

TODAY
PREPARATION
TOMORROW
OPPORTUNITY
A BRIGHTER
FUTURE

YEAR 11 JOURNEY TO EXCELLENCE EVENING

SAME
POTENTIAL
HIGHER
AMBITION
GREATER
OPPORTUNITIES



THURSDAY 1ST OCTOBER 2026
HELLESDON HIGH SCHOOL

HARD WORK
TODAY
BRIGHTER
TOMORROWS

“ With the right support, the right habits and a belief in themselves, every Year 11 pupil can **achieve excellence** and **go further** than they ever thought possible. ”



YOUR
NEXT CHAPTER
STARTS HERE

DON'T JUST REVISE MORE, REVISE BETTER



REMEMBER

RETRIEVE
KEY INFORMATION



UNDERSTAND

MAKE SENSE
OF IT



TEST

CHECK
YOUR KNOWLEDGE



APPLY

PRACTISE
EXAM QUESTIONS



FIX

IDENTIFY AND
IMPROVE GAPS



REPEAT

BUILD FOR
LONG-TERM SUCCESS

ENJOY • ACHIEVE • SUCCEED

HIGHER AMBITIONS
A BRIGHTER FUTURE

Supporting your child through the GCSE examinations

DID YOU KNOW PARENTAL SUPPORT IS 8 TIMES MORE IMPORTANT IN DETERMINING A CHILD'S ACADEMIC SUCCESS THAN SOCIAL CLASS?

Assisting with Revision



One of the many secrets to doing well in examinations, is staying calm – easier said than done. This really comes down to feeling in control, and you can help your child to feel this way by helping them map out revision routines. This is most effectively done by creating a timetable in a central area of the house, ticking off sessions, and constantly talking about how the revision is going.

It is important that the timetable also has the breaks, exercise and the activities they enjoy mapped out. All of this can help ensure that the balance between work and relaxation is good!

Effective Revision Strategies

- 
1. Be organised – know what your child is doing and what they want to achieve from their revision session.
 2. Be focused – avoid any distractions for them: phones, TV, siblings, etc.
 3. Be prepared – ensure that you keep a healthy stock of stationary in the house, particularly pens, paper, cue cards, highlighters, etc.
 4. Be interested – ask them questions related to what they wanted to achieve. What are their next steps?
 5. Be time aware – ensure they take a break every 30 minutes

Where to seek support...

- ✓ The school
 - ✓ [Childline's advice on Exam Stress](#)
 - ✓ [NSPCC - Beat Exam Stress](#)
 - ✓ [13 Stressbusting Tips](#)
 - ✓ [Coping with Stress](#)
- 

Creating the Climate for Success

Creating a calm atmosphere at home is a quick win to reducing stress caused by examinations, but it can be easier said than done.

You may notice your child is more irritable or short tempered. This is typical and understandable.

Try to be flexible around exam time. When your child is revising all day, do not worry about household jobs left undone or untidy bedrooms.

Staying calm yourself can help. Having the whole family's support and understanding is important too. Remember, exams do not last forever.

Keeping Active



Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is – walking, cycling, swimming, football and dancing are all effective.

Activities that involve other people can be particularly helpful



Make Time for Treats

With your child, think about rewards for doing revision and getting through each exam.

Rewards do not need to be big or expensive. They can include simple things like making their favourite meal or watching TV.

Looking Out for Stress

Stress helps you meet your daily challenges and motivates you to reach your goals, ultimately making you a smarter, happier and healthier person. That's right. Good stress is vital for a healthy life.

However, bad stress can be an issue at this time in your child's life. Children and young people who are stressed may:

- worry a lot
- feel tense
- have headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- be negative and have a low mood
- feel hopeless about the future

Early Action

Having someone to talk to about their work can help. Support from a parent, tutor or study buddy can help young people share their worries and keep things in perspective.

Encourage your child to talk to a member of school staff who they feel is supportive. If you think your child is not coping, it may also be helpful for you to talk to their teachers.

Try to involve your child as much as possible.

Remind your child that it's normal to feel anxious. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use.

If anxiety is getting in the way rather than helping, encourage your child to practise the activities they'll be doing on the day of the exam. This will help it feel less scary.

Help your child face their fears and see these activities through, rather than avoiding them.

Encourage them to think about what they know and the time they've already put into studying to help them feel more confident.



Good Routines

One of the best things you can do for your child is to make sure they are in school for the start of the day... every day.

Having clear routines will help your child manage their focus and time, and get into a consistent rhythm ready for the examinations.

1. Agree on a suitable morning wake-up – it's OK being in school, but it helps if your child is alert and ready for learning.
2. Agree on a reasonable bedtime – many students are still tired from irregular sleep patterns. This can cause unnecessary stress and strain.



Eating Healthy

A balanced diet is vital for your child's health, and can help them feel well during exam periods.

Some parents find high-fat, high-sugar and high-caffeine foods and drinks, such as energy drinks, cola, sweets, chocolate, burgers and chips, make their children hyperactive, irritable and moody.

Where possible, involve your child in shopping for food and encourage them to choose some healthy snacks.

Avoid Adding Pressure

Support group Childline says many children who contact them feel that most pressure at exam time comes from their family.

Listen to your child, give them support and avoid criticism.

Before they go in for a test or exam, be reassuring and positive. Let them know that failing is not the end of the world. If things do not go well they may be able to take the exam again.

After each exam, encourage your child to talk it through with you. Discuss the parts that went well rather than focusing on the questions they found difficult. Then move on and focus on the next test, rather than dwelling on things that cannot be changed.



ATTEND TODAY. ACHIEVE TOMORROW.

SAME LESSONS. BRIGHTER FUTURES.



GOOD ATTENDANCE OPENS DOORS

More learning. More opportunities. A brighter future.



Year 11 pupils with attendance of **95% or higher** are **1.9 times (nearly double)** as likely to achieve **Grade 5 or above** in both English and Maths GCSEs compared with pupils with 90%–95% attendance.

Source: Schools Week



Missing just **10 days** of school (around 5% of the academic year) in Year 11 **halves the likelihood** of achieving a Grade 5 in core subjects compared with full attendance.

Source: Schools Week



DfE Key Stage 4 tracking shows pupils maintaining **95%–100% attendance** achieve on average **over one full GCSE grade higher** across subjects than pupils who are persistently absent (below 90%).

EVERY DAY COUNTS

ATTENDANCE AND DAYS MISSED OVER A SCHOOL YEAR



MORE LEARNING

Get the most from every lesson



STRONGER PROGRESS

Build knowledge and confidence



MORE OPPORTUNITIES

Keep future options open



BETTER PREPARATION FOR GCSEs

Be ready to succeed

“Attendance is the strongest predictor of academic success at secondary school.”

DfE

Small steps.
Big futures.

**SAME
EFFORT
BIGGER
OPPORTUNITIES**

REVISION TOOLS

AT YOUR FINGERTIPS

DIFFERENT TOOLS. BRIGHTER RESULTS.

ALL OF THESE
RESOURCES ARE
AVAILABLE IN THE
YEAR 11 STUDY SPACE

gcsepod

GCSEPOD

EXAM SUCCESS ON DEMAND

- ✓ Short, expert videos
- ✓ Covers all GCSE subjects
- ✓ Perfect for quick revision anytime, anywhere



WATCH
LEARN
REVISE

SENECA

SENECA

REVISE SMARTER

- ✓ Interactive revision and quizzes
- ✓ Personalised learning
- ✓ Track your progress
- ✓ Great for independent study

PRACTISE
RETRIEVE
IMPROVE



BBC Bitesize

BBC BITESIZE

CLEAR SUPPORT FOR EVERY TOPIC

- ✓ Simple, reliable explanations
- ✓ Videos, quizzes and revision notes
- ✓ Covers all GCSE subjects

REVISE
EXPLORE
BUILD
CONFIDENCE



GOOGLE CLASSROOM

YOUR LEARNING HUB

- ✓ Access resources set by your teachers
- ✓ Find class materials, revision tasks and links
- ✓ revision tasks and links
- ✓ Submit work and get feedback
- ✓ Keep organised in one place



ACCESS
ORGANISE
LEARN



REVISION GUIDES

TRUSTED, STRUCTURED SUPPORT

- ✓ Clear explanations
- ✓ Key knowledge and examples
- ✓ Practice questions
- ✓ Great for building confidence

A SOLID
FOUNDATION
FOR SUCCESS

PRACTICE EXAM QUESTIONS

GET EXAM READY



PRACTISE
REFINE
SUCCEED

- ✓ Build confidence
- ✓ Improve exam technique
- ✓ Learn how to structure answers
- ✓ Use mark schemes to check and improve



KNOWLEDGE ORGANISERS

KEY INFORMATION, CLEARLY LAID OUT

- ✓ All the essential knowledge in one place
- ✓ Use for quick revision
- ✓ Perfect for recall and quizzes
- ✓ Available for every subject

KNOW
REMEMBER
SUCCEED



FLASHCARDS & NOTES

SIMPLE BUT POWERFUL

- ✓ Make your own or use pre-made ones
- ✓ Great for active recall
- ✓ Take them anywhere
- ✓ Focus on key terms, quotes and concepts

REVISE
ANYWHERE
ANYTIME



PAST PAPERS & MARK SCHEMES

REAL QUESTIONS. REAL PROGRESS.

- ✓ Try one topic or a full paper
- ✓ Build your exam stamina
- ✓ Use mark schemes to see how to improve
- ✓ Identify and work on your weak areas

IT'S ALL IN THE YEAR 11 STUDY SPACE



RESOURCES
AVAILABLE



A QUIET SPACE
TO FOCUS



SUPPORT
WHEN YOU NEED IT



ACHIEVE
YOUR GOALS

USE THE
TOOLS.
BE THE BEST
YOU CAN BE.

YOUR
FUTURE
IS WORTH
IT!

TOP TEN REVISION TIPS

WORK SMARTER. GO FURTHER.

SMALL
STEPS
BIG
RESULTS

- ☒ PLAN
- ☒ REVISE
- ☒ IMPROVE
- ☒ SUCCEED

1 SHORT BURSTS

Short bursts of revision (25-30 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes).



2 FIND A QUIET PLACE

Find a quiet place to revise – your bedroom, school, the library – and refuse to be interrupted or distracted.



3 DON'T JUST REVISE WHAT YOU LIKE

Make sure you don't just revise the subjects and topics you like. **Work on your weaker ones** as well.



4 MAKE YOUR OWN NOTES

Make your own revision notes because you will remember what you have written down more easily. Stick key notes to cupboards or doors so you see them every day.



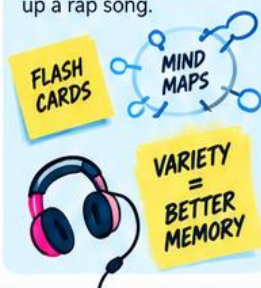
5 USE THE TOOLS IN YOUR ARSENAL

You have access to a wide array of resources which are incredibly useful and are powerful revision support. Use the School revision zone, Google Classroom, GCSEPod and all the revision guides given to you.



6 USE DIFFERENT TECHNIQUES

Use different techniques. Make your own learning maps, use post-it notes to write key words on, create flash cards. Record your notes on tape and listen to them back. Ask friends and family to test you. Use highlighter pens to mark important points. Chant or make up a rap song.



7 PRACTISE PAST PAPERS

Practise past exam papers or revision tests. These will be online and either on the School revision zone or via GCSEPod. Initially do one section at a time and progress to doing an entire paper against the clock.



8 YOU WILL NEED HELP

You will need help at some stage – ask parents, older brothers and sisters, teachers or friends. If there is a teacher with whom you get on well at school ask for their e-mail address so you can clarify points you are unsure of whilst on study leave. Use websites specifically designed for revision.



9 DON'T GET STRESSED OUT!

Eat properly and get lots of sleep!



10 BELIEVE IN YOURSELF

If you think you can succeed you will; if you convince yourself that you will fail, that's what will probably happen.



DISCIPLINE
TODAY
BRIGHTER
TOMORROWS

JOURNEY TO EXCELLENCE 2026

ENJOY • ACHIEVE • SUCCEED

SAME
EFFORT
BIGGER
OPPORTUNITIES

YEAR 11 WEEKLY REVISION CHECKLIST

PLAN TODAY. A BRIGHTER TOMORROW.

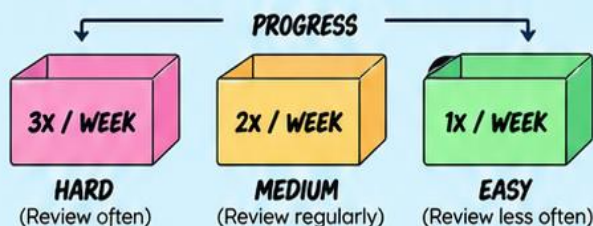
**DISCIPLINE
TODAY
BRIGHTER
TOMORROWS**

- ☐ **Start the week by planning your schedule – 20 mins** – write it out – be specific with what you plan to revise – make it public. Aim for 2 hours per night (1 hour if completed period 6) and 2-4 hours over the weekend. Build in time for rest/exercise/recreation.
 - ☐ **UNPLUG** – and don't revise in bed.
 - ☐ **Work smarter, not harder** – focus on high impact revision strategies.
 - ☐ **Avoid** just re-reading/highlighting. Do something active with your revision.
 - ☐ **Focus** on the topics which you struggle with – not just subjects you enjoy.
 - ☐ **Maths** – complete MathsWatch and a Maths past paper.
 - ☐ **English Language** – complete a Section A or Section B of a past paper.
 - ☐ **English Literature** – 30 mins of re-reading a text – mind map a sample character or theme question including key quotations.
 - ☐ **Science** – create flashcards from core questions and practice exam Qs.
- For option subjects rotate the following methods:

**YOU'VE
GOT THIS!**

CREATE RESOURCES

Create flashcards – use the Leitner System.



20 minutes of GCSEPod – ensure you complete the Check and Challenge questions.



PRACTICE PAPER

Complete a practice paper or large section of a past paper.



CREATE REVISION CLOCKS

Spend 5 mins on each segment (an hour in total).



**SMALL
STEPS
BIG
RESULTS**

FEEDBACK AND REVIEW

- ✓ Hand in the practice paper.
- ✓ Get feedback.
- ✓ Identify gaps in knowledge – where you need to improve and revise/practice the gaps.



**TAKE A 5 MINUTE BREAK
EVERY 25 MINUTES**



DON'T JUST REVISE MORE, REVISE BETTER.

KNOW IT

UNDERSTAND IT

TEST IT

APPLY IT

FIX IT

REPEAT IT



REMEMBER

Get the information in.

BUILD A STRONG FOUNDATION OF KNOWLEDGE.

- ✓ Retrieval Practice – test yourself regularly.
- ✓ Spaced Practice – revisit over time.
- ✓ Interleaving – mix up your topics.
- ✓ Self-Quizzing – use flashcards or questions.
- ✓ Blurting – write everything you can remember.
- ✓ Mind Maps – organise key information.
- ✓ Leitner Method – use spaced flashcards.

*Remember more,
forget less.*



UNDERSTAND

Make it make sense.

GO BEYOND MEMORISATION.

- ✓ Dual Coding – combine words and visuals.
- ✓ Elaboration – ask 'why?', 'how?', 'what if?'.
- ✓ Teach It / Feynman Technique – explain it simply.
- ✓ Cornell Notes – take and review structured notes.
- ✓ Mind Maps – link ideas and see the bigger picture.
- ✓ Use examples – make it relevant and real.

*Understand the why,
not just the what.*



APPLY

Use it in real situations.

TURN KNOWLEDGE INTO SKILLS.

- ✓ Past Paper Questions – practise under exam conditions.
- ✓ Mark Schemes – learn from your mistakes.
- ✓ Error Logs – track and fix recurring errors.
- ✓ GCSEPod – watch, do Check & Challenge, use the tools.
- ✓ Seneca – test yourself and build your knowledge.

*Practice builds
confidence.*



AVOID

Don't waste your effort.

STAY AWAY FROM LOW-EFFICIENCY METHODS.

- ✗ Just re-reading notes – passive and ineffective.
- ✗ Highlighting everything – it's not a test.
- ✗ Cramming – short term, poor results.
- ✗ Passive watching – be active, not a spectator.
- ✗ Only using one method – mix it up.
- ✗ Skipping hard topics – face them, don't avoid them.

*Work smarter,
not just harder.*



YOUR FUTURE IS WORTH THE EFFORT.

KNOW IT → UNDERSTAND IT → TEST IT → APPLY IT → FIX IT → REPEAT IT

THE 7 STAGES OF REVISION SUCCESS

PLAN → PREPARE → PRACTISE → IMPROVE → SUCCEED

1 PLAN YOUR REVISION - TIMETABLE YOUR STUDY

Map out all subjects and topics across the weeks leading up to mocks. Break big topics into smaller chunks to make them manageable. Include rest breaks, exercise, and catch-up time.



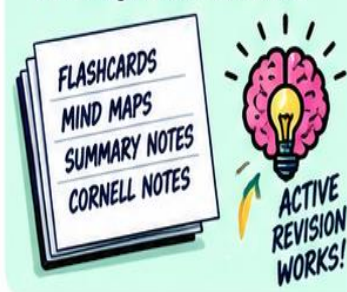
2 CHECK TOPICS AGAINST KNOWLEDGE ORGANISERS OR TOPIC LISTS

Use school-provided checklists, knowledge organisers, or exam specifications. Tick off what you feel confident with and highlight weaker areas to focus on.



3 GO THROUGH CONTENT AND MAKE REVISION RESOURCES (ACTIVE REVISION)

Use active strategies: flashcards, mind maps, summary notes, or Cornell Notes. Avoid just re-reading or highlighting – always do something with the information.



7 WHEN READY, ANSWER EXAM QUESTIONS UNDER EXAM CONDITIONS

Sit full papers, timed, without notes. Build exam stamina and practise managing time across all sections. Review performance to refine final revision focus.



4 PRACTISE REVISION WITH MATERIALS REGULARLY - RECALL AND RETRIEVAL

Test yourself frequently without looking at notes. Use flashcards, online quizzes, or quick written recall activities.



6 HAND IN EXAM QUESTIONS AND GET FEEDBACK

Share practice answers with teachers and ask for feedback. Act on the feedback: redraft, correct mistakes, or practise similar questions.



5 WHEN KNOWLEDGE IS RETAINED, APPLY IT TO EXAM PRACTICE QUESTIONS

Start with short questions or single topics. Use mark schemes to check how answers should be structured. Identify any gaps or misconceptions.



LOW EFFICIENCY METHODS

Know what NOT to do.

THESE
METHODS
ARE NOT
EFFECTIVE

Some revision methods can waste your time
and give you a false sense of progress.



JUST RE-READING YOUR NOTES

Feels familiar,
but doesn't help
you remember.



HIGHLIGHTING EVERYTHING

Looks productive,
but you're not
really processing
the information.



JUST MAKING FLASHCARDS

Can be useful,
but on its own
it's not enough
to build real recall.



PASSIVELY WATCHING VIDEOS

You might feel
like you're learning,
but it's not the same
as doing it yourself.



CRAMMING AT THE LAST MINUTE

Quick fix, but it
leads to poor
long-term memory
and more stress.



REMEMBER:

- ✓ It's not about doing more...
- ✓ It's about doing the right things.
- ✓ Active, focused revision = **BETTER RESULTS!**



TRY THIS

Be intentional: Choose effective techniques
from the posters, avoid the low efficiency
methods, and make your revision count.

SEE MR SAYCE OR MR REID
FOR MORE HELP AND SUPPORT.

enjoy, achieve, succeed

LEITNER METHOD

Review, remember, repeat.

SPACED
REVISION
=
LONGER
MEMORY



What is
discounting?

It means
selling something
for less than
its original price.

Small
steps.
Big
results.



WHAT IS IT?

A spaced repetition technique that helps you remember information for longer by reviewing it at increasing intervals.



HOW DO I DO IT?

- 1 Create your revision flashcards (or use your notes).
- 2 Start with a short review of all your cards.
- 3 Move cards you know to the next box (longer interval).
- 4 Keep reviewing, and repeat the cycle.



EXAMPLE

- Box 1: review in 1 day.
- Box 2: review in 3 days.
- Box 3: review in 7 days.

(Adjust the timings to suit you and your subject.)



TOP TIP

Use flashcards or a revision app, and be honest with yourself about what you know.

If you struggle, move it back to the first box.



TRY THIS

Right now: Make a set of flashcards for one of your subjects and put them in Box 1. Start your first review today.

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POWER HOUR

Past papers. Real progress.

Practice under exam conditions and build the skills and confidence you need.

PRACTICE
→
IMPROVE
→
SUCCEED



*Same format.
Real exam experience.*



WHAT IS IT?

A focused session to practise past paper questions under exam conditions. It builds familiarity, confidence and improves your exam technique.



HOW DO I DO IT?

- 1 Choose a past paper (or section).
- 2 Set a timer (e.g. 60 minutes).
- 3 Answer the questions in exam conditions (no notes).
- 4 Mark your answers and check your mistakes.
- 5 Reflect and note what to improve.



EXAMPLE

- Do a full past paper.
- Stick to the time limit.
- Use the mark scheme to mark it.
- Look at the feedback and focus on your weak areas.



TOP TIP

Don't just do it once!

Revisit past papers regularly and focus on your mistakes to make real progress.



TRY THIS

Right now: Find a past paper for one of your subjects and set a 60 minute timer. Give it a go!

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CORNELL NOTES

Smaller notes. Bigger recall.

LISTEN
→
REVIEW
→
REMEMBER



ACTIVE
NOT PASSIVE



WHAT IS IT?

A simple, structured way to take notes that helps you understand, review and remember key information.



HOW DO I DO IT?

- 1 Take notes – use the main section of the page.
- 2 After your lesson, write key words and questions in the left column.
- 3 Complete a short summary at the bottom.
- 4 Review regularly.



EXAMPLE

- Left column: key terms, questions or prompts.
- Right column: your notes (in your own words).
- Bottom section: a short summary of the key points.



TOP TIP

Use your own words and keep it concise.

The act of writing it out helps you remember it later.



TRY THIS

Right now: set up a Cornell Notes page for your next lesson or revision session and give it a go.

SEE MR SAYCE OR MR REID
FOR MORE HELP AND SUPPORT.

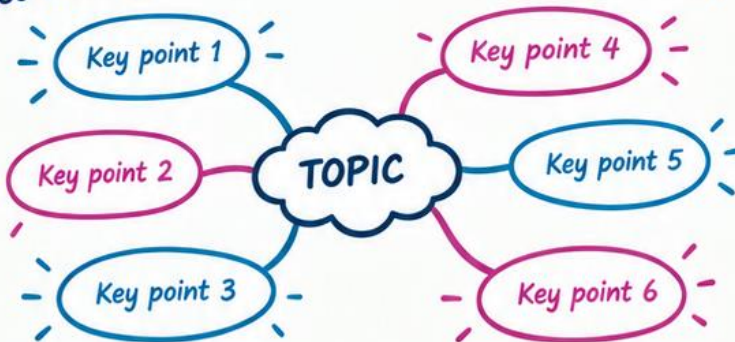
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MIND-MAP FROM MEMORY

Think it. Map it. Check it.

Test yourself, then add what you missed.
See what you know — and what to focus on next.

**TWO
COLOURS
=
TWO SETS
OF INFORMATION**



 = remembered from memory
 = added after looking at notes

**More blue
= better recall!**



WHAT IS IT?

A two-stage mind-map technique that helps you check what you know and spot what you still need to revise.



HOW DO I DO IT?

- 1 Draw a blank mind-map from memory (use one colour).
- 2 Look at your notes and add the missing information (use a different colour).
- 3 See what you remembered and what you still need to learn.



EXAMPLE

- Use blue to add what you can remember about a topic.
- Then look at your notes and add the missing details in pink.
- You'll quickly see the gaps in your knowledge.



TOP TIP

Be honest with yourself when you do the first round.

The more gaps you find, the more progress you'll make!



TRY THIS

Right now: Choose a topic, draw a mind-map from memory, then add to it using your notes. See what you remembered and what you still need to revise.

SEE MR SAYCE OR MR REID
FOR MORE HELP AND SUPPORT.

enjoy, achieve, succeed

GCSEPOD USE IT EFFECTIVELY

Short videos. Big impact.

Use GCSEPod's Pods, Check & Challenge and core skills to build your knowledge, strengthen your skills and improve your memory.

**REVISE
SMARTER
- GET
BETTER
RESULTS**



PODS

LEARN & UNDERSTAND

Short, engaging videos that explain key topics in bite-sized chunks.

- ✓ Watch a Pod (5–10 minutes).
- ✓ Focus on the key points and visuals.
- ✓ Pause and make notes if needed.

**Build your knowledge
one Pod at a time.**



CHECK & CHALLENGE

TEST & IMPROVE

Quick questions to check what you know and push yourself further.

- ✓ Do the questions after each Pod.
- ✓ Check your answers and read the explanations.
- ✓ Revisit any you get wrong and try again.

**Find the gaps.
Turn them into progress.**



MEMORY & CORE SKILLS

REMEMBER & APPLY

GCSEPod helps you remember more and build the skills you need for exam success.

- ✓ Use the spaced repetition for long-term memory.
- ✓ Make use of the memory techniques built in (e.g. key facts, mnemonics, visuals).
- ✓ Develop key core skills like analysis, evaluation and problem solving.

**Better memory.
Stronger skills. Higher grades.**

HOW TO USE GCSEPOD EFFECTIVELY

HOW TO USE GCSEPOD EFFECTIVELY



TRY THIS TODAY

- ✓ Pick 2–3 Pods for your next revision session.
- ✓ Do the Check & Challenge questions.
- ✓ Focus on the memory techniques and core skills.
- ✓ Repeat regularly and track your progress.

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FOR MORE HELP AND SUPPORT.

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RETRIEVAL PRACTICE

Don't just reread your notes —
make your brain retrieve the information.



WHAT IS IT?

A way of actively testing yourself to get information out of your brain, so you remember it later.



HOW DO I DO IT?

- 1 Cover your notes
- 2 Recall what you can remember
- 3 Check and fill in the gaps
- 4 Repeat regularly



EXAMPLE

- Look at a past paper question or key theme.
- Write everything you can remember.
- Then check your notes and fill in what you missed.



TOP TIP

Use different formats to make it harder:

- Flashcards
- Practice questions
- Mind maps (then cover them)
- End of topic quizzes



TRY THIS

Right now: close your notes and write down 5 key facts from your last lesson.

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FOR MORE HELP AND SUPPORT.

enjoy, achieve, succeed

SELF-QUIZZING

Test yourself. Build your confidence.

Turn your knowledge into questions
and challenge yourself to recall the answers.

ACTIVE
RECALL
=
BETTER
RESULTS



Quizzing
now
builds
stronger
memory
later!



WHAT IS IT?

Self-quizzing is when you actively test yourself on what you know, without looking at your notes. It forces your brain to work harder and strengthens your memory.



HOW DO I DO IT?

- 1 Turn your notes into questions (or use flashcards).
- 2 Try to answer them without looking.
- 3 Check your answers.
- 4 Repeat regularly, using different questions and topics.



EXAMPLE

- Use flashcards (write the question on one side, the answer on the other).
- Cover up your notes and quiz yourself.
- Use past paper questions and check your answers.
- Try the 'write, cover, recall' method.



TOP TIP

Mix up your questions and do it regularly — short, frequent quizzing is more effective than one long session.



TRY THIS

Right now: create 5–10 questions from your notes and test yourself. Then check, repeat and improve!

SEE MR SAYCE OR MR REID
FOR MORE HELP AND SUPPORT.

enjoy, achieve, succeed

DUAL CODING

Words + Images = Better Recall



Dual coding means using both words and meaningful visuals to help you understand, remember and recall information.

**SEE IT.
UNDERSTAND IT.
REMEMBER IT.**



WHY IT WORKS

- ✓ Uses two different channels (visual + verbal) in your brain.
- ✓ Makes information more meaningful and easier to remember.
- ✓ Helps you understand and see the bigger picture.
- ✓ Works for all subjects and all types of learners.



HOW TO DO IT

- 1 Take the key information from your notes or textbook.
- 2 Turn it into a visual – a diagram, flow chart, timeline, picture, map or infographic.
- 3 Add short, clear labels or key words to the image.
- 4 Make sure the visual helps explain or organise the idea – don't just decorate the page!



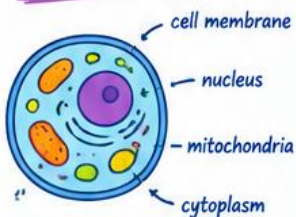
IDEAS FOR DIFFERENT SUBJECTS

- HISTORY** Timeline + key events or a cause and effect diagram
- SCIENCE** Diagram + labels + key process steps
- ENGLISH** Character map + quotes + key themes
- MATHS** Worked example + steps + key formula
- GEOGRAPHY** Map + key locations + key features
- RE** Concept diagram + key terms + examples



EXAMPLES

DIAGRAM + LABELS



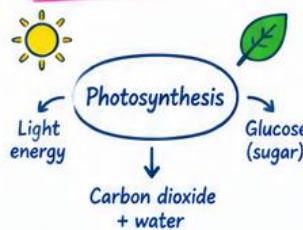
Use a diagram and label the key parts.

TIMELINE + KEY DATES



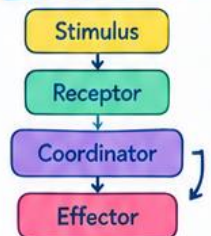
Add key dates and brief notes to a timeline.

MIND MAP + IMAGES



Use simple images and key words.

FLOW CHART



Use shapes and arrows to show a process.



TRY THIS TODAY

- ✓ Pick a topic and create a simple visual.
- ✓ Use key words and short labels.
- ✓ Make sure it helps you explain the idea.
- ✓ Look at it, then try to recall the information.

SEE MR SAYCE OR MR REID
FOR MORE HELP AND SUPPORT.

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BLURTING

Say it. Know it. Remember it.

Turn your knowledge into your own words
— out loud or on paper.

ACTIVE
RECALL
=
LONGER
MEMORY



What
can you
remember?

Say it.
Write it.
Build it.



WHAT IS IT?

A revision technique where you test yourself by saying (or writing) everything you know about a topic, without looking at your notes.



HOW DO I DO IT?

- 1 Choose a topic or key theme.
- 2 Say (or write) everything you can remember.
- 3 Check what you've missed.
- 4 Repeat and fill in the gaps.



EXAMPLE

- Look at a key term or topic.
- Cover your notes.
- Say (or write) everything you can remember.
- Check and add the missing points.



TOP TIP

Be specific, not general.
The more detail you can recall, the stronger the memory.
Use your own words — don't just read it back.



TRY THIS

Right now: pick a topic, cover your notes and say (or write) everything you can remember in 2 minutes.

SEE MR SAYCE OR MR REID
FOR MORE HELP AND SUPPORT.

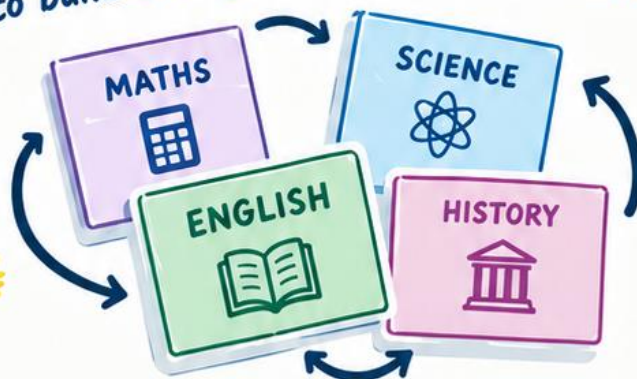
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INTERLEAVING

Mix it up. Make it stick.

Switch between topics and subjects
to build stronger, more flexible memory.

DIFFERENT
TOPICS
=
BETTER
MEMORY



More
challenge.
Deeper
learning.



WHAT IS IT?

A revision technique that involves mixing different topics or subjects, rather than revising one at a time.



HOW DO I DO IT?

- 1 Choose the topics or subjects you want to revise.
- 2 Mix them up (e.g. switch between topics or subjects).
- 3 Use different question types and formats.
- 4 Keep going and build variety into your practice.



EXAMPLE

- Revise maths, then English, then science, then history.
- Use a mix of past paper questions from different topics.
- Try flashcards from different subjects in one session.



TOP TIP

Don't stick to one topic for too long.

Mix it up — it keeps your brain alert and helps you remember more across the board.



TRY THIS

Right now: Pick 2 or 3 topics and do a short round of questions or flashcards, switching between them.

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USE SENECA EFFECTIVELY

Small steps. Big progress.

Seneca is more than just a set of questions — it's a powerful tool to help you learn, remember and improve. Here's how to use it effectively.

**PRACTISE
LEARN
REVISE
SUCCEED**



COMPLETE YOUR TOPICS

LEARN & BUILD KNOWLEDGE

Start by working through the key topics and relevant lessons in Seneca. Each lesson includes short, focused chunks of information to help you build your understanding.

- ✓ Work through the lessons in small, focused chunks.
- ✓ Make notes if you need to.
- ✓ Don't just skim — engage with the content.



DO THE QUIZZES

TEST & CHECK

After each lesson, complete the quiz questions. This helps you check what you've learned, spot gaps in your knowledge and build confidence.

- ✓ Answer the questions without looking at your notes.
- ✓ Be honest with yourself — it's about progress, not perfection.
- ✓ Aim for higher scores each time you try again.



USE THE CHECK & IMPROVE

FIX MISTAKES & MAKE PROGRESS

When you get a question wrong, Seneca shows you the correct answer and explains why. Use this to learn from your mistakes and strengthen your understanding.

- ✓ Read the explanation carefully.
- ✓ Take note of the key points.
- ✓ Try the question again (and aim to get it right!).



THE POWER OF SPACED PRACTICE

REVISE OVER TIME

Seneca's algorithm will bring topics back at the right time, helping you remember information for longer. Keep coming back to your weaker topics — that's where you'll see the biggest gains.

- ✓ Keep doing your assigned topics.
- ✓ Revisit older topics when they reappear.
- ✓ Use the "My Revision" section to focus on what you need most.



USE IT ACROSS ALL SUBJECTS

BUILD CORE SKILLS & CONFIDENCE

Seneca isn't just for learning content — it also helps you build key skills that will help you in all your GCSEs, including:



MEMORY

Remember more, for longer.



RETRIEVAL

Practice recall skills.



PROBLEM SOLVING

Think deeper, make links.



EXAM TECHNIQUE

Get used to question styles and wording.



TRY THIS TODAY

- ✓ Choose 3–5 topics to focus on this week.
- ✓ Do the lessons and quizzes (and use Check & Improve).
- ✓ Revisit your weaker areas using Spaced Practice.
- ✓ Track your progress and challenge yourself.

SEE MR SAYCE OR MR REID
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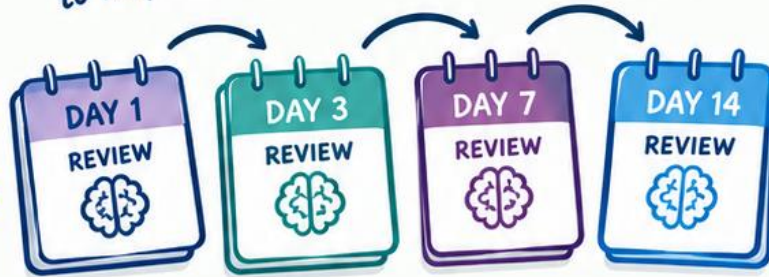
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SPACED PRACTICE

Little and often. Big results.

Revisit information at increasing intervals to help it stick in your long-term memory.

SMALL
STEPS
=
LASTING
PROGRESS



STRONGER
MEMORY.



WHAT IS IT?

A revision technique that spreads your study over time instead of cramming it all in at once.



HOW DO I DO IT?

- 1 Decide what you need to learn.
- 2 Review it, then walk away.
- 3 Revisit it after a few days.
- 4 Keep increasing the gaps between reviews.
- 5 Use flashcards, quizzes or past paper questions.



EXAMPLE

- Day 1: review your notes.
- Day 3: test yourself again.
- Day 7: do a quick quiz or flashcards.
- Day 14: try a past paper question on the topic.



TOP TIP

Don't just keep revising in one go.

Space it out — your brain remembers more for longer.



TRY THIS

Right now: pick one topic, create 3 review sessions over the next 2 weeks (e.g. Day 1, Day 3 and Day 7).

SEE MR SAYCE OR MR REID
FOR MORE HELP AND SUPPORT.

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QUESTIONS?

CONCERNS?

NOT SURE
WHERE TO START?

NEED SUPPORT?

WE'RE HERE TO HELP

A LISTENING
SCHOOL

TALK TO US
AT HELLESDON
- WE'RE A TEAM.



SUPPORT
GUIDE
ACHIEVE

Your child is not alone on their journey.

We have a dedicated team of teachers and leaders who are here to support, guide and encourage them every step of the way.

BETTER
TOGETHER



TEACHERS

Your child's subject teachers know their strengths, areas for development and the best ways to support them in each subject.



FORM TUTORS

A key point of contact for day-to-day support, checking progress, wellbeing and helping with organisation.



HEADS OF SUBJECT

Subject specialists who can provide additional advice, resources and guidance on how to revise effectively in each subject.



MISS AUFRAY

Head of Year 11

Provides pastoral support, as well as supporting wellbeing, progress and next steps, and is always available to help.

✉ mauffray43ra@nsix.org.uk



MR REID

Head of Key Stage Four

Leads on the overall KS4 provision, interventions and support to ensure every student achieves their potential.

✉ mreid8jry@nsix.org.uk



MR SAYCE

Assistant Principal for Raising Achievement

Leads on raising achievement, revision, intervention and study support across the school. If you have any questions about how to best support your child academically, please get in touch.

✉ jsayce59rj@nsix.org.uk

“We are here to help every student enjoy their learning, achieve their goals and succeed in their future.”



GET IN TOUCH

Speak to us in person, via email or through the school office.



**NO QUESTION
IS A SILLY QUESTION**

We're happy to discuss any concerns, however big or small.



WE WORK TOGETHER

Students, parents and staff – supporting each other for the best possible outcomes.



BRIGHTER FUTURES

With the right support, guidance and effort, every student can succeed.

SUPPORT TODAY

BRIGHTER TOMORROWS

GREATER OPPORTUNITIES

ENJOY • ACHIEVE • SUCCEED

A BRIGHTER
FUTURE AWAITS
AT HELLESDON