

**Year 11 – Guide
to preparing for
exams**



**KEEP
CALM
AND
REVISE**

TIP 1 – Do your homework!

In year 11 nearly all the homework the teachers at TPS set is revision. It could be knowledge planners, take 5's, online learning, past papers.... The list goes on. During the run up to the exams you must prioritise this homework. Remember we know what you need to revise and the homework reflects that. We are trying to make your revision as easy as possible for you 😊



It's not easy, but
it's simple.



TIP 2 – Make time to revise

Name:				My Revision/homework timetable				
	Mon	Tues	Wed	Thurs	Fri	WEEKEND	Sat	Sun
Afterschool / Period 7						Revision 1 25 mins		
25 mins						Revision 2 25 mins		
25mins						Revision 3 25 mins		
25 mins						Revision 4 25 mins		

The Revision Timetable

You have made one of these before, before the last set of PPEs. It is time to refresh this and make another one.

Remember the key ingredients of a good revision TT:

- **Be realistic of when you can revise. Include any clubs/activities which will mean you can not revise during that evening.**
- **Revise in 25 minute blocks. When the 25 minutes over don't jump on your phone and get distracted. A short break for a drink/stretch and then back on it for the next 25 mins**
- **Mix your subjects up. Don't try and do 2 hours of English in one day, do several different subjects**
- **Make sure you are organised. If you are making flashcards or mind maps make sure you get organised and store them safely so they do not get lost.**

TIP 3 – Period 7/Revision Sessions

Period 7 sessions are run by teachers to support students who need some extra help in preparation for their exams.

Some students are requested to come (This can be due to a range of reasons)

However anyone can attend period 7. All the need to do is email or ask their teacher in person. If any students feels like they would benefit from extra support they are welcome to come along.

Period 7 Days and timings:

Monday – English

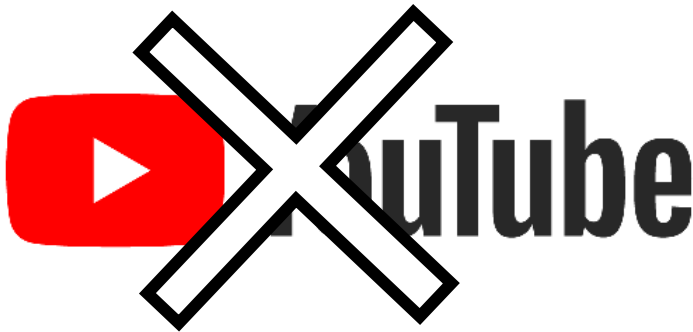
Tuesday – Maths

Wednesday – No sessions due to staff meetings

Thursday – Science/Humanities

Friday – Option subjects

TIP 4 – Avoid distractions



If you are going to revise effectively you must schedule down time from technology.

When you are revising try to put your phone in another room (even give it to your parents to look after)

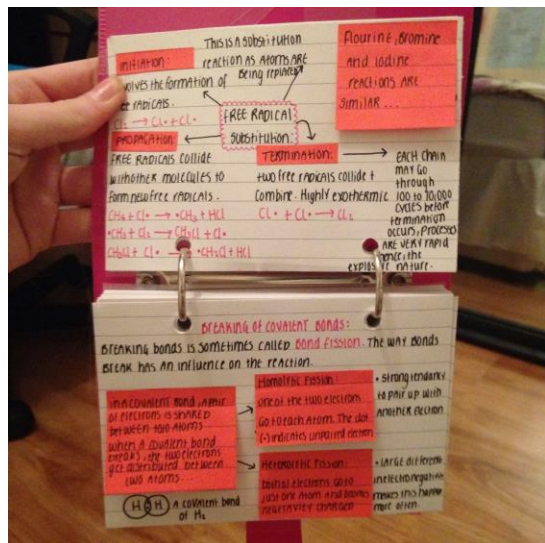
Make sure you switch off the TV and focus on the revision you are trying to do. You can get check Tik Tok afterwards 😊

<https://support.apple.com/en-us/HT208982> - How to use Apple screen time

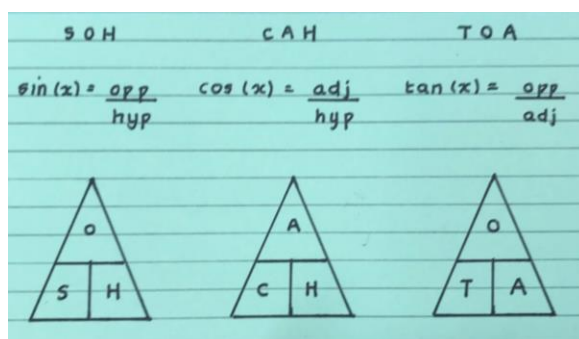
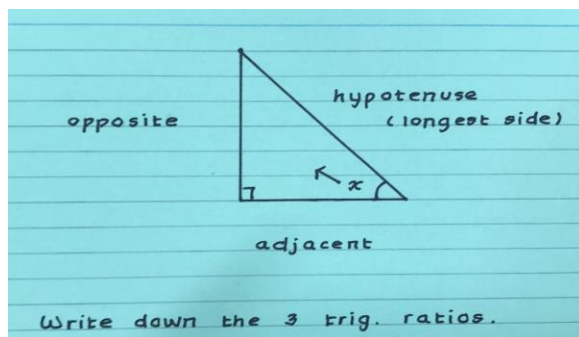
<https://families.google.com/familylink/> - How to use google family link

TIP 5 – Flashcards

Not a great flash card



A great flash card



We had a great assembly on how to make good flashcards earlier in the year. **Here is a reminder:**

Recognition and recall
- study both sides of the questions

Flash cards ARE NOT the only way to revise

Avoid illusions of competence

Add pictures – Mix them with words

Make your own

Only have 1 fact/1 question

Say your answers out loud..... Don't look until you have said it.

Breakdown complex concepts into multiple simple questions

Mnemonic Device – Make associations

TIP 6 – Mind Maps



Things to remember with mind maps:

- Don't make the topic too big. Try and focus these on an area you are struggling to remember
- Use colour! This helps to make the information more memorable. Everything is more interesting with colour
- Do not write long sentences. Stick to a few words.
- Use pictures alongside your words (This is called dual coding and helps to make it more memorable)
- Stick them up somewhere so you can re-read them
- Make them personal to you. Do not copy someone else, the more you do yourself the more memorable the information will be.

TIP 7 – Past papers



Past papers are available for all your exams online. All you need is to know your exam board for each subject. Then you can download past papers and their mark schemes. Then all you need to do is print them 😊

Things to remember:

- Do not try and complete loads of papers in one go. Maximum one in an evening
- Time yourself. On the front of the exam will be the time limit, make sure to time yourself incase timing is the problem.
- Don't try and mark them yourself unless you must. Could one of your parents/older siblings/teachers go through the paper with you?

Exam boards and links to past papers

Art - Fine Art	AQA	https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201-8206
Art - Photography	AQA	https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201-8206/subject-content/photography
Biology	AQA	https://www.aqa.org.uk/subjects/science/gcse/biology-8461/assessment-resources?
Business	OCR	https://www.ocr.org.uk/qualifications/gcse/business-j204-from-2017/assessment/
Chemistry	AQA	https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462/assessment-resources
Combined Science	AQA	https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464/assessment-resources
Computer Science	OCR	https://www.ocr.org.uk/qualifications/gcse/computer-science-j277-from-2020/assessment/
Dance	AQA	https://www.aqa.org.uk/subjects/dance/gcse/dance-8236/assessment-resources
Drama	AQA	https://www.aqa.org.uk/subjects/drama/gcse/drama-8261/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes
Design & Technology	WJEC/Eduqas	https://www.educas.co.uk/qualifications/design-and-technology-gcse/#tab_overview
Economics	OCR	https://ocr.org.uk/qualifications/gcse/economics-j205-from-2017/assessment/
English Language	AQA	https://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessment-resources
English Literature	AQA	https://www.aqa.org.uk/subjects/english/gcse/english-literature-8702/assessment-resources
Food preparation and Nutrition	WJEC/Eduqas	https://www.educas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab_pastpapers
French	AQA	https://www.aqa.org.uk/subjects/languages/gcse/french-8658/assessment-resources
German	AQA	https://www.aqa.org.uk/subjects/languages/gcse/german-8668/assessment-resources
Geography	AQA	https://www.aqa.org.uk/subjects/geography/gcse/geography-8035/assessment-resources
History	WJEC/Eduqas	https://www.educas.co.uk/qualifications/history-gcse/#tab_pastpapers
Mathematics	Pearson	https://qualifications.pearson.com/en/qualifications/edexcel-gcses/mathematics-2015.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FExam-materials
Further Maths	AQA	https://www.aqa.org.uk/subjects/mathematics/aqa-certificate/further-mathematics-8365/assessment-resources
Media Studies	AQA	https://www.aqa.org.uk/subjects/media-studies/gcse/media-studies-8572/assessment-resources
Music	WJEC/Eduqas	https://www.educas.co.uk/qualifications/music-gcse/#tab_pastpapers
Physical Education	AQA	https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/assessment-resources
Physics	AQA	https://www.aqa.org.uk/subjects/science/gcse/physics-8463
Religious Studies A	AQA	https://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062/assessment-resources
Sociology	AQA	https://www.aqa.org.uk/subjects/sociology/gcse/sociology-8192/assessment-resources
Spanish	AQA	https://www.aqa.org.uk/subjects/languages/gcse/spanish-8698/assessment-resources
BTEC		
BTEC Level 1 / Level 2 First Award - Travel & Tourism	Pearson/Edexcel	https://qualifications.pearson.com/en/qualifications/btec-nationals/travel-and-tourism-2019.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments
BTEC level 1/2 Tech Award - Health & Social care	Pearson/Edexcel	https://qualifications.pearson.com/en/qualifications/btec-tech-awards/health-and-social-care.html

TIP 8 – Attend parents evening

Parents evenings are great opportunities to talk to teachers and find out firstly how your child is doing. Secondly they are a chance to discuss strategies and ideas of how to help your child improve.

Parents evening appointments can be booked here:

<https://petersfieldschool.schoolcloud.co.uk/>

If you cannot attend parents evening you can contact any member of staff to discuss any questions or concerns you have via this link:

<https://www.petersfieldschool.com/contact-form-test/>



We're here to talk

TIP 9 – Get some rest

Sleep and rest is important, especially when you are a teenager.

The teenage years are a formative period. The brain and body experience significant development, and the transition to adulthood brings important changes that affect emotions, personality, social and family life, and academics.

Sleep is essential during this time, working behind the scenes to allow teens to be at their best. Unfortunately, research indicates that many teens get far less sleep than they need.

Both the National Sleep Foundation and the American Academy of Sleep Medicine agree that [teens need between 8 and 10 hours of sleep per night](#). Getting this recommended amount of sleep can help teens maintain their physical health, emotional well-being, and school performance.

A beneficial step is for teens to review and improve their sleep hygiene, which includes their sleep environment and habits. Some healthy sleep tips that can help in this process include:

- Budgeting eight hours of sleep into your daily schedule and keeping that same schedule on both weekdays and weekends.
- Creating a consistent pre-bed routine to help with relaxation and falling asleep fast.
- Avoiding caffeine and energy drinks, especially in the afternoon and evening.
- Putting away electronic devices for at least a half-hour before bed and keeping them on silent mode to avoid checking them during the night.
- Setting up your bed with a supportive bed that's the best mattress for you. And don't forget a good pillow.
- Keeping your bedroom cool, dark, and quiet.