



A SURVIVAL GUIDE TO YOUR EXAMS.

This guide belongs to:

Form:

Contents	Page No.
Week one: 14 th & 16 th November 2016:	
Learning to learn – practical tips	2
Tough Truths - Get the Basics Right	3, 4
Week 1 task	5
Week two: 21 st & 23 rd November 2016:	
Preparation and Planning Tips	6
Revision Timetable Templates (Week 2 Task)	7, 8, 9
Week three: 28 th & 30 th November 2016:	
Beating Stress	10
Sleep, Exercise and Hydration	11, 12
Week 3 task	13
Weeks four and five: 5 th & 6 th Dec, 12 th & 14 th Dec 2016:	
6 Tips for Effective Revision	14, 15
Weeks 4 and 5 task	16
Mnemonics	17
5 Secrets to revising	18
Choose your method + Different ways of revising	19, 20
GCSE POD tips	21
Revision websites	22
How to Mind Map	23
Get all the marks you deserve	24
The Exam	25
10 Top exam tips	26
Weekly department support / revision / catch up	27



LEARNING TO LEARN (Week one: 14th & 16th November 2016)

Learning is: An on-going process in which you build upon previous knowledge and understanding. Learning something well the first time will make revision later on much easier. This is a long -term process and cannot be done by trying to cram information into a few weeks.

Revision is: Fixing in your memory the things that you know, learning to unlock your memory – you need to have memory prompts to help you to 'call up' what you know. Revision is learning to select and adapt what you know. By doing this, you can answer different types of exam questions.

NOTE: the first step is to practice different revision techniques to see which techniques work best for you. By recognising your personal learning methods you will improve your entire revision process.

SOME PRACTICAL TIPS:

1. Make sure that you get all you can from each lesson and that you understand new concepts – if in doubt, ask. It makes sense to ask if you don't understand.
2. Discuss new ideas and concepts with a friend. Test your own understanding by explaining or teaching the idea or concept to someone else – study groups are mutually beneficial. Teaching someone a topic is the best way to secure your own understanding.
3. Go over your day's work at home every evening and make summary notes of your learning from the days lessons. Program the brain – this helps you to understand new concepts.
4. Practice doing exam questions routinely. This helps to ensure that you understand your work, gives you practice for exams, and helps your memory.
5. Develop ways of memorising information that suit you. Write notes, read out loud or draw diagrams to help remember all the information more easily.
6. Find a quiet place where you can work undisturbed without distractions such as phones, TVs, computers or people. Your mind will concentrate better if you are not distracted.
7. Include every subject in your revision plan. Do short 20-25 minute bursts of revision with 5 minute breaks, in a variety of subjects every day. Use your breaks to treat yourself to something you really enjoy – music, a snack or chatting to family in a different room.
8. Get into the habit of revising at set times. Different people learn best at different times. Find out which is the best time for you. Follow your revision timetable strictly.



Tough Truths - GET THE BASICS RIGHT

- 1. YOU'VE got to do it.** At the end of the day it's YOU that's got to do it. This takes time, effort and will-power.
- 2. Revision takes time.** There is no 'instant' version which will cut corners. Stop playing at other things, and start working at your revision.
- 3. Fix the information.** Revising is remembering. It's not 'revising' unless you're fixing it into your brain. If you spend five hours working in your room, but you still can't remember it in the exam, you've spent 5 hours working, but you have not done any revision. Never just read your notes. You must always be DOING something with them to FIX the information in your brain (and probably the easiest way to do this is to write it down).
- 4. Eat breakfast** - Research has found that skipping this meal significantly reduces your attention and your ability to recall information. Simply having a bowl of cereal will give you the concentration and memory boost you need.
- 5. Put your phone away** - Phones can be distracting; they are linked to FOMO (fear of missing out), and evidence shows that students who spend more time texting and using social media get lower grades. Researchers found that the mere sight of a phone was enough to reduce a person's ability to focus. The implication couldn't be clearer: out of sight really is out of mind.
- 6. Start revising early and spread it out** - Athletes don't only train the day before a match. To commit something to memory takes time. Spreading out your revision sessions on a particular topic (eg one-hour sessions over 10 days) is more effective than spending the same amount of time in one go (ie 10 hours in one day). This effect, known as "spacing", helps because it allows time in between revision sessions to forget and re-learn the material. This strategy has been labeled as "one of the most robust across the entire history of experimental research on learning and memory"
- 7. Test yourself** - Testing yourself is one of the most effective ways to improve your ability to recall information. Testing yourself also helps you check for any gaps in your knowledge. Practice papers provide a good starting point, as well as quizzing yourself at the end of your revision session.
- 8. Teach someone** - After you have tested yourself, teach the material to someone else. This has been found to help aid memory and recall: it is known as "the Protégé Effect". Teaching someone else requires you to learn and organise your knowledge in a clear and structured manner.
- 9. Don't listen to music** - Students who study in a quiet environment can recall more than those who revise while listening to music.
- 10. Get some fresh air and exercise** - You cannot work all day, every day. Nor should you. Going outside and getting some fresh air helps people feel refreshed and better able to focus afterwards. Furthermore, doing a little bit of exercise helps people deal better with stressful situations: it reduces anxiety and increases self-esteem.
- 11. Practice makes perfect:** why mock exams are great for students' brains - They can help students to start revising early, to practise effective revision strategies, to improve their knowledge, to familiarise themselves with pressure, and act as a guide moving forward.



12. Sleep - You are encouraged to work hard and revise a lot before your exams: however, there comes a time when you need to stop and go to sleep. Knowing when can be tricky. There is a link between being a perfectionist and struggling to sleep. If a child is falling asleep within five minutes of their head hitting the pillow, they should probably be going to bed earlier. Other sleep tips include having regular bedtimes, not being on your mobile phone in bed, but if you are, turning down the backlight on it.

13. Although it is tempting, try not to discuss the last exam with friends. Everybody thinks that they can't have done as well as they really have, so talking about it will cause stress which will make you less confident for the next examination

14. The important thing now is not to worry – there is little point in worrying about something you cannot change. It is not the end of the world if things didn't go as you had planned – there are always other opportunities.

Be positive – go in to the exam thinking about passing with good grades. Never go in an exam afraid that you might fail. After all – you've worked hard, so you deserve a good grade!



Week 1:

Read through and discuss "Learning to learn – practical tips".

Task: students to identify how many of these tips they already follow.

Read through discuss "Tough Truths - Get the Basics Right".

Task: Set yourself 3 personal targets derived from this section in order to improve your approach to revision.

- 1.
- 2.
- 3.

Notes:



Preparation and Planning STEPS: (Week two: 21st & 23rd November 2016)

1. The sooner you start, the better! If you spread the workload over a period of time you will achieve more, experience less stress and will have more time to relax and enjoy your work.
2. Planning your work carefully: make a list of what you have to do, find out the dates of the exams, make an exam timetable, plan / design / draw up a revision timetable.
3. Think about the best way to fairly divide your evening time so you have a healthy balance and reduce stress:

Homework / Coursework



Sleep



Revision



Relaxation / Exercise



i.

4. Your revision plan will help you to know what you want to do and when you want to do it.
5. Use the timetables on the next page to help you – make as many copies as you like.
6. Divide each day into sessions with a break of 5 or 10 minutes between each session.
7. Mark in time for meals, after school clubs, part time jobs, relaxation, exercise, family and friends, and be realistic about how long you can keep going – eight hours a day, even if you are behind with your work, is really over the top!
8. Make a list of all topics within each subject to revise and highlight those parts of your work you're not sure of so you can prioritise and give them more time.
9. Ensure that there's enough time to go through each topic several times.
10. Make sure that you cover every topic at least once.
11. Leave some time during the final week of revision to cover the most difficult topics again
12. Cover several subjects during revision sessions
13. Divide each topic into manageable parts.

Task: Identify how you can better manage your limited time to meet all your demands – homework, revision, family time, sleep, exercise, relaxing, socialising with friends, meals....

Create a revision timetable which allocates all of these areas so you manage your time carefully and don't waste it.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00							
:30							
7:00							
:30							
8:00							
:30							
9:00							
:30							
10:00							
:30							
11:00							
:30							
12:00							
:30							
1:00							
:30							
2:00							
:30							
3:00							
:30							
4:00							
:30							
5:00							
:30							
6:00							
:30							
7:00							
:30							



STUDY TIMETABLE

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

3.30							
4.00							
4.30							
5.00							
5.30							
6.00							
6.30							
7.00							
7.30							
8.00							
8.30							
9.00							
9.30							

Homework Help for Parents



Weekly schedule

Calendarpedia
Your source for calendars

Name: _____

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

© www.calendarpedia.com

Weekly schedule

Calendarpedia
Your source for calendars

Name: _____

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

© www.calendarpedia.com



BEATING STRESS – (Week three: 28th & 30th November 2016)

Stress is normal and a little can be good for you, but too much of it can be harmful.

Signs of stress:


<ul style="list-style-type: none">• want to be alone• have difficulty in sleeping• lose the ability to concentrate• become very emotional or sensitive• lose self-esteem and feel depressed• loss of confidence	<ul style="list-style-type: none">• become irritable and short-tempered• suffer from headaches, skin problems etc.• worry• nightmares• loss of appetite
--	---

If you are organised, you are far less likely to suffer from stress. Some people can cope with stress and always seem to be very relaxed, but most of us find stress difficult to cope with. Here are some strategies which may help you to cope with stressful times.

DO establish a routine – and stick to it. Make sure that you have proper meals, keep hydrated, that you sleep well and keep to your work plan.
DO get plenty of exercise. If you are fit, your mind will be more alert and revision will be just that little bit easier.
DO start revising as early as possible. Give yourself a head start.
DO take regular breaks when revising – the result is less stress
DO practice past papers – these help you to know what to expect and give you experience in doing exam papers.
DO build in variety in your revision technique – beat the boredom factor this way.
DO seek company and relax – make sure that you see friends regularly, enjoy yourself and get away from school work regularly!
Do your best. Decide what works for you, and stick to it. If others are panicking keep away from them.
DO pay attention to your feelings – talk to family, friends and staff about how you are feeling. Ask for help.
DO simplify problems into mini-tasks and reward yourself for achieving your goals
DON'T feel guilty. If you miss a session in your revision plan try not to panic – you can catch up as time goes on.




SLEEP, EXERCISE AND HYDRATION:









Negative Effects of Sleep Deprivation

- ⌚ Decrease in productivity and decision making
- ⌚ Impaired memory and cognitive brain functions
- ⌚ Reduction in reaction times and motor skills
- ⌚ Impaired vision
- ⌚ Exaggerated emotions or mood
- ⌚ Greater risk of injury or automobile accidents

THE BRAIN BENEFITS OF EXERCISE

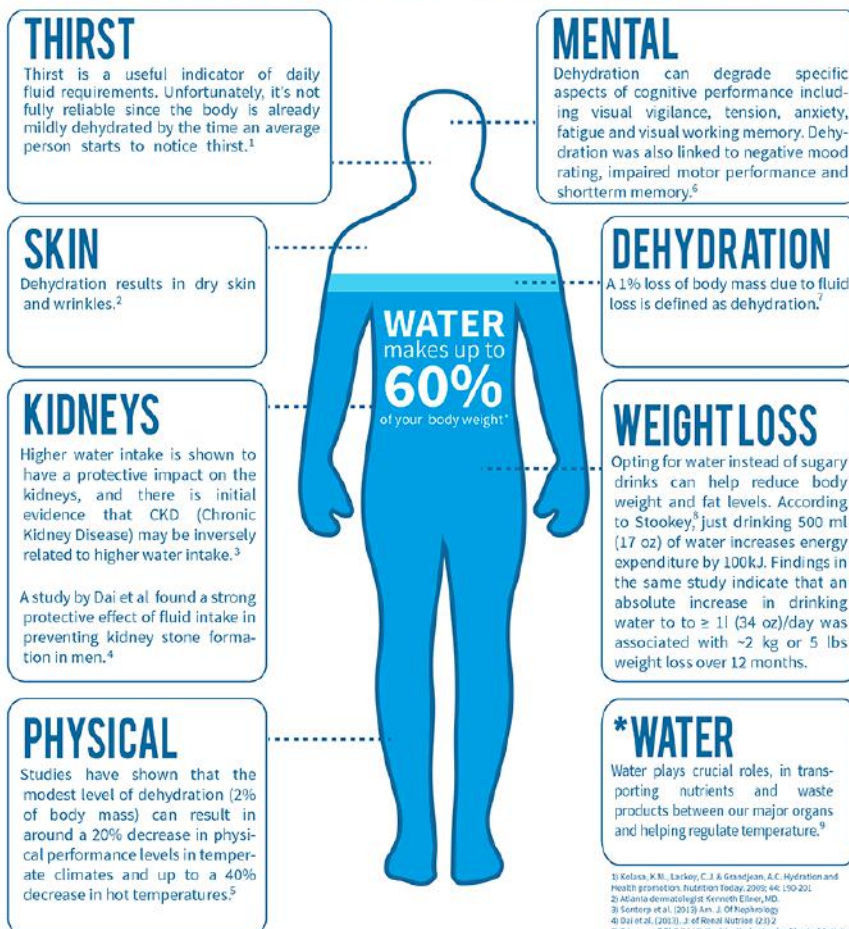


-  INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR
-  IMPROVES MEMORY
-  LENGTHENS ATTENTION SPAN
-  BOOSTS DECISION-MAKING SKILLS
-  PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS
-  IMPROVES MULTI-TASKING AND PLANNING

Men'sHealth



Consequences of Dehydration



¹ Kelso, X.M., Larkley, C. J. & Gendreau, A.C. Hydration and Health: Perspectives. *Nutrition Today*, 2009; 44: 150-201.
² Alcantara-de-Mendoza, K. & Keenan, E. *MD*.
³ Sontrop et al. (2013) *Am. J. Of Nephrology*
⁴ Dai et al. (2013). *J. of Renal Nutrition* (23) 2
⁵ Porsner et al. (2013) *Health: Hydration for Physical Activity*. *Nutrition Today*, Volume 48, No. 62



Week 3:

Read through and discuss “Beating Stress”, and “Sleep, Exercise and Hydration”.

Task: Identify 3 things you need to do more of and 3 things they need to do less of, in order to better manage your stress levels.

More of:

- 1.
- 2.
- 3.

Less of:

- 1.
- 2.
- 3.

Notes:





6 TIPS FOR EFFECTIVE REVISION (Weeks 4 and 5: 5th & 6th Dec, 12th & 14th Dec 2016)

1. Prepare your Workplace

Make sure you have:

- ✓ a tidy, undisturbed place to work – no phones, TV, computers or people
- ✓ a comfortable chair
- ✓ a table which gives you enough room for your books
- ✓ a bright table lamp
- ✓ All the books you need – school notes, revision guides etc.
- ✓ A wall space to display revision notes, personal learning targets, revision timetables, inspirational quotes etc.
- ✓ Pens, pencils, scrap paper.

2. Learning by Heart

Try to memorise:

- ✓ connections between fact and patterns which give shape to a topic e.g. definitions, scientific laws
- ✓ vocabulary and key words in whichever foreign language or technical subject you may be learning
- ✓ quotations from literature
- ✓ diagrams or drawings, for example, of science apparatus or geographical processes you may have to draw
- ✓ scientific facts such as chemical symbols
- ✓ Mathematical formulae – times tables, etc.

3. ACTIVE LEARNING

You can stimulate your mind and learn effectively by:

- ✓ briefly writing down important points
- ✓ drawing diagrams or flow charts several times
- ✓ testing yourself by covering an original drawing or list of key words, drawing/writing it again and then checking it against the original
- ✓ reading out loud
- ✓ walking around a room as you read notes
- ✓ record yourself reading notes and listen back to yourself
- ✓ underlining interesting points or quotations
- ✓ Making up word games of mnemonics to help you e.g. from Geography - to distinguish stalactites from stalagmite growth, remember that "tights fall down, mites go up!"
- ✓ Get family or friends to test and re-test you on what you have learned
- ✓ Working through past exam paper.



4. REVISION NOTES

Make and modify your notes to help you learn by:

- ✓ taking short, well-spaced, numbered and headed notes in lessons.
- ✓ Writing the main points from lessons on A4 revision pages each evening and regularly putting these points on cards (post-cards) to be used for revision
- ✓ using these main-point cards to help you to test yourself by listing key ideas or patterns
- ✓ numbering the points in your list e.g. listing the seven characteristics of living things
- ✓ using subject revision guides which provides all the essential information required for your GCSE syllabus.

5. WORD PATTERNS TO MEMORISE

Some people jog their memories using word patterns – using initial letters, names etc.

- ✓ Word association, e.g. meiosis in ovaries, mitosis in toes.
- ✓ Initial letters e.g. common elements which have an initial letter only for their symbol – CHOPINS – Carbon, Hydrogen, Oxygen, Phosphorus, Iodine, Nitrogen, Sulphur.
- ✓ Rhymes, e.g. winds blow from high to low
- ✓ What happens next? Can you make a chronological list of events which, for instance, lead up to a battle in history, or an important event in the plot of a novel?
- ✓ What are the two sides to an argument? What are the arguments for and against a point or question? Try drawing up a split list with for and against points to be included.
- ✓ What are the similarities and differences between objects or substances? Again, split lists which compare and contrast are good memory joggers.
- ✓ Can a simple diagram help you to explain a complicated process?
- ✓ What are the similarities and differences between objects or substances? Again, split lists which compare and contrast are good memory joggers.

6. BENEFITS OF PRACTISING EXAMINATION QUESTIONS

- Exam questions help you to remember important points in your revision.
- Examiners have a limited number of ways of asking questions, so the more practice you get the less likely you are to be caught out by an unfamiliar style of question
- Practice helps you to understand how many questions to answer on each paper and how many marks each part carries
- Practising questions helps you to time how long different types take to answer
- Practising longer-style questions, such as essays, will help you to score the best marks



Mnemonics

'Mnemonic' is another word for memory. Mnemonics are techniques for remembering information that is otherwise quite difficult to recall: A very simple example is the '30 days hath September' rhyme for remembering the number of days in each calendar month.

The idea behind using mnemonics is to encode difficult-to-remember information in a way that is much easier to remember.

When to Use It:	Technique:	Example:
For information involving key words	Acronym - an invented combination of letters with each letter acting as a cue to an idea you need to remember.	BRASS is an acronym for how to shoot a rifle-- Breath, Relax, Aim, Sight, Squeeze.
For information involving key words	Acrostic - an invented sentence where the first letter of each word is a cue to an idea you need to remember.	EVERY GOOD BOY DESERVES FUN is an acrostic to remember the order of the G-clef notes on sheet music-- E,G,B,D,F.
For ordered or unordered lists	Rhyme-Keys - a 2-step memory process: 1. Memorize key words that can be associated with numbers (one-bun); 2. Create an image of the items you need to remember with key words. (A bun with cheese on it will remind me of dairy products.)	Food groups: 1. Dairy products: one-bun-cheese on a bun. 2. Meat, fish, and poultry: two-shoe-livestock with shoes. 3. Grains: three-tree-sack of grain hanging from tree. 4. Fruit and vegetables: four-door- opening a door and walking into a room stocked with fruits and vegetables.
For approximately twenty items	Loci Method - Imagine placing the items you want to remember in specific locations in a room with which you are familiar.	To remember presidents: Place a dollar bill (George Washington) on the door. Walk into the room and see Jefferson reclining on a sofa and Nixon eating out of the refrigerator.
For foreign language vocabulary	Keyword Method - Select the foreign words you need to remember, then identify an English word that sounds like the foreign one. Now imagine an image that involves the key word with the English meaning of the foreign word.	In Spanish, the word " cabina " means phone booth. Invent an image of a cab trying to fit in a phone booth. When you see the word "cabina," you should be able to recall this image and thereby retrieve the meaning "phone booth."
For remembering names	Image-Name Technique - invent a relationship between the name and the physical characteristics of the person.	Shirley Temple - her curly (rhymes with "Shirley") hair around her temples.
For ordered or unordered lists	Chaining - Create a story where each word or idea you have to remember will cue the next idea you need to recall.	Napoleon, ear, door, Germany Story: Napoleon had his ear to the door to listen to the Germans in his beer cellar.



Five secrets to revising that can improve your grades.

Five evidence-based tips on how to learn:

1. Space your practice

Our analysis showed that people who leave longer gaps between practice attempts go on to score higher. In fact, the longer the gaps, the higher the scores. The difference is huge: people who leave more than 24 hours between their first five attempts at the game and their second five attempts score as highly, on average, as people who have practiced 50% more than them. Our finding confirms lots of other research: if you want to study effectively, you should spread out your revision rather than cramming. This is easier said than done, but if you are organised enough, you can spend less time revising and remember more.

2. Make sure you fail occasionally

A new result from our analysis shows that people who are most inconsistent when they first start have better scores later on. Our theory is that these people are exploring how the game works, rather than trying to get the very highest score they can every time. The moral is clear: invest some time in trying things out, which may mean failing occasionally, if you want to maximise learning in the long run.

3. Practise the thing you'll be tested on

The big mistake many students make is not practising the thing they will be tested on. If your exam involves writing an essay, you need to practise essay-writing. Merely memorising the material is not enough. Writing exam answers is a skill, just like playing an online game is a skill. You wouldn't try and improve at a game by trying to memorise moves, you'd practise making them. Other research confirms that practising retrieving information is one of the best ways to ensure you remember it.

5. Structure information, don't try to remember it

Trying to remember something has been shown to have almost no effect on whether you do remember it. The implication for revision is clear: just looking at your notes won't help you learn them. Instead, you need to reorganise the information in some way – whether by making notes of your notes, thinking about how what you're reading relates to other material, or practising writing answers. This approach, called "depth of processing", is the way to ensure material gets lodged in your memory.

6. Rest and sleep

New research shows that a brief rest after learning something can help you remember it a week later. Other experiments have shown that a full night's sleep helps you learn new skills or retain information. Even napping can help consolidate your memories, and maybe even make you more creative. This is great news for those of us who like to nap during the day, and is a signal to all of us that staying up all night to revise probably isn't a good idea.



Choose your method.

There is no 'correct' way to revise. All our brains work in different ways. **The thing to do is to find the way that works for you.**

Visual, Auditory, Kinaesthetic

Many people say that you can divide people into visual, auditory or kinaesthetic learners. Auditory learners can appropriate what they hear. Visual learners can remember what they see. Kinaesthetic people learn by doing.

Go to the following website which can help you determine which type of learner you are and the variety of methods you could use to revise.

http://www.johndclare.net/a_multipleintelligences.htm

**HOW TO REVISE
SUCCESSFULLY
PLAY TO YOUR
STRENGTHS
...
WORK ON YOUR
WEAKNESSES**

SUGGESTION:

I always found that the best way to revise was to MIX THE INPUTS - not just to use the visual, auditory OR the kinaesthetic channels, but to use a revision method which used MORE THAN ONE.

Thus:

1. 'Write it down' is the best way to learn your notes
2. Walk around while you try to revise (read) your notes.
3. Use diagrams.
4. Stick your notes around the house.
5. Teach your notes to others.
6. Write down your notes on postcards, then spread them out on your table-top. etc.

Notes on notes on notes

Your brain has three kinds of memory cells - sound, sight and feel. The best kind of learning occurs when you use all three at the same time. Writing it down does this - you see the words, you say them in your mind (or out loud) as you write them, and you are using your movement/spatial senses as you write them down on the paper.

One tried and tested method is just to copy out your notes, by hand, again and again. Better still - because it makes you THINK about what you are writing - is to make a paraphrase of your notes, then a paraphrase of the paraphrase, and so on, until you have compressed your notes into a series of cryptic headings. Not only are these easy to learn, by writing and re-writing the words you have helped to embed them in your brain.

REMEMBER
"The easiest way to
'fix the information' in your
brain is to
WRITE IT DOWN"



Different ways of revising

Revision Sheets

Using revision booklets, sheets from school or internet sites like bbc's bitesize you can:

1. Use the notes-on-notes technique to paraphrase the sheets.
2. Many of the notes on the revision sheets are presented as auditory learning aids called mnemonics - words or phrases which carry the first letter of the different points.
3. Most of the revision sheets comprise numbers/lists of facts under a series of heads. Where these are not linked by a mnemonic, you can invent your own mnemonics, or use other visual hooks to remember them.
4. When you think you have learned the sheet, stick the hard copies up on a wall where you can read the titles but not the words, and then go through each sheet, rehearsing what each section says.
5. The revision sheet webpages use 'collapsible lists' to 'hide' the next level of notes - you can use this to 'test' you're learning, by making yourself rehearse what the notes say before you 'reveal' the text. In this way you can 'self-test' you're learning.
6. Take the sheets downstairs, and ask a family member to 'test' you on them.

Active Revision Techniques

- 1) Make notes of notes, **summarise/bullet point**
- 2) Put revision notes on **Flash Cards**
- 3) Draw **Spider diagrams** and **Mindmaps**
<http://www.bbc.co.uk/schools/gcsebitesize/maps/index.shtml>
- 4) Use **Revision Books** and **Websites**
- 5) **Read Aloud** and **Walk About!**
- 6) Make up **Songs, Rhymes** and **Chants**
- 7) Use **your phone, download revision apps/Khan academy/GCSE POD**
- 8) Stick up **Posters** and use **Post-its**
- 9) Practice making **Essay Plans**
- 10) Revise with a **Friend – teach each other**

Top revision tips

1 **Start as early as you can**

Cramming at the last minute is stressful and has limited success.

2 **Make a plan**

Work out how much time you have and how long you can spend on each subject.

3 **Create a suitable space**

Find a quiet spot away from distractions and keep your things all in one place.

4 **Use methods best for you**

Choose the most appropriate revision methods and try to use a mixture for best results.

5 **Take regular breaks**

It is possible to work too hard! Your brain needs a rest to help it process information.

6 **Revise with a friend**

Talking through what you've learned can help information stick.

7 **Use past papers**

These are a great way of getting used to the exam format and testing what you've learned.

8 **Eat healthily**

Certain foods boost your brainpower and will make you remember more.

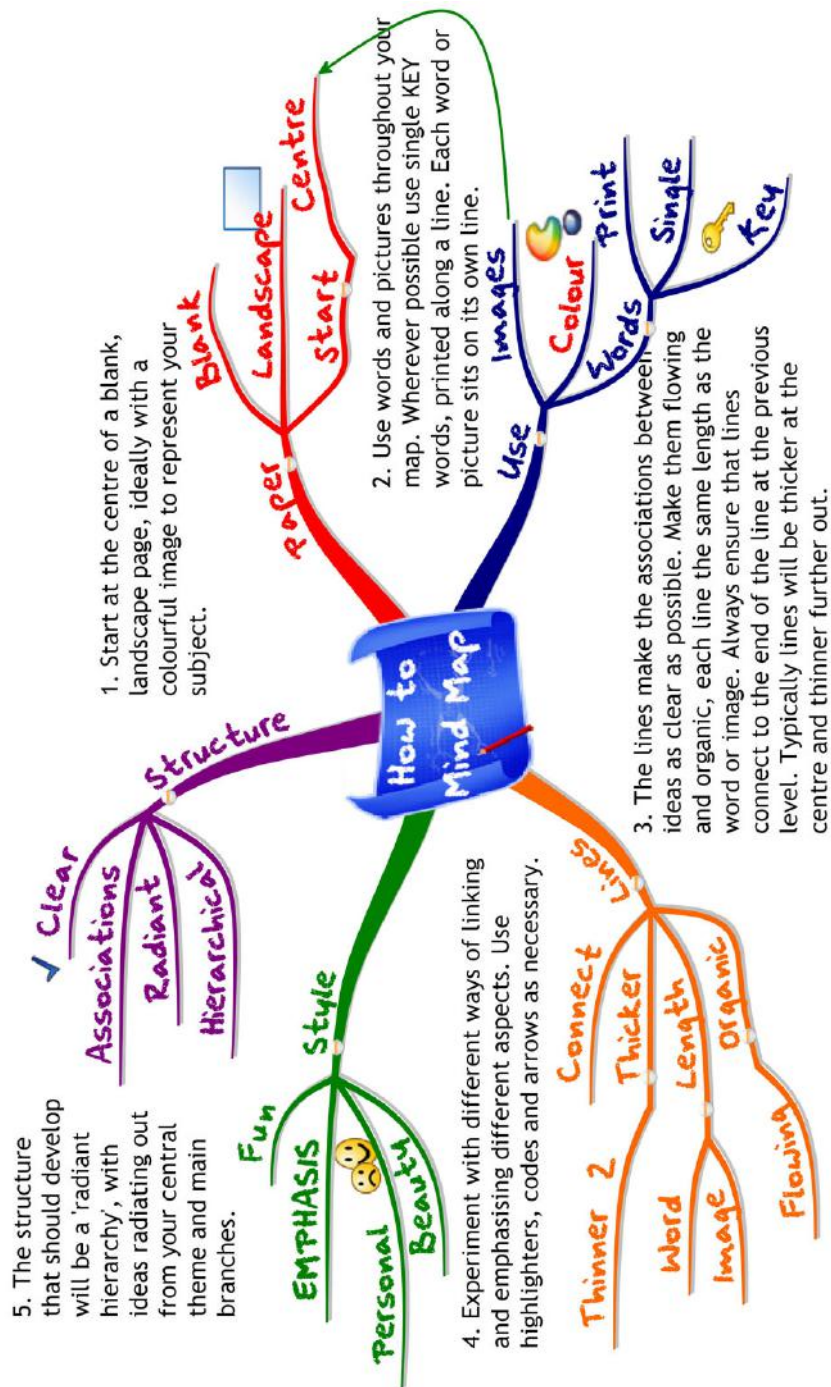
See the pod at: <http://www.gcsepod.tv/revision-tips>



GCSE Revision	https://www.gcsepod.com <i>(All year 11 students have access to this!!)</i>
For all subjects	www.studyzones.com/
	https://online.espresso.co.uk
	www.gcse.com/
	www.sparknotes.com/
	www.bbc.co.uk > Bitesize > GCSE
	https://revisionworld.com/
	www.gcseguide.co.uk/
	www.s-cool.co.uk >
	www.topmarks.co.uk/
	https://www.samlearning.com/
English	https://www.gcsepod.com <i>(All year 11 students have access to this!!)</i>
	www.novelguide.com/
	www.englishbiz.co.uk/
Maths	https://www.gcsepod.com <i>(All year 11 students have access to this!!)</i>
	https://www.mrbartonmaths.com/
	https://hegartymaths.com/
	https://www.mymaths.co.uk/
	https://corbettmaths.com
History	https://www.gcsepod.com <i>(All year 11 students have access to this!!)</i>
	www.activehistory.co.uk
	https://schoolhistory.co.uk/
Science	https://www.gcsepod.com <i>(All year 11 students have access to this!!)</i>
	purchon.com/
	www.creative-chemistry.org.uk/
DT	https://www.gcsepod.com <i>(All year 11 students have access to this!!)</i>
	www.dtonline.org/
	www.mr-dt.com
	www.technologystudent.com/
ICT / Computing	https://www.gcsepod.com <i>(All year 11 students have access to this!!)</i>
	www.teach-ict.com/gcse_new.html
MFL	https://www.gcsepod.com <i>(All year 11 students have access to this!!)</i>



	www.linguascope.com/
	urlm.co.uk/www.bonjour.org.uk
	www.frenchrevision.co.uk/
Geography	https://www.rgs.org/





GET ALL THE MARKS YOU DESERVE!

Essay questions

Planning is vital, of course. Before you start writing an essay spend a few minutes planning what you are going to say. Write down brief notes on the:

- Introduction - this tells the examiner what the essay is about. This can be very useful if you do not finish since it may give the examiner some information for which marks can be awarded.
- Headings - these are your main points. You will need around five, and should plan to write a paragraph on each.
- Key words - these are the notes you will use when you write the essay proper. Key words will help jog your memory.
- Evidence - each new idea should be in a new paragraph, and you need to provide some evidence for each point you made. Use quotation marks 'quote' when quoting speech etc and be precise.
- Conclusion - this is a short section used to sum up your ideas at the end.

WORDS USED BY EXAMINERS

Check out these words – they're all used by examiners. How sure are you of their meanings?

Calculate	this means that a numerical answer is needed – remember, show your working
Complete	you must complete a sentence, drawing, table, graph, etc.
Define	describe precisely
Describe	A series of important points which must be written down in a few sentences.
Discuss	you must indicate points in favour of an argument and points against – then sum up in a conclusion at the end
Explain	write down what you understand – sometimes particularly in Science, a diagram helps
Find	This term is often used in maths and may mean that you have to do a calculation, or make a reading from a graph, or take a measurement.
Outline	brief notes are needed, about only the most important points
Predict	use some given information or information which you have found to say what is likely to happen as a result
State	a brief answer giving basic facts is needed
Suggest	this often refers to information or a situation which is not on the syllabus but you will have been given information in the question which you can use



THE EXAM

If you work right up to the last minute all of the topics will be churning about in your mind, so take time out before each exam so that you are fresh for the exam.

THE NIGHT BEFORE THE FIRST EXAM

- Make sure that you have all your examination equipment ready the night before – pen (and at least one spare), pencil, pencil sharpener, rubber, ruler and other items which you may be allowed to take in to the exam, such as a calculator.
- Make sure that you have a centre number and a candidate number.
- Check your exam timetable – which room is the exam in? What time do you have to be there?
- Try some relaxation exercises, get an early night and wake up early
- Eat breakfast and a healthy snack before the exam
- Make yourself familiar with the structure of the exam

IN THE EXAM ROOM - Everybody will be feeling nervous - this is normal.

Action checklist to calm your nerves!

DO get out all the equipment that you will need for this exam and arrange it on your desk.

DO take your watch off and check the time against the exam room clock; put in on your desk so that you can easily see it.

DO fill in the relevant sections on the front of your exam script, including your centre number and candidate number in the boxes provided for them.

DO read your exam paper. Make sure that you read the instructions – underline important points.

DO work out how much time you have for each question.

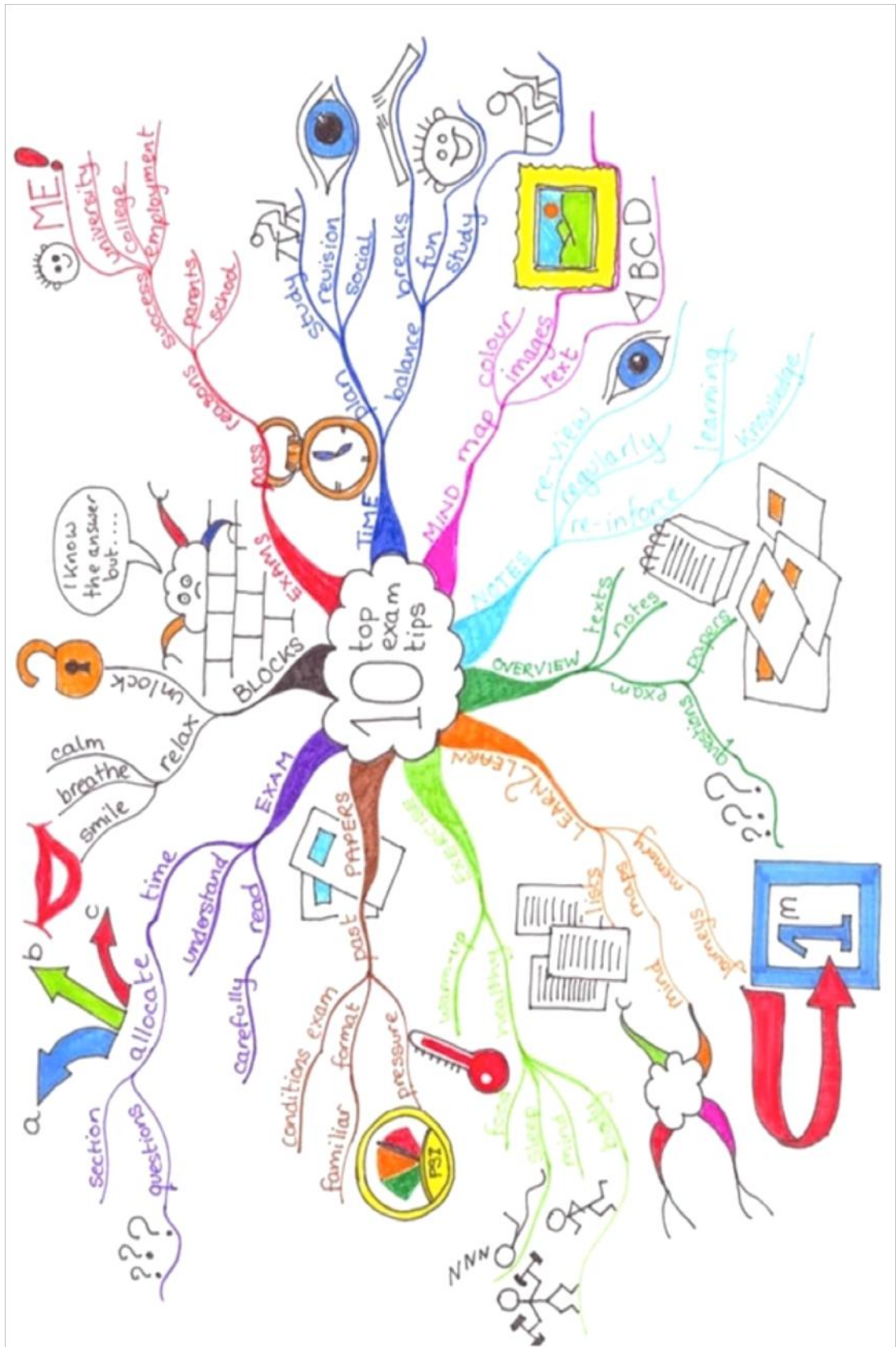
DO decide which question you can do best and (if possible) do it first – this helps to boost your confidence.

DO include all your workings – you could get plenty of marks for them.

DO make sure that you have at least five minutes at the end of the exam to go over what you have done to check for mistakes and add more detail.

DON'T panic if your mind appears to go blank. Look at key words in the question, this will help jog your memory.

DON'T let your handwriting let you down – if they can't read it, examiners can't give you marks.





BELIEVE

YOU CAN

..... AND YOU

Will