




# **GCSE**

# **Study skills guide**

## **For students in year 11**



## Getting Exam Ready

Learn 	<ul style="list-style-type: none"> <li>• Make the most of lesson time! <b>Learning takes place in class</b>, when you are completing <b>homework</b> or doing <b>additional research</b>.</li> <li>• It is important that you <b>fully understand each topic</b> before you can revise it.</li> <li>• If there is anything you don't fully understand, re-read the textbook, ask your teacher, ask another student to go over the topic with you.</li> </ul>
Revise 	<ul style="list-style-type: none"> <li>• Once you have fully mastered a topic, you can <b>start to revise</b> it.</li> <li>• Revision is reviewing material you have previously covered to reinforce what you already know or find out where your gaps are.</li> <li>• There are many different ways to revise:                         <ul style="list-style-type: none"> <li>○ condense your notes (e.g. using <b>The Cornell note-taking</b> method)</li> <li>○ create <b>mind-maps or flow-charts</b></li> <li>○ prepare <b>flashcards</b> from your notes (question on one side, answer on the back)</li> <li>○ convert your notes into your own <b>podcasts</b>, etc.</li> </ul> </li> <li>• Revision is <b>not</b> re-reading your notes over and over again! You need to do something with your notes instead!</li> </ul>
Retrieve 	<ul style="list-style-type: none"> <li>• Once you have revised a topic, you are ready to <b>test yourself</b>:                         <ul style="list-style-type: none"> <li>○ ask a friend or family member to <b>test you on your flash cards</b></li> <li>○ re-draw your mindmaps or flow charts <b>from memory</b></li> <li>○ complete <b>past paper</b> questions</li> <li>○ use <b>Seneca</b> learning</li> </ul> </li> </ul>

*Preparing for exams does take time and effort. Everyone is different, so there's no ideal plan we can give you, but in this guide are some planning points which we know have been successful in the past.*

*Remember that your teachers are here to help you and they want to support you in your learning and revision. So, if you get stuck, please ask for their help.*

*We wish you the best of luck with your exams and we hope that you will be delighted with your results in August 2021.*

*Best wishes*

*The Staff of Stanborough School*

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## TIPS FOR EFFECTIVE REVISION AND RETRIEVAL



### Build your life around studying

This is one of the hardest things to do. Now you are in your last year of Key Stage 4, it is vital that you make sufficient time for exam preparation.

For the next few months, some other activities might need to be put on hold until after the exam. Think about what has got to give way and where you can turn 'down time' into 'study time'.

Sacrifices should be less difficult now the exams are getting closer.

### Keep healthy



As we said at the beginning, revision takes time and effort and a lot of your energy. You do not need to stay at home and study all the time, however, try and avoid any activities that leave you drained and exhausted the next day.

Make sure you eat sensibly and drink plenty of water.

Moderate exercise and plenty of sleep are also important.

Remember that you should stop revising one hour before you intend to go to sleep. If you don't allow for some down time after revision, it is likely that you will find it harder to fall asleep straight away.

### Keep calm



It is natural to feel a bit of tension as the exam season is drawing closer.

Remember that if you have organised your time, started revision early and kept to your revision timetable, you are going to be fine.

If you are worried, try to identify what it is that is bothering you and talk about it with your parents and teachers. The chances are that you can do something about it.



Get the basics right and make sure you have the following:

- a comfortable chair
- a clear desk
- good light
- comfortable temperature
- pens
- coloured pencils
- highlighters
- paper
- folders
- dividers
- flashcards
- post-it notes
- ruler & protractor
- eraser
- calculator
- dictionary
- revision guides
- exercise books
- textbooks
- past papers
- markschemes
- examiners reports

If the place where you do most of your school work is not easy to work in, what can you do to make it better?

What distracts you when you are trying to settle down to revision?

Can you do something to remove that distraction (e.g. place your phone into a lockable box or different room)?

If you find it difficult to study at home, use your local library or arrange to stay longer in school to attend a Period 6.

## STUDY PLAN

Before you start your revision it is essential that you know what needs to be revised in each subject. Often your teacher will provide you with a checklist or exam specification which makes it also clear which topics are on which exam paper.

### Using the exam board specification to create a checklist



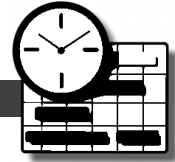
You can use the exam board specification to divide the task up into a lot of smaller topics (it is easier to get started and to see your progress if you divide one large topic into a series of smaller topics). This means that each topic is fairly quick which keeps up your motivation to continue with your revision:

#### Example:

Chemistry Topic 5.9.1 The composition and evolution of the Earth's atmosphere

Specification point	Notes made	Revised notes	Need help
Students need to know the proportion of gases in atmosphere			
Students are required to know the composition of the Earth's early atmosphere			
Students need to describe the process by which the level of oxygen in the atmosphere increased			
Students need to describe the process by which the level of carbon dioxide in the atmosphere decreased			

## Weekly study timetable



Make a provisional timetable for which topics you will cover each week. With a study timetable you are able to check that you are covering all subjects and are not running out of time.

- Aim to study a little every day (2 hours a day initially)
- Build in some unallocated study time because you may get a bit behind.
- Put the timetable up on the wall or fridge at home where everyone can see it. Ask your family to help you keep to it.
- If you find that you are repeatedly not sticking to your study timetable, find out why you are struggling to keep to it and rewrite it!

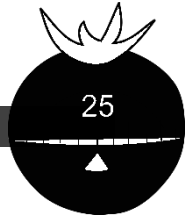
Example study timetable:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8am	School	School	School	School	School	Out	Church
9am	School	School	School	School	School	Out	Church
10am	School	School	School	School	School	Out	Church
11am	School	School	School	School	School	Out	Homework
12pm	School	School	School	School	School	Out	Science
1pm	School	School	School	School	School	Lunch	Lunch
2pm	School	School	School	School	School	Homework	History
3pm	School	School	School	School	School	Homework	Break
4pm	Tea&TV	Period 6	Tea&TV	Period 6	Tea&TV	English	French
5pm	Homework	Tea&TV	Homework	Tea&TV	Homework	Art	Break
6pm	Maths	Football	History	Art	Out	Art	Science
7pm	English	Football	English	Art	Out	Break	Break
8pm	Science	Football	French	Maths	Out	Break	Maths

A printable template is attached at the end of this booklet.

# STRUCTURING YOUR STUDY SESSIONS

## Study Session Version 1 – The Pomodoro method



1. Select a task.
2. Set a timer to 25 minutes.
3. Work until the timer goes off.
4. Take a 5 minute break.



5. Set the timer to 25 minutes.
6. Go over the work done so far, then move on.
7. Work until the timer has gone off.
8. Take a 5 minute break.



9. Set the timer to 25 minutes.
10. Go over the work done so far, then move on.
11. Work until the timer has gone off.
12. Take a 5 minute break.



13. Set the timer to 25 minutes.
14. Go over the work done so far, then move on.
15. Work until the timer has gone off.
16. Take a longer break.







## TRANSFERRING INFORMATION INTO LONG-TERM MEMORY



### Cold recall

- Choose a topic, or part of a topic. Spend time reading through the topic in your revision guide, textbook or exercise book.
- Cover up the information that you have just read and write down everything that you remember on a blank piece of paper.
- Then check what you wrote against the original notes.
- Highlight the areas you have missed or did not remember correctly.
- Then repeat the process until you can remember everything correctly.



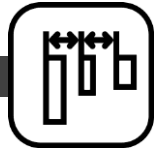
### Self quizzing

- One of the best revision techniques is to quiz yourself (or get someone else to quiz you).
- Use the notes from the revision guide, textbook or exercise book to create a set of questions and answers (on paper or flashcards). If you make flashcards, remember to write the question on one side and the answer on the other side of the same card.

Front	Back
<i>Question: Where does aerobic respiration take place inside the cell?</i>	<i>Answer: inside the mitochondria</i>
Front	Back
<i>Question: How are the mitochondria adapted to their function?</i>	<i>Answer: They have a folded inner membrane that gives them a large surface area.</i>

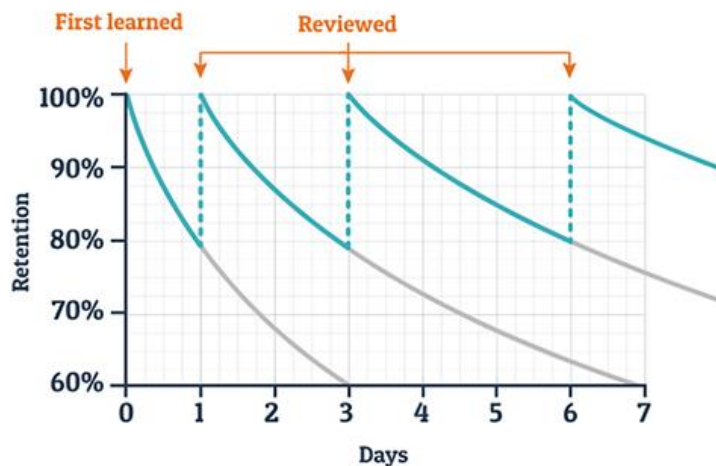
- Using this technique, you will find out exactly how much you have forgotten about a topic.
- Forgetting is a normal process. Quiz yourself more often on the questions you get wrong or forget.
- Don't stop quizzing yourself on the questions you get right. Repeated quizzing is required to transfer the information into your long-term memory.

## Spacing



- Leave time between quizzing sessions.
- Once you feel confident that you remember everything about a particular topic, allow some time to pass before returning to that topic (a few days or even a week).
- Over this time, you will start to forget some of the information. This means you will need to try hard to recall the information, which helps with the information being committed to long-term memory.

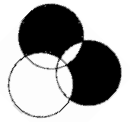
**Typical Forgetting Curve for Newly Learned Information**



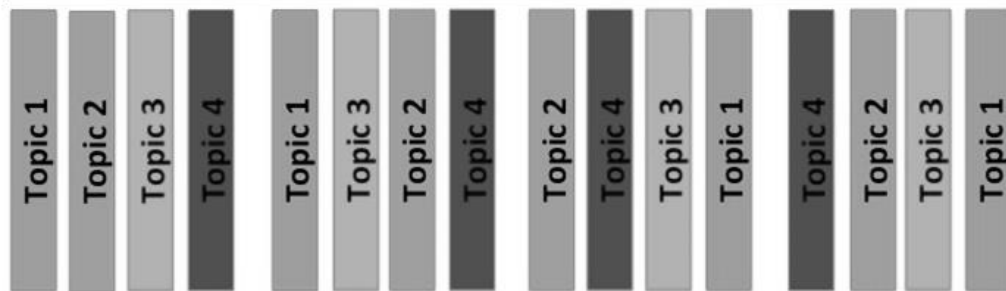
## Elaboration

- Don't just copy notes from the revision guide, textbook, exercise book. Ask yourself questions while you are studying about how things work and why.
- If you cannot answer these questions yourself, make a note of them and remember to discuss these questions with your teacher.
- Describe how the ideas and concepts you are studying apply to your own experiences and memories. This will help you recall the information in the exam.

## Interleaving



- Don't study one subject or topic for too long.
- When you go back through your flashcards or notes, go through them in a different order:

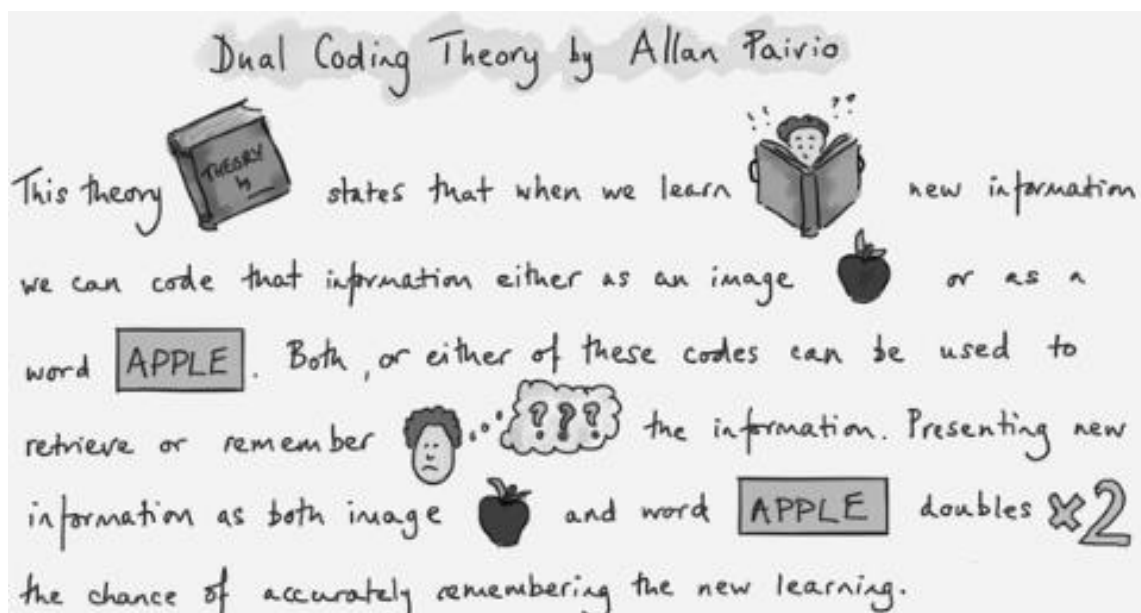


- Balance your time between subjects: if you spend too much of your time on one subject, either because it is your favourite one or because it is known to be weak, the other subjects will suffer. It is very common for students to get their best results in subjects they found difficult - because they neglected their stronger subjects during revision.

## Dual coding



- For some people it helps to draw diagrams to go along with the notes:



- You can also cover up the notes and use the diagrams/drawings as clues to explain/recall a concept. Don't forget to check for accuracy against your notes afterwards.

## Examiner reports/Insight reports



- Every year, the exam boards make public a document that is written by the examiners. In this document the examiners summarise what the most common errors were, which questions were answered well and what this good answer looked like (e.g. examiners have given high marks for answers that offer criticisms to viewpoints during an evaluation question).
- Examples of what not to do are also included.
- In terms of exam technique, this document is incredibly useful and an important resource to use during your revision. Read it carefully, turn it into notes, diagrams etc.

## Past Papers

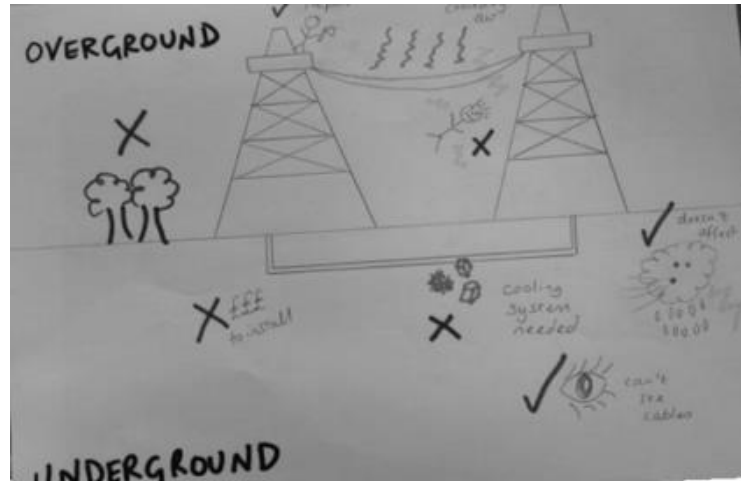


- Once you know off by heart the information from your notes and flashcards, you need to move on to past papers to see how the specification is tested/examined.
- Most students will complete each past paper once, however, you should complete each past paper at least twice.
- The first time round you might have to use your notes to answer some of the questions.
- Then go through the markscheme. Only accept answers that are worded exactly like the markscheme. If you are unsure if you can award yourself a mark for an answer, ask your teacher for advice. You know what you wanted to say, but that does not mean the examiner will interpret your answer the same way and very often the examiner wants to read a very specific phrase. It is important that you do not overmark your answers.
- The second time round, you should complete the paper without any of your notes and under timed conditions so you get used to the time pressure you will be under in the exam.



## Other techniques

- Create a mind map on a topic. Then use the mind map to test yourself: turn the mindmap into explanation and descriptions and check these for accuracy.  
*Example: Evaluate the use of overground and underground cables within the National Grid.*



*Advantages of overhead cables: easy and quick to repair, cables are cooled by the air.*

*Disadvantages of overhead cables: spoil the landscape, greater risk of electric shock, can be damaged by extreme weather.*

*Advantages of underground cables: cannot be seen, less likely to be affected by weather.*

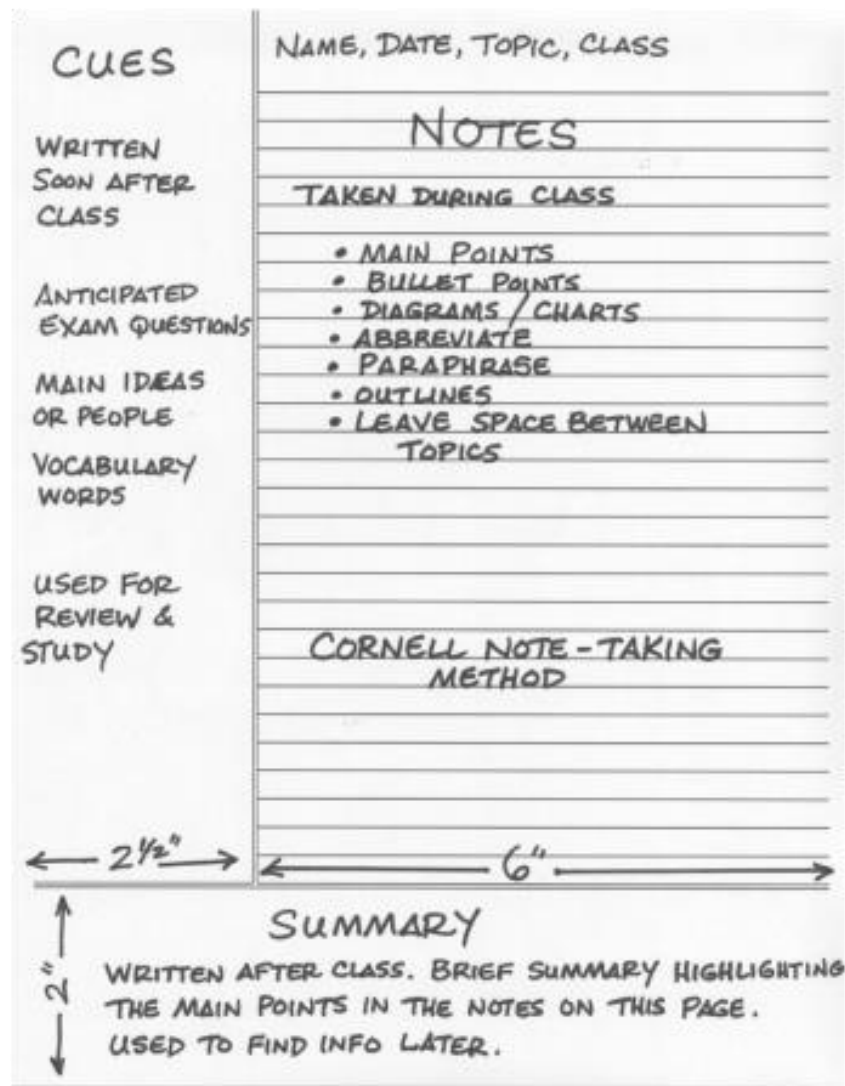
*Disadvantages of underground cables: repairs are more expensive as the cables are more difficult to access, cooling system is needed.*

- Use revision websites such as <https://quizlet.com/en-gb> , [www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize) and <https://senecalearning.com/>
- Write key points on posters and post-it notes and pin these to walls and doors around the house.
- Plan answers to essay questions. Which quotations will you include and why?
- Record a series of questions and answers (leave about 5 seconds between a question and answer so you can use this strategy to test yourself) or explanations on your phone and listen back to them on your way to and from school.
- Come up with mnemonics to remember lists (e.g. Richard of York gave battle in vain – red orange yellow green blue indigo violet).
- Find a study buddy. Structure your meetings (e.g. study, test each other, study, test each other) but make sure you stay focused and don't get sidetracked.
- Talk out loud when you quiz yourself.
- Walk (forwards, backwards, in circles) as you are quizzing yourself.

## The Cornell note taking method



You can use this method at home, when creating revision materials, or in class. It is useful to go through old exercise books and add the cues and summary notes to each page as part of your revision.



## SUBJECT SPECIFIC STRATEGIES

### Art – AQA

- Complete as much independent work outside of lesson time as possible.
- Make sure your project ‘flows’ and is supported by annotation.
- Ensure all studies are well refined throughout all boards to maximise your marks in each assessment objective.
- Make sure you have spent the time in trialling your outcome through initial/final ideas.
- Create an exam plan ahead of the day and ensure you are fully prepared with images, printouts, outlines and backgrounds before the commence of your sustained time period.

### Business Studies - Edexcel

- Check you know the meaning of the different command words: e.g. state (give a brief answer), define (define key word and give an example) calculate/solve (show your working out), explain (use sequence of logic if applicable) and evaluate (provide a balanced answer discussing the advantages & disadvantages using a MOPS in your conclusion).
- Go over all the practice papers ensuring you time yourself to the 1 minute per mark rule.
- Avoid repeating the question in your first sentence. By doing this on every question you are writing another 2 A4 sides of work which scores you 0 marks which is the main reason why students do not finish the paper.
- Cross-reference your class work and additional research to the Edexcel GCSE (9-1) Business textbook. If you have not done so and wish to purchase this book the ISBN is 978-1-292-17984-1.
- GCSE (9-1) Business Revision Guide: ISBN is 9781292190717
- Revision Workbook: ISBN is 9781292190709

### Catering - WJEC

- Read the question twice and break down exactly what it is they are asking you to answer.
- Check the amount of marks awarded for each question as this will indicate how many relevant points you will need to make in your response.
- Ensure you are confident with the following sub topic categories
  - How food can cause ill health.
  - Menu planning.
  - Hospitality and catering provision to meet specific requirements.
  - The environment in which hospitality and catering providers operate.
  - How Hospitality and catering providers operate.
  - How provision meets health and safety requirements.



## Child development - OCR

- Be aware of the different command words in a question: outline (concentrate on giving facts), describe (give a detailed account), explain (give reasons and causes), discuss (explore by looking at advantages and disadvantages).
- For 6/8 mark questions structure your answer into paragraphs. Do not use bullet points. Make 3-4 points but explain and give as much detail as you can, do not think anything is obvious.
- Create flash cards for each unit, make up an acronyms for fact heavy areas such as the Apgar score.
- Revision guide: My Revision Notes: Cambridge National Level 1/2 Child Development ISBN: 9781510434691

## Combined Science Trilogy / Triple Science - AQA

- Learn the physics and chemistry equations with units. Remember to always show your workings.
- Learn definitions and short explanations using the knowledge organiser.
- Create story boards for processes such as digestion, fractional distillation, evolution of the atmosphere.
- Learn the names of equipment.
- Practise writing the required practical methods (giving specific temperatures, masses, volumes and concentrations) - [https://www.youtube.com/channel/UC-TM-z1-tmX1iK\\_H4SxVhww](https://www.youtube.com/channel/UC-TM-z1-tmX1iK_H4SxVhww)
- Practise drawing graphs and lines of best fit (remember that a 'line' can be a curve) and describing graphs.
- Practise balancing equations.
- When marking your own past papers be strict – only accept answers that are worded like the markscheme.
- Do not use the word 'amount' unless you are talking about moles. Anything else needs to be specific, e.g. mass, volume.
- <https://www.kerboodle.com/users/login> (institution code ou1).

## Computing - OCR

- Answer past exam papers. Use mark schemes to analyse your answers. Use Quizlet or Seneca learning to test yourself on key words. Other useful revision sites are <https://www.bbc.co.uk/bitesize/subjects/z34k7ty>  
<https://student.craigndave.org/>
- Learning grids and flashcards provided by your teacher.
- Useful revision guides:  
GCSE Computer Science OCR Revision Guide Grade 9-1 Course  
GCSE Computer Science OCR Exam Practice Workbook Grade 9-1 Course (includes answers)
- **Tips for answering extended response questions:**  
In the answer, candidates need to consider the impact on the following:
  - Stakeholders
  - Technology
  - Environmental issues
  - Ethical issues

Mark Band 3–High Level (6-8 marks):

Demonstrate thorough knowledge and understanding of a wide range of considerations in relation to the question. Show that you are able to apply your knowledge and understanding directly and consistently to the context provided. Evidence/examples will be explicitly relevant to the explanation. Weigh up both sides of the discussion and includes reference to the impact on all areas showing thorough recognition of influencing factors. Well-developed line of reasoning which is clear and logically structured. Information presented is relevant and substantiated.

## Design Technology - AQA

- Pace yourself between deadlines and attend catch up sessions between lessons.
- Take independence in leading your directed project but speak with your teacher if you need further advice and guidance.
- Follow the exam plan and checklist to ensure the assessment objectives are met.

## Drama - Edexcel

- Make flashcards for the different design elements.
- Revise the context of The Crucible in 1940/50s.
- Practise writing a short answer response (4 marks/6 marks) to be as precise and efficient with your timings as possible.
- Practice PERCYs for 9 Mark Question.
- Revise the Central themes of Women in Black.
- Think about the Woman in Black performance we saw. Write a long answer response to the following question (a 9 mark question): Identify a key moment in the play and analyse the use of lighting enhanced the mood.

### Literature- An Inspector Calls, Romeo and Juliet, Jekyll and Hyde

- Create a timeline of key events for the whole novel.
- Add in the characters who are involved in those key moments and a quote from that key moment.
- Make quote flashcards with the quote on the front and "Who said it? To whom? When? Significance" on the back.
- Make a list of themes in that novel and write one quote or moment beside those themes (as one of your questions will be theme and/or character based).

### Literature- Poetry

- Annotate all 15 poems using the faculty website resources.
- Ensure that you know the three poetry clusters (damaged relationships, family relationships and real love) and which poems fit into those clusters. You will be asked to compare two poems from the 15 you are given, and so this will help to choose the right poem.
- Ensure that you can answer MILES (meaning, imagery, language, effect and structure) for each poem. Resources and planning sheets are on the website.

### Language

- Read as much as you can. You will be expected to write in different forms-- newspaper, diary, magazine, speech etc.
- Identify the features used in each of these forms.
- Practise your writing often, using past papers or emailing your teacher for practise questions.
- Ensure that you know how to use a comma, full stop, semi colon and colon.
- Ensure that you know when to start a new paragraph (TIpToP).
- For both exams, make sure that you know the language and structure techniques that writers use to create effect. Please also make sure you see the 155 tone words worksheet on the website to ensure that you are using precise tone words when describing effect.
- You will find a wealth of resources and revision ideas on our English Faculty website: <https://stanboroughenglish.wixsite.com/eng>

## Engineering - AQA

- Create summary notes.
- Create a list of keywords for each topic covered, which can act as "triggers" for other ideas.
- Ensure you know how to calculate area, pressure, volume and other variables.
- Learn schematic representation of processes related to metals and plastics.
- Practise technical drawings.
- When evaluating or justifying the use of a material, ensure you give advantages, disadvantages and a justified reason/conclusion.

## **Food preparation and nutrition - EDUQAS**

- Use subject specific key words within your written answers.
- Check the available marks before answering the question as this will indicate how many points you need to make.
- Check on the eduqas website for past papers to familiarise yourself with the style of questions and language used.
- Ensure you are confident in the following subject areas
  - Macronutrients needed by the body.
  - Functions and sources of carbohydrate, protein and fat.
  - Consequences of malnutrition from carbohydrate, protein and fat.

## **Geography - AQA**

- Practise map reading skills.
- Practise describing photos/diagrams: name the feature shown, describe how they formed, what processes are taking place in the photo.
- Learn key words.
- Learn case studies: location, date, what happened, impact, number of people affected.

## **Graphic communication - AQA**

- Complete as much independent work outside of lesson time as possible.
- Make sure your project 'flows' and is supported by annotation.
- Ensure all studies are well refined throughout all boards to maximise your marks in each assessment objective.
- Make sure you have spent the time in trialling your outcome through initial/final ideas.
- Create an exam plan ahead of the day and ensure you are fully prepared with images, printouts, outlines and backgrounds before the commence of your sustained time period.

## History - Edexcel

- Please refer to the school's History website with interactive quizzes and detailed enough notes to allow you to achieve a grade 9:  
[www.stanboroughhums.wix.com/history](http://www.stanboroughhums.wix.com/history)  
Password for guest area history2016
- Don't forget to tailor your revision to the type of exam questions that you will be asked. (Use the revision booklets you have been given/will be given by your class teacher for each unit).
- **Cold War (International relations):** Make notes on the consequences of each event, not just what happened. The big questions are on the consequences of an event and the importance of events. The importance of an event can be its consequences!
- **Anglo-Saxon unit:** Will ask you to write an essay asking you to form a judgment about whether you agree with a statement. To get high marks you need to *really justify* your decision in your conclusion and outlining the rationale you have used. Practise writing conclusions to exam questions.
- **Crime and Punishment:** Consider which factors cause the most change in each period you look at. (Monarchy & Government/Religion/Media/New Technology/Poverty).
- **Weimar and Nazi Germany:** Ensure you know how to answer the 16 mark question asking you how far you agree with interpretation 2. You must spend almost half the essay discussing Interpretation 1. Don't get caught out!

## Languages (French & Spanish) - AQA

- Find listening activities online.
- Read text that is written in the target language.
- Practise translating anything from English to the target language without using Google translate.
- Learn 3 new words each day.
- Practise verb conjugations.
- Practise asking questions.
- Look at photographs and describe them using the PALM technique (describe the people, the activities, the location and the mood/feelings).
- Practise useful phrases (opinion words, time phrases, comparisons, conjunctions).
- Ask your teacher to record words you find difficult to pronounce onto your phone.
- Check out our faculty websites: <https://stanfrench.wixsite.com/french> or <https://stanborough.wixsite.com/spanish>

## **Maths - Edexcel**

- Complete plenty of practice questions on one topic:  
<https://www.mathsgenie.co.uk/> .
- One you have revised every topic, complete mixed questions.
- Use flashcards to learn formulae (prompt on one side of the card, the formula on the back).
- Check that you know how to use your calculator.
- Check you know the meaning of the different command words: write down/state (give a brief answer), calculate/find/solve (show your working out), explain (give a written reason for your answer).
- Check your answer is sensible.
- Place your answer back into the equation to see if it is correct.
- Stanborough Maths website: <https://stanborough.wixsite.com/maths>

## **Media Studies - WJEC**

- Make sure that you are fully familiar with the layout and content of the exam paper.
- Ensure that you are clear on the different focus and requirements of the different exam questions.
- Make sure that you are familiar with and can confidently use the relevant media terminology correctly and within context.
- Have a range of case studies you can use to compare to each of the set products in the exam.
- Pay attention to mark allocation in the exam.
- Pre-plan essays.
- Create theme cards.

## **Music - Eduqas**

- Ask your teacher for some sheet music to practise reading notes while listening to a piece.
- Continue to attend your Extra-Curricular Club.
- Attend your instrumental/vocal lesson and practise your pieces for coursework.
- Use Focus on Sound to do quizzes and hear examples of music.
- Use Quizlet to check your knowledge of key vocabulary.
- Think critically about every piece of music you hear. What is going on in the music? How is the melody constructed? What instruments are playing? How are they being played? What is happening with the texture? How does the music fit together to create a structure? What is happening with the harmony? Is it complex? Would it get a Grade 9 at GCSE? Why/why not?

## Philosophy and Ethics - OCR

- After each assessment, identify topics where you lost the most marks. Use notes in exercise books, revision guides, support from your teacher to revise those topics. Re-test after by doing the question again.
- Practise exam questions under exam conditions – set a time and a set number of questions.
- Learn key words – spelling/definition tests at home. For your SPAG marks you need to demonstrate that you spell and punctuate with consistent accuracy and use rules of grammar with effective control of meaning.
- Make sure you learn relevant sources of wisdom quotes.
- 3 mark questions must have three points; spend three minutes on these.
- 6 mark questions must include two divergent views and a source of wisdom; spend six minutes on these.
- 15 mark questions must include a minimum of two divergent views and sources of wisdom that relate to the 21st century; spend 15 minutes on these.

## Psychology - OCR

- Create a key word glossary for each topic and ensure you learn the definitions.
- Attempt application questions (A02); you can find these in your textbook and revision guide
- Ensure you are able to criticise key studies and know the strengths and limitations of different research methods in Psychology (Evaluation: A03)
- What are the four stages of development as outlined by Piaget?
- How does dopamine affect the brain?
- How is the nature/nurture debate present in the discussion of schizophrenia and depression?
- What does majority influence mean and where can we see elements of this in the news?
- Complete past paper questions under timed conditions.
- Stanborough Psychology website:  
<https://stanborough.wixsite.com/psychology>
- Books: ISBN-10: 1471899578 (Textbook) ISBN-10: 1510423222 (Revision book)

## Sports Studies GCSE - AQA

- Remember assessment objectives (AO1, AO2 and AO3)
- Point, Example, Impact on performance.
- Book to use for revision ISBN: 978 1 78294 533 8

## **Sports Studies BTEC - Edexcel**

- The onscreen assessment will be timed so you need to be prepared for this assessment, otherwise you might run out of time.
- Ensure you can recall knowledge of anatomy and physiology.
- Practise applying your knowledge to different sports movements and performances.
- Learn the key definitions relating to health, fitness, anatomy, physiology, training and sports performance.
- Practise relating key terms and concepts to a specific audience and purpose.

## **Textile design - AQA**

- Complete as much independent work outside of lesson time as possible.
- Make sure your project 'flows' and is supported by annotation.
- Ensure all studies are well refined throughout all boards to maximise your marks in each assessment objective.
- Make sure you have spent the time in trialling your outcome through initial/final ideas.
- Create an exam plan ahead of the day and ensure you are fully prepared with images, printouts, outlines and backgrounds before the commencement of your sustained time period.



## EXAM SEASON

The hard work is done.

Your revision has met its end and now is the perfect time to calm your nerves and make sure that you are ready to enter the exam hall well rested and confident in your ability to answer the questions on the paper.

### The night before your exam, make sure you



- Have everything ready for the next day (pencil case, calculator, spare pens, school uniform, water, food, money for transport, alarm clock set)
- Re-check the time of the first exam.
- Plan to study for a few hours in the afternoon/evening.
- Go offline – avoid any social media sites.
- Exercise to work off stress (run, walk, swim, basketball, etc.)
- Visualise a positive exam experience. This will calm your nerves and increase your confidence.
- Remind yourself of how much revision you have done; again, this will boost your confidence.
- Focus on yourself. Do not compare yourself to others.
- Visualise the exam as a challenge or an opportunity to show off your knowledge rather than as a threat. This will reduce your stress levels.
- Remind yourself of how you overcame previous challenges. This will build your mental resilience and help you keep calm in the exam.
- Get a regular night of sleep 6.5-8 hours, go to bed early.


### Suggested timetable for the evening before an exam:

1. Finish intense retrieval by 8pm.
2. Exercise for half an hour.
3. Review the topics for the next day's examination at 8.45pm.
4. Do some reading or another relaxing activity at 9.25pm.
5. Re-check your equipment, food, water and uniform for the next day at 10pm.
6. Sleep.



- Get up early – allow time to get ready without rushing.
- Review the topics that will be tested in the exam.
- Eat a balanced and healthy breakfast. Avoid sugary foods. Drink water to ensure you are hydrated for the exam.
- Double check your school bag to ensure you have packed your pencil case, calculator, spare pens and water.
- Arrive at school with plenty of time (30 minutes before the start of the exam).
- Visualise a positive exam experience. This will calm your nerves and increase your confidence.
- Remind yourself of how much revision you have done; again, this will boost your confidence.
- Focus on yourself. Do not compare yourself to others.
  
- Visualise the exam as an opportunity to show off your knowledge rather than as a threat. This reduces your stress levels.
- Remind yourself of how you overcame previous challenges. This will build your mental resilience and help you keep calm.


## Enter the exam hall



- Set out your equipment.
- Imagine yourself on results day: visualise opening your results and being delighted with the outcome.
- Focus on slowing your breathing to help you relax (inhale for 4 counts - hold your breath for 4 counts - exhale for 4 counts – repeat).
- Listen carefully to the invigilator.
- Read the written instructions on the front of the exam paper carefully. These will tell you: time, choice of questions, type of answer, number of marks.
- Fill in the centre number, candidate number and your name.
- Read each question slowly. Use a highlighter to highlight or underline command words and essential information. Then read the question again.
- Think about a general plan for the answer before writing down your answer.

## What happens when your mind goes blank?

- Focus on your breathing to calm your nerves.
- Jot down some initial thoughts.
- Move on to the next question if you still feel you cannot answer the question.
- Return to the question you struggled with at the end of the exam once you have answered all the other questions.

## At the end of the exam

- It is natural to discuss answers with other students once the exam is over, however, don't bother with a full post-mortem. You have done your best.
- Physically and mentally, pack up your revision notes for that exam and move on to the next subject and exam.
- Think about the type of question you found most difficult. If you know that the same style of question will come up in another exam, make sure you practise answering these types of questions before the next exam.

## CHANGING YOUR MINDSET

<b>Exam desolation</b>	⇒	<b>Exam consolation</b>
Unhealthy self-talk	⇒	Healthy self-talk
During exam time, I am isolated from my friends and family.	⇒	I am not alone, lets go through this together. My friends, family and teachers are all behind me.
I am going to fail.	⇒	My friends and family love me, whatever happens.
All my friends are going to do better than me.	⇒	I belong to a special school community and they want me to try my best, that is all.
I can't go to sixth form/Uni/college unless I get the grades.	⇒	As one door closes, another one opens.
Exams are everything.	⇒	This is an important stage of my life but there are many adventures ahead.



## Summer 2021 Examination Timetable – Provisional

Date	Time	Subjects
14.5.21	am	Computing paper 1
	pm	Philosophy and ethics paper 1
17.5.21	am	Engineering
	pm	Psychology paper 1
	pm	Media studies paper 1
19.5.21	am	Biology paper 1 (Combined science and separate science)
	pm	French paper 1 and paper 3
20.5.21	am	English Literature paper 1
	pm	Sports Studies GCSE paper 1
21.5.21	am	French paper 4
	pm	Computing paper 2
24.5.21	am	Chemistry paper 1 (Combined science and separate science)
	pm	Sports Studies GCSE paper 2
		Drama Unit 3
25.5.21	am	Maths paper 1
	pm	Philosophy and ethics paper 2
26.5.21	am	English Literature paper 2
	pm	Spanish paper 1 and paper 3
27.5.21	am	Physics paper 1 (Combined science and separate science)
28.5.21	am	Geography paper 1
	pm	Business studies paper 1
		Psychology paper 2
		Dance
7.6.21	am	English Language paper 1
	pm	Spanish paper 4
8.6.21	am	Maths paper 2
9.6.21	am	History paper 1
	pm	Design technology
		Drama
10.6.21	am	English Language paper 2
	pm	Business studies paper 2
11.6.21	am	Geography paper 2
	pm	Food preparation and nutrition
14.6.21	am	Biology paper 2 (Combined science and separate science)
	pm	Media studies paper 2
15.6.21	am	Maths paper 3
	pm	Music
16.6.21	am	History paper 2
17.6.21	am	Chemistry paper 2 (Combined science and separate science)
18.6.21	am	Geography paper 3
22.6.21	am	Physics paper 2 (Combined science and separate science)
29.6.21	all day	<b>Contingency day</b> (The designation of a 'contingency day' within the common examination timetable is in the event of national or significant local disruption to examinations in the United Kingdom. It is part of the awarding bodies' standard contingency planning for examinations.) <b>Candidates must remain available until Tuesday 29 June 2021 should an awarding body need to invoke its contingency plan.</b>

**Assessment windows for the following subjects are to be confirmed:**

- Art, Graphics communications and Textile design (2.1. – 31.5.21)
- Hospitality and Catering (tbc)
- Food GCSE (tbc)
- Dance (2.11.20 – 31.5.21)
- MFL Oral exams (12.4. – 14.5.21)
- Sports Studies GCSE and BTEC (tbc)
- English spoken language assessment (tbc)
- Geography field trip (tbc)

# CALENDAR

## September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> INSET	<b>2</b> INSET	<b>3</b> Y7 & 12	<b>4</b> All students
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>28</b>	<b>29</b>	<b>30</b>		

## October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>12</b> Y11 assessments	<b>13</b> Y11 assessments	<b>14</b> Y11 assessments	<b>15</b> Y11 assessments	<b>16</b> Y11 assessments
<b>19</b> Y11 assessments	<b>20</b> Y11 assessments	<b>21</b> Y11 assessments	<b>22</b> Y11 assessments	<b>23</b> Y11 assessments
<b>26</b> Halfterm	<b>27</b> Halfterm	<b>28</b> Halfterm	<b>29</b> Halfterm	<b>30</b> Halfterm



**November 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Sixth form options eve	<b>6</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> PTS	<b>27</b>
<b>30</b> INSET				

**December 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>21</b> Christmas holidays	<b>22</b> Christmas holidays	<b>23</b> Christmas holidays	<b>24</b> Christmas holidays	<b>25</b> Christmas holidays
<b>28</b> Christmas holidays	<b>29</b> Christmas holidays	<b>30</b> Christmas holidays	<b>31</b> Christmas holidays	

**January 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>18</b>	<b>19</b>	<b>20</b> Y11 PTI	<b>21</b>	<b>22</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

**February 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>8</b> MFL Mocks	<b>9</b> MFL Mocks	<b>10</b> MFL Mocks	<b>11</b>	<b>12</b>
<b>15</b> Halfterm	<b>16</b> Halfterm	<b>17</b> Halfterm	<b>18</b> Halfterm	<b>19</b> Halfterm
<b>22</b> Y11 mocks	<b>23</b> Y11 mocks	<b>24</b> Y11 mocks	<b>25</b> Y11 mocks	<b>26</b> Y11 mocks

**March 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Y11 mocks	<b>2</b> Y11 mocks	<b>3</b> Y11 mocks	<b>4</b> Y11 mocks	<b>5</b> Y11 mocks
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> PTS	<b>26</b>
<b>29</b> Easter holidays	<b>30</b> Easter holidays	<b>31</b> Easter holidays		

**April 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Easter holidays	<b>2</b> Easter holidays
<b>5</b> Easter holidays	<b>6</b> Easter holidays	<b>7</b> Easter holidays	<b>8</b> Easter holidays	<b>9</b> Easter holidays
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

## May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Public exams begin
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>31</b> Halfterm				

## June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Halfterm	<b>2</b> Halfterm	<b>3</b> Halfterm	<b>4</b> Halfterm
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>21</b>	<b>22</b>	<b>23</b> Sixth form induction	<b>24</b> Sixth form induction	<b>25</b> Sixth form induction
<b>28</b>	<b>29</b> Contingency day	<b>30</b>		

## STUDY TIMETABLE TEMPLATE TERM TIME

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>8-9</b>							
<b>9-10</b>							
<b>10-11</b>							
<b>11-12</b>							
<b>12-1</b>							
<b>1-2</b>							
<b>2-3</b>							
<b>3-4</b>							
<b>4-5</b>							
<b>5-6</b>							
<b>6-7</b>							
<b>7-8</b>							
<b>8-9</b>							
<b>9-10</b>							

## STUDY TIMETABLE TEMPLATE HOLIDAY TIME

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>8-9</b>							
<b>9-10</b>							
<b>10-11</b>							
<b>11-12</b>							
<b>12-1</b>							
<b>1-2</b>							
<b>2-3</b>							
<b>3-4</b>							
<b>4-5</b>							
<b>5-6</b>							
<b>6-7</b>							
<b>7-8</b>							
<b>8-9</b>							
<b>9-10</b>							