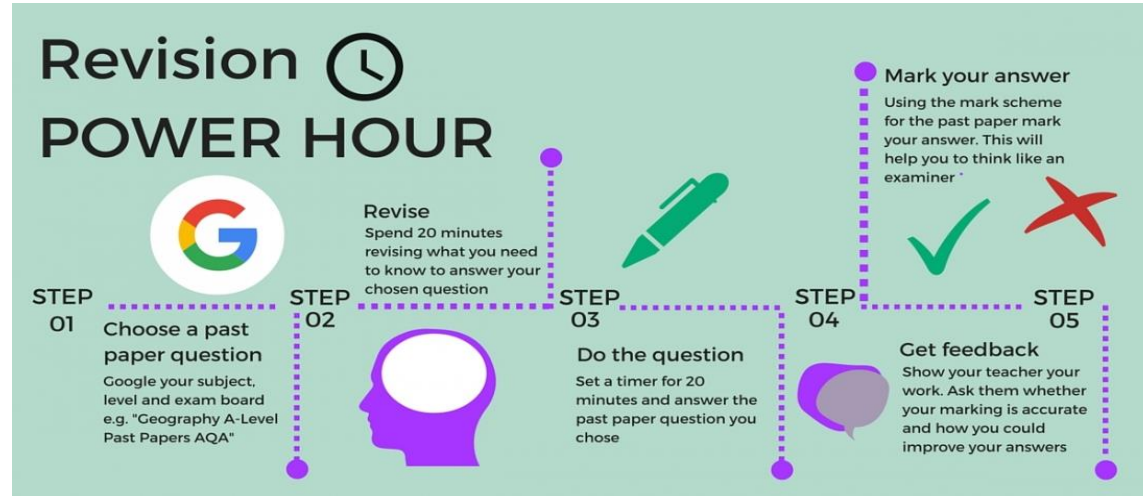
- Re-reading
- Summarising
- Highlighting



These three make you **feel** you are doing something, but your brain isn't working hard!


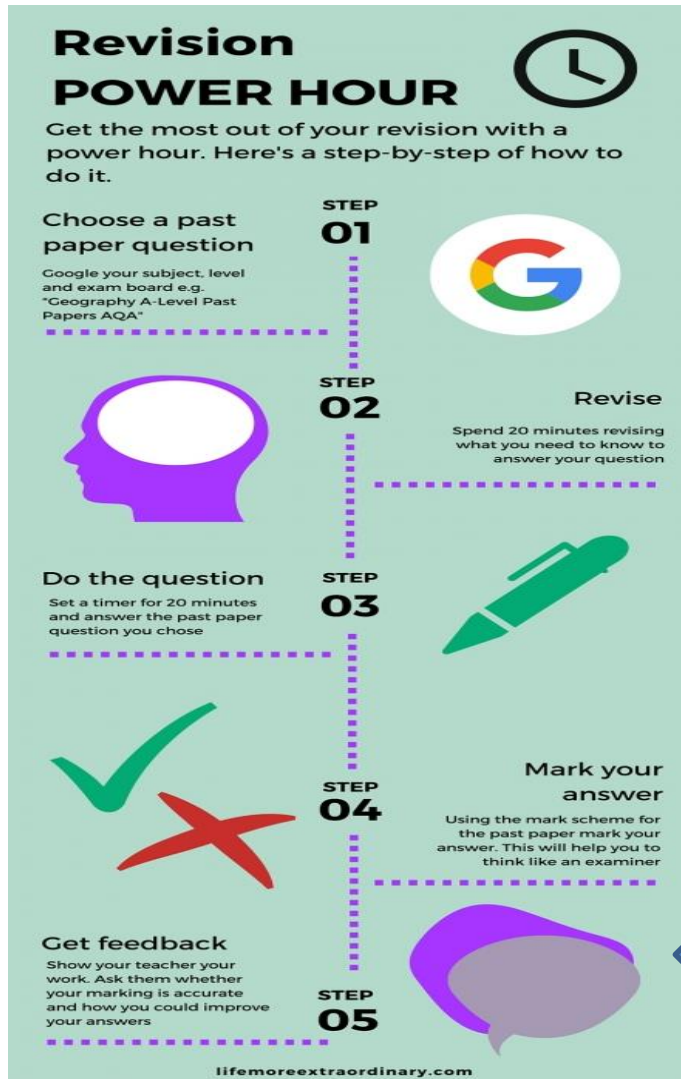
- Cramming

Power Hour technique




- *'We were bored with you going on about the Power Hour'*
- *'It was so repetitive and you were so annoying...'*
- *'It clearly worked though, so thanks!'*


What is the 'power hour'?




1. Speak to your teachers or use the school revision zone to access all the past papers you could need.




2. Take notes, create a mind-map/ flashcards. You have revision guides and resources provided by teachers.



3. Practising exam questions is hard but it is effective.



4. Again, ask your teacher for a mark scheme or check the revision zone.



5. Hand in your exam answer. You teacher will be happy to check it and provide further feedback.