

Maximising Potential

"Outstanding achievement for all"

Outstanding Achievement for All



Key point for revision and learning!

'Memory is the residue of thought.'

*Daniel Willingham, Professor of Psychology,
the University of Virginia.*

*All revision should be designed to
make you THINK!*

**Education:
the passport to
your future**



Eckington School

Chorus Education Trust

Mock Exams
(November 2024)

Real Exams
(May 2025)

Outstanding Achievement for All



Exam-Readiness



Eckington School

Chorus Education Trust

Mock Exams - Why??

Gives an **accurate picture** of how students are doing.

Gives students the **experience** of working under timed exam conditions

Allows the teachers to see which **topics/skills** to work on.

Predicted grades from the mock exams will be used for Sixth Form and college predictions.

Prepares students so that they can **hone your revision skills** and test their readiness for the real exams later in the year.



Preparing for Exams

- All students will receive a personalised timetable. This shows the venue of the exam and the seat number in the exam room.
- Students should use this personalised timetable to prepare their own revision timetable.
 - Look carefully at when exams are? Which papers are being delivered on which days? What content is going to be examined first? Which subjects have earlier or later exams?



Date	Period 1-2	Break	Period 3-4
Friday 15 November	English Literature		German: Listening & Reading
Monday 18 November	English Language		Creative <u>iMedia</u>
Tuesday 19 November	Biology		Geography Paper 1
Wednesday 20 November	Business		Hospitality & Catering
Thursday 21 November	Chemistry		French: Listening & Reading
Friday 22 November	Mathematics: Paper 1		Geography Paper 2
Monday 25 November	Physics		Physical Education Drama
Tuesday 26 November	Mathematics: Paper 2		Design Technology
Wednesday 27 November	History		Health & Fitness
Thursday 28 November	Mathematics: Paper 3		Media Studies
Friday 29 November	School Closed. Disaggregated training day.		



Preparing for Exams – Know the rules

1. Be on time for all exams. If students are late, their work might not be accepted.
2. Students must ensure that following are in their bags and not on them during exam:
 - Notes and revision material.
 - Watches – any watch, not just smart watches.
 - Any electronic device with storage facilities or Wi-Fi, mobile data or Bluetooth connectivity, or be used for communication, e.g. phones, AirPods or earphones/earbuds. These must be switched off.
3. Any pencil cases taken into the exam room must be see-through.
4. All water bottles must be clear, with no wrappers.
5. Remember: possession of unauthorised material is breaking the rules, even if you do not intend to use it, and you will be subject to penalty and possible disqualification.



Preparing for Exams – Know the rules

5. If a student does have a watch, the invigilator will ask you to hand it to them.
6. Students must not use correcting pens, fluid or tape, erasable pens, highlighters or gel pens in their answers.
7. Students must not talk to or try to communicate with, or disturb other candidates once the exam has started.
8. If a student leaves the exam room unaccompanied by an invigilator before the exam has finished, they will not be allowed to return.
9. Students must not borrow anything from another candidate during the exam.



On the day of the exam

- Know the dates and times of all exams. Students should arrive at least ten minutes before the start of each exam.
- If a student arrives late for an exam, they should report to the invigilator running the exam.
- If a student arrives more than one hour after the published starting time for the exam, they may not be allowed to take it or their exam paper is unlikely to be marked.
- Students should only take into the exam room the pens, pencils, erasers and any other equipment which they will need for the exam.
- Students must write clearly and in black ink. Coloured pencils or inks may only be used for diagrams, maps, charts, etc. unless the instructions printed on the front of the question paper state otherwise.

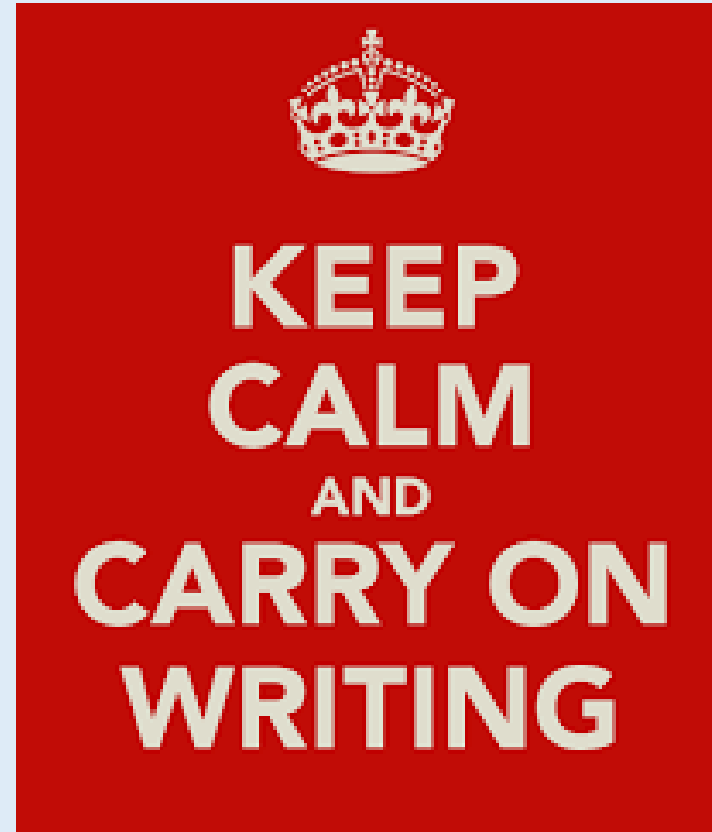


Exam Conditions

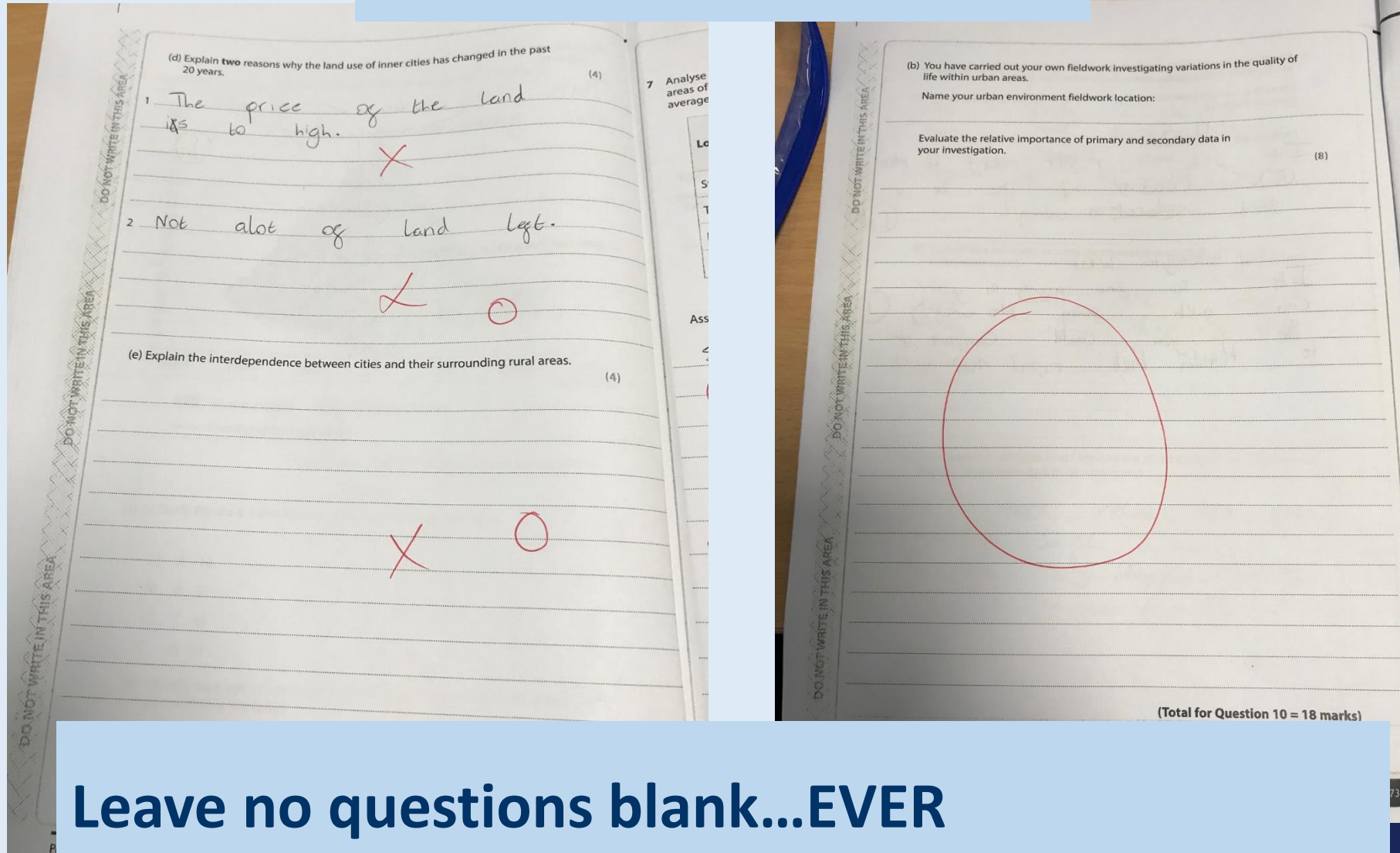
- Exam conditions apply from the time students enter the exam hall/room to the time they leave. **This includes dropping off and collecting your bag.**
- Students must remain silent at all times and not attempt to communicate with other candidates.
- Students must go straight to your seat.
- All bags, coats and outside clothing must be left at the back of the exam hall/room.



Give yourself the best
chance in life



Give yourself the best chance
in life



Leave no questions blank...EVER



What if a student is unwell for a real exam?

- Students should attempt all exams, even if they are unwell on the day of the exam.
- Students should let the lead invigilator know if they are unwell and feel this will affect their work.
- If a student is too ill to attend an exam, please try and get a doctor's note – we may be able to apply for special consideration.
- If a student does not attend an examination without good reason, you may be asked to pay for the cost of entry.



Contingency Sessions for the summer exams

- There are contingency sessions within the Summer 2025 exam timetable – the afternoon of 11 June 2025 and the morning and afternoon of 25 June 2025.
- These dates are available in case any examination has to be moved for any reason.
- Although this is incredibly unlikely, you must make sure your child is available on all three dates even if they do not have an exam.



Before sitting your exams, ensure you know:

- ☐ the date, time and location of your exams – you might find it helpful to write this information in a calendar or planner
- ☐ who to contact at school or college in case there's an emergency that makes you late or unable to sit your exam

What you cannot take into exams:

- ☐ any type of phone
- ☐ revision notes
- ☐ any type of watch (this includes analogue, digital and smart watches)



What you will need:

- ☐ a clear pencil case
- ☐ at least two black ink pens – blue pens are not acceptable
- ☐ an approved calculator for relevant exams
- ☐ appropriate apparatus such as a ruler or protractor for relevant exams
- ☐ a clear water bottle if you wish to take one in – it must not have a label



Other important information:

- ☐ Listen carefully to the invigilator's instructions which will be specific to your exam. If you are unsure of anything, please raise your hand and wait for the invigilator.
- ☐ Fill in your details on the front of your answer booklet.
- ☐ If you need additional answer sheets, raise your hand and wait for an invigilator who will provide you with one. Remember to add your details to this booklet too.
- ☐ If you need to use the toilet or feel unwell, raise your hand and wait for an invigilator who will escort you from the exam room.
- ☐ Make sure you stay silent – talking to a fellow candidate could result in disqualification from all your exams.

If you have any questions about your exams, please ask your teacher or exams officer.



Revision Strategies



Revision Strategies for students

1. Organise Your Study Material:

Arrange your notes and resources in a structured manner, making it easier to review and locate information.

2. Create a Study Schedule:

Plan dedicated time for each subject, ensuring comprehensive coverage and avoiding last-minute cramming.

3. Practice Past Papers:

Familiarize yourself with the exam format and types of questions by solving past papers. This enhances your understanding and time management skills

4. Flashcards:

Condense key information onto flashcards for quick, targeted revision, especially for facts and definitions.

5. Active Recall:

Test your memory by recalling information without looking at your notes. This helps reinforce learning and identify weak areas.



Revision Strategies for students

6. Teach the Material:

Explain concepts to someone else or even to yourself. Teaching reinforces understanding and exposes areas where you might be unclear.

7. Mind Maps:

Create visual aids like mind maps to connect ideas and see the bigger picture, helping with memory retention.

8. Seek Help:

If you're struggling with certain topics, don't hesitate to ask teachers, classmates, or use online resources for clarification.

9. Breaks and Rewards:

Take regular breaks during study sessions to maintain focus and reward yourself after achieving specific milestones to stay motivated.

10. Variety in Study Methods:

Mix up your revision techniques to prevent boredom and increase engagement. Combine reading, writing, and hands-on activities for a well-rounded approach







Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4pm	BREAK	Return from Maths P6	Revise History	Return from Science P6	BREAK	Football match	Revise English
5pm	Revise English	BREAK	Revise Art	Revise Maths	Revise Science	Revise Maths	Visit Nan
6pm	Football training	Revise Science		Football training		BREAK	
7pm							

- STEP 1: Create a blank table
- STEP 2: Schedule in your regular commitments
- STEP 3: Block out break times
- STEP 4. Allocate revision slots
- STEP 5. Identify weaknesses and prioritise correctly
- STEP 6. Schedule challenging subjects for when you work best
- STEP 7. Reward yourself for sticking to the plan

Revision Technique 1 : Topic Checklists/PLCs

- Download or create a checklist of all the topics in a subject
- Colour code or rank how confident you feel about the topic to identify the ones for priority revision

Topic	Content					Revised 
1. Proof	1.1	Proof by deduction				
	1.2	Proof by exhaustion				
	1.3	Disproof by counter example				
	1.4	Proof by contradiction				
2. Algebra and Functions	2.1	Laws of indices				
	2.2	Surds				
	2.3	Quadratic functions and their graphs				
		The discriminant				
		Completing the square				
		Solving quadratic equations using factorisation, completing the square and the quadratic formula				
		Solving related quadratics, such as exponential and trigonometric equations				
	2.4	Simultaneous Equations				

Why they're great?

It focuses your revision to what you need

It stops you revising to topics you enjoy

The ranking can change as you go



Revision Technique 2 : Flash Cards

- On the front of the card, write a key term, question or quote.
- On the back of the card, answer that question or define the term.
- Try to answer the front of the card before checking the back

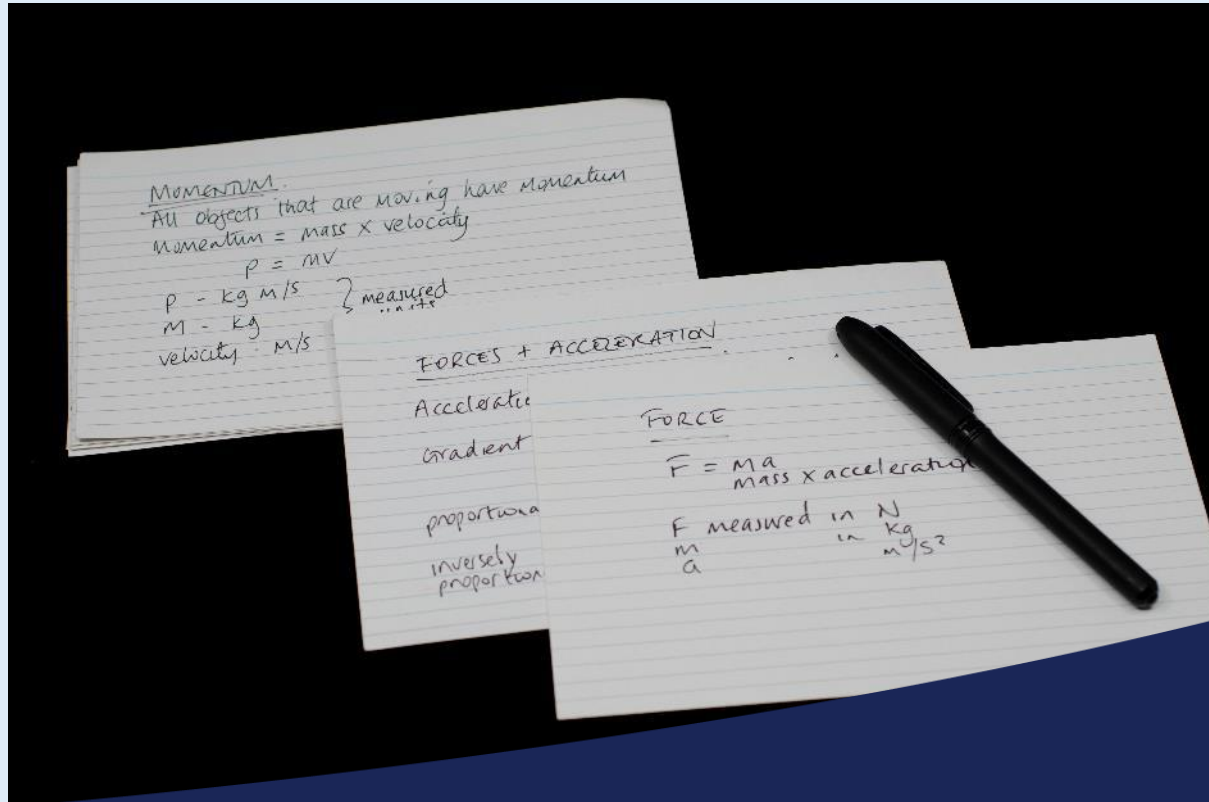
Why they're great?

Very portable

Easy to make

Others can get involved

Excellent if short on time



Revision Technique 3 : Mind Maps

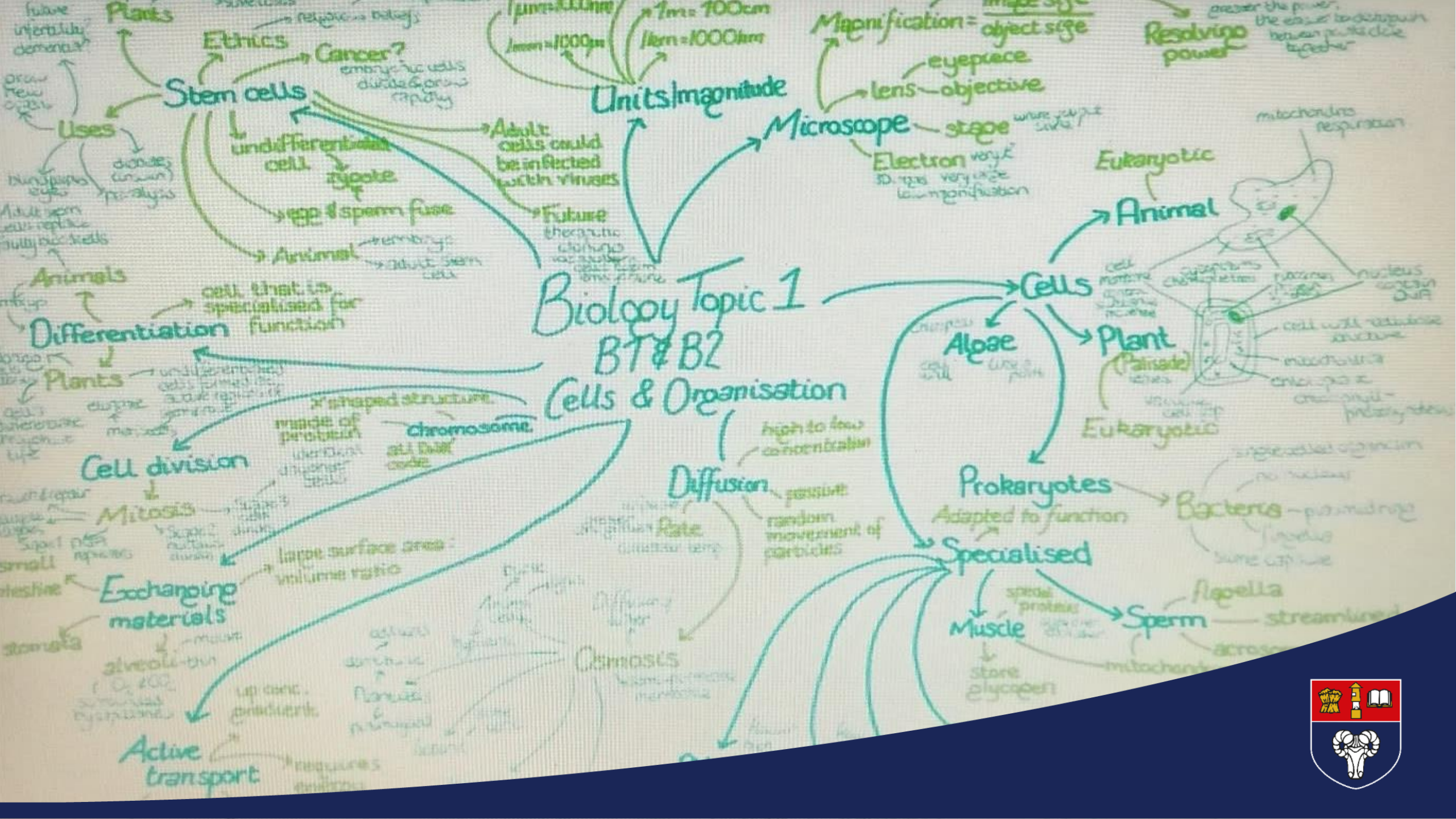
- Write the main topic in the middle of the paper and draw a ring around it
- For each key point draw a branch out from the main topic.
- Write a key word or phrase on each branch
- Build out further branches and add details

Why they're great?

Can be used as retrieval (remembering info) OR Summarising lots of information

Easy to make





Revision Technique 4 : Post-it Notes

- Write down key terminology/definitions/icons on a post-it note
- Stick the post-it notes in places that you spend a lot of time
- Sub-consciously you will be taking in information

Why they're great?

Cheap

Perfect for key information

Easily changed/Developed if needed



Revision Technique 5 : Past exam papers

- Access exam papers online or ask teacher to get them
- Very effective for improving exam technique
- Try a question at a time or whole paper

Why they're great?

Mark scheme shows the perfect answer

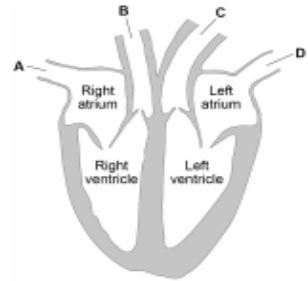
Improves confidence on extended questions

Either attempt the question and check against mark scheme OR look at the mark scheme for the perfect answer then have a go.

2

Figure 1 shows a human heart.

Figure 1



0 1 . 1 Which blood vessel carries deoxygenated blood away from the heart to the lungs? [1 mark]

Tick (✓) one box.

A ☐ B ☐ C ☐ D ☐

0 1 . 2 The natural resting heart rate is controlled by a group of cells that act as a pacemaker. [1 mark]

Where in the heart are 'pacemaker cells' found?

Tick (✓) one box.

Left atrium ☐

Left ventricle ☐

Right atrium ☐

Right ventricle ☐

Do not write outside the box




Science Past Papers - [AQA | Find past papers and mark schemes](#)

Find past papers and mark schemes

Find past papers and mark schemes to help you prepare for exams.

Select a subject to start your search.


Subject


Qualification

Specification

Series

A word about English Mock from Mrs Thompson...

- **The English Literature mock will be a full paper 2**
(An Inspector Calls, Love and Relationships poetry and Unseen poetry)
- **The English Language mock will be a full paper 1**
(Reading section: all 4 questions, and writing section: descriptive narrative)
- Revision should focus on:
 - Learning the **content** of the knowledge organisers for **English literature**, and the **exam strategies** from the knowledge organisers for **English language**.
 - Using the literature essay plans to plan responses to sample questions.
 - Answering sample questions using the specific timings given on knowledge organisers. Timing is often a key issue for literature paper 2 and on both language papers.



A word about Science Mock from Mrs Streets...

- **The mock exams will be AQA Paper 1 (70 marks/75 mins)**

Revision should focus on:

- **Content**
- **Required practicals**
- **6 mark question technique**

Biology

Cell Biology

Organisation

Infection and Response

Bioenergetics

Chemistry

Atomic Structure and the
Periodic Table

Bonding, Structure and the
Properties of Matter

Quantitative Chemistry

Chemical Changes

Energy Changes

Physics

Energy

Electricity

Particle Model of Matter

Atomic Structure (radiation)



A word about Humanities Mocks from Mr Jessop...

History:

1 x 2 hour paper - Covering everything from Year 10
The Power and the People AND Restoration England

Geography:

2 x exam papers -

Paper 1 - Full paper 1 (1.5 hours) Hazards / Living World / Rivers and Coasts.

Paper 2 (1 hour) - Urban / Resource



A word about MFL Mock from Mrs Atkin...

- Official mock: **German 15th Nov and French 21st Nov**
- There will be another 'unofficial' mock for students in February 2025 (*date to be confirmed*) and they will have the chance to do an internal mock in all 4 skill areas (Reading, Writing, Speaking and Listening). This will be covered internally.
- All students will be given revision booklets and MFL department are distributing them to ensure that they have been received.
- Students are well versed in vocab learning already but they need to keep doing their revision little and often in 20 minute bursts. They need to look at topics in their revision guide and attend **P6 sessions on a Wednesday** armed with topics/areas for further discussion and clarification. These start for **French on Wednesday 2nd of October and for German after half term. They will be every Wednesday in ML5 and ML3**



Y11 interventions



Y11 Interventions

- Period 6
- Targeted Registration Intervention

Pupils that had >95% attendance to their interventions last year **improved their grade by 1.5 grades by the end of the year.**

e.g. Grade 3+ to Grade 5 in Maths

e.g. 65 to a grade to a 77 in Science



REVISION PLANNING

Department: **History**

Exam details:

Paper One: 15th May 2023

Paper Two: 4th June 2023

What are the timings?

Two hours per exam Paper

How many papers? Two

What percentage do each paper/ coursework make up of the qualification?

No Coursework

Exam Board: AQA

Revision Guide: N/A

Which books?

Students should use notes in their notebooks, but there will be digital copy of notes is available.

Topics / Units :

Exam Paper 1: Understanding the Modern World

SECTION A. (Period Study) America, 1920-1973, Opportunity and Inequality.

SECTION B. (World Depth Study) Conflict and Tensions, 1918-1939, Inter-war years.

Exam Paper 2: Shaping the Nation

SECTION A. (Thematic Study) Britain, Power and the People, 1170 to Present Day.

SECTION B. (British Depth Study) Restoration England, 1660-1685.

Website or online resources:

Main online resource is the notes from the department share point.

World Depth Study: [America GCSE 1920-1973 - YouTube](#)

World Depth Study [AQA GCSE History: Conflict and Tension - The inter war years - YouTube](#)

Thematic Study: [RULERS & RULED \(British Political History 1066-1919\) - YouTube](#)

Revision ideas:

Use the sets of model answers to help you reflect on your attempts of past paper responses.

REVISION PLANNING

Department: **Geography**

Exam details:

A fully examined course

x3 Exams 1hr 30 mins each

The exams are sat in May and June of your year 11

Each of the exams will last 1 hour and 30 mins

Paper 1—Physical Geography 35%

Paper 2—Human Geography 35%

Paper 3—Geography Application and Skills 30%

Exam Board:

AQA Exam board

[AQA | Geography | GCSE | Geography](#)

Revision Guide:

CGP Revision guide

[GCSE Geography | CGP Books](#)

CGP flash cards

[GCSE Geography AQA Revision Question Cards | CGP Books](#)

Topics / Units :

Paper 1—Physical Geography

- Section A—Natural Hazards
- Section B—Living World
- Section C—UK Physical Landscape (Coasts and Rivers)

Paper 2—Human Geography

- Section A—Urban Environments
- Section B—Economic Development
- Section C—Natural Resources

Paper 3 - Geography Application and Skills

- Geographical issue evaluation and fieldwork investigation

Website or online resources:

- ⇒ [GCSE Geography - AQA - BBC Bitesize](#)
- ⇒ [Coolgeography - GCSE - Revision Zone](#)
- ⇒ [AQA GCSE Geography Revision \(physicsandmathstutor.com\)](#)
- ⇒ [GCSE Geography Revision - Internet Geography](#)

Revision ideas or links:

Use your revision guide, your class notes and your assessment folders

Use the Personalised Learning Check Lists to help guide your revision

Assess your own knowledge with regular quizzes and assessments

Assess your own understanding by practicing exam questions and making sure you write in the correct structure

Booklet to also include:

- Target grades for reference and parent information
- Information on stress management
- Example Revision timetable etc





Name: _____

DOB: _____

Form Tutor: _____

Which subjects are you going to attend Period 6?
When do they take place?

What do you want from these sessions?

PERIOD 6 PASSPORT



**UNITED KINGDOM OF
GREAT BRITAIN
AND NORTHERN IRELAND**



BRONZE
1 week
queue jump



SILVER
Reward
afternoon



GOLD
£10 off Prom
ticket



Each box MUST include the subject, date and teacher signature

1	2	3	4	5
6	7	8	9	10

11	12	13	14	15
16	17	18	19	20

21	22	23	24	25
26	27	28	29	30

BRONZE
1 week
queue jump



SILVER
Reward
afternoon



GOLD
£10 off Prom
ticket



Each box MUST include the subject, date and teacher signature

1	2	3	4	5
Science 20/1	Maths 22/1			
BShore	AHylan			
6	7	8	9	10

11	12	13	14	15
16	17	18	19	20

21	22	23	24	25
26	27	28	29	30

Mental Health and Exam Stress



Eckington School

Chorus Education Trust

“Where I'm constantly feeling overwhelmed by the idea of studying or doing the exams and it causes me to lose focus. This lack of focus leads to me feeling like I'm going to fail and adds to the stress – like a snowball effect.”

“Like a weight placed on top of you. While you want to succeed, I find it really difficult to because of the pressure.”



Causes of exam stress

- Pressure from others (parents, teachers, friends)
- Feelings of being under prepared
- Having caring responsibilities, home issues, friendship issues
- Coping with a physical or mental health issues
(reasonable adjustments)

- People experience signs of stress differently
- It is more than feeling anxious on the day of the exam



Signs and symptoms of stress in young people

Embarrassed

Fear of Failure

Confused

Easily annoyed

Believing
everything is bad

Angry

Anxious,
worried

Overwhelmed

Exhausted



Physical Feelings

Forgetfulness

Feeling Sick

Breathlessness

Crying/tearful

Shaking

Sweating

Struggling to
concentrate

Stomach pain

Reduced Appetite

Headaches

Feeling Tired /
struggling to sleep

Restlessness



Unhealthy Behaviours

Working too much without taking breaks

Lack of motivation

Not doing things they usually enjoy

Binging on energy drinks

Avoiding things like revision and exam planning

Struggling to manage day-to-day life



Coping with exam stress

- Starts well before the exam season starts!
- Feeling prepared reduces panic
- When feelings of stress become too much to manage, this can affect our mental health.
- Stress can also make existing mental health problems feel harder to cope with.



Coping with exam stress

Drink plenty of water

Make time for the things they enjoy.

Don't compare yourself with others

Get plenty of quality sleep
Sleep routine is important

Find ways to release stress and celebrate progress.

Get plenty of fresh air and green spaces

Exercise helps young people regulate mood

Talk to friends, socialise

Self Care

Eat well



Help your child get enough sleep

Allow half an hour or so for your child to wind down between studying, watching TV or using a computer and going to bed, to help them get a good night's sleep.

Good sleep improves thinking and concentration.

Most teenagers need 8 to 10 hours' sleep a night.



Key tips for parents

- Lots of encouragement and positive messages
- Encourage them to start early, little and often
- Work together – test them, let them teach you, listen
- Avoid confrontation/conflict about household chores and messy bedrooms
- Ensure your child takes plenty of breaks. Cramming never works.
- Encourage exercise to boost energy and clear minds
- Talk after each exam to help them ‘reset’ for the next. Learn from mistakes.
- Understand lost tempers and moodiness
- Minimise distractions – find quiet places to work



Support for parents and young people

Speak to your child form tutor, head of year.

We can always contact the school nurse for extra support.

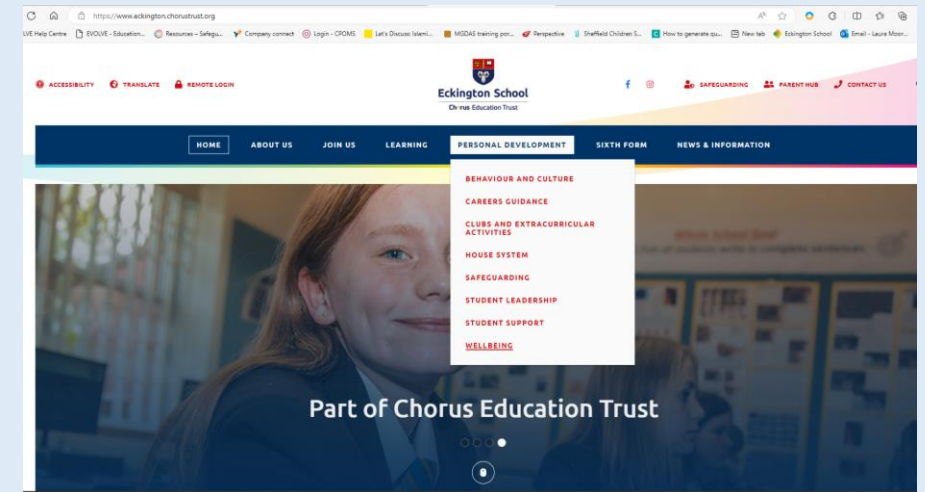
[Childline- Exam stress and pressure](#)

[NHS - Coping with exam stress](#)

[NHS advise for parents / exam stress](#)

[Health for teens](#)

[Mind](#)



"Wellbeing Eckington"
safeguarding@eckington.chorustrust.org



- Find a quiet, tidy, well-lit and well-ventilated place.
- Ensure you are hydrated, keep hydrated.
- Make the revision timetable and exam timetable visible.
- Loud music is a distraction.
- Have revision materials and any stationery at your desk or very close to hand.
- Put your phone and other distractions away!



Top tips from last year's Y11

1. Don't give up when things get difficult. Tell yourself you can do what you're trying to achieve, because a determined mindset really helps.
2. Find a revision technique which isn't boring. This helps you to stay motivated and it might encourage you to revise more as well as being more effective.
3. Maintain a healthy balance of revision/school work and enjoying other stuff. This was essential for my mental health. I found that when I had free time during the exam period, the stress was eased.
4. How much revision did you do?
 - In Y10, I revised for progress tests and the end of year mocks for around 2 hours a day, starting 2 weeks before.
 - In Y11, I started to revise for mocks around 6 weeks before, still around 2 hours a day.
 - From the end of the February mocks, the revision was consistent up until GCSEs at probably 2-3 hours on school days and 3 hours on the weekends.



Top tips from last year's Y11

1. Started revision early. It helped me cover the content for each subject and I didn't get stressed because I could fit it all in.
2. I memorised case studies/quotes. I did this by reading the content, then wrote it from memory with any books shut. Then I added to it with answers I missed. I repeated this until I knew the case studies/quotes off by heart.
3. Completing as many past papers as possible - it is a great way to apply what you've been studying for and prepares you for the sort of questions which will be on your real exams.
4. Planning a revision timetable. This helped me balance revision for each subject, along with breaks.
5. Kept some time for breaks and doing extracurriculars or hobbies for fun. This helped me relax during the stress of preparing for and sitting exams.
6. How much work did you actually do?

I revised quite a lot for the Y10 mock exams, but throughout Y10 I made some revision resources each week (like flashcards) which I used in Y11.

Over the summer between Y10 and Y11, I relaxed and gradually picked up the pace of my revision at the beginning of Y11. From October until my exams, I revised a similar level each week. It was a lot of hard work but I wouldn't have done so well if I hadn't done this.

Top tips - Similar threads

- Starting revision early.
- Plan a revision timetable.
- Test yourself in some way to get content into your long-term memory.
- Use revision techniques that engage you/work for you.
- Complete past papers.
- Make sure you have study breaks, keep doing the activities you enjoy.
- Commit to working hard each school day (Friday?) and planned time at the weekend, all the way through!
- 2 hours a night, 3 hours at the weekend.
- Keep positive, keep telling yourself you can do this.

