

# **SUPPORTING YOUR CHILD THROUGH THE GCSE EXAMINATIONS SUMMER 2022**



**Jesmond Park  
Academy**

# MR MERRIFIELD DIRECTOR OF KS4

Nobody else can play the role that you do...

As Parent/Carer you can....

Reduce panic and anxiety in your child. Reassure them that if they are doing everything that is asked of them it will all be fine

Read your child better than we can – you know what works.

Help them organise themselves into a routine.

Make sure they know when, where and what GCSEs they are entered for.

## Successful Students

- Have a good subject knowledge
- Have worked hard over an extended period of time, Y7-10
- Follow their teachers and parents advise
- Are well prepared
- Are well organised
- Are well rested
- Are confident and relaxed
- Take the process seriously
- Try hard, never give up
- Show perseverance after tough papers
- Use their time productively

## Less Successful Students

- Know little about the subject they are studying
- Do their own thing
- Do not prepare or revise
- Are disorganised with their timetable and preparation
- Are burned out
- Have wound themselves up and “stressed out”
- Think that mocks or practices are unimportant (they will wait for the “real thing”)
- Give up after one tough exam
- They waste time

**“IF YOU KEEP DOING WHAT YOU ARE DOING YOU  
WILL KEEP GETTING WHAT YOU ARE GETTING”**

Albert Einstein



If you are happy with your current results keep working the same way. If you want to improve in anything you must change something.

New type of study, more sessions or more intense study.

**“DON'T MISTAKE HABIT FOR HARD WORK”**

Shannon  
Sharpe



Revision is not sitting silently in your room with your books. Or doing the same thing over and over again. Try as many other techniques as you can.



- Complete Past Papers  
look for common/similar  
type questions
- Past mark schemes
- RAG past papers (looking  
for gaps)
- Write notes
- Read revision  
guides/notes
- Use revision workbooks
- Make flash cards
- Record yourself
- Teach someone else
- Listen to pod casts
- On line revision sites
- GCSE Pod
- Discussion with friends or family
- Get someone to test you
- Create a mind maps, spider  
diagrams, flow diagrams,  
numbered lists etc
- Put posters/notes around the  
house – Key words, phrases,  
quotes, equations

# Mr Mason

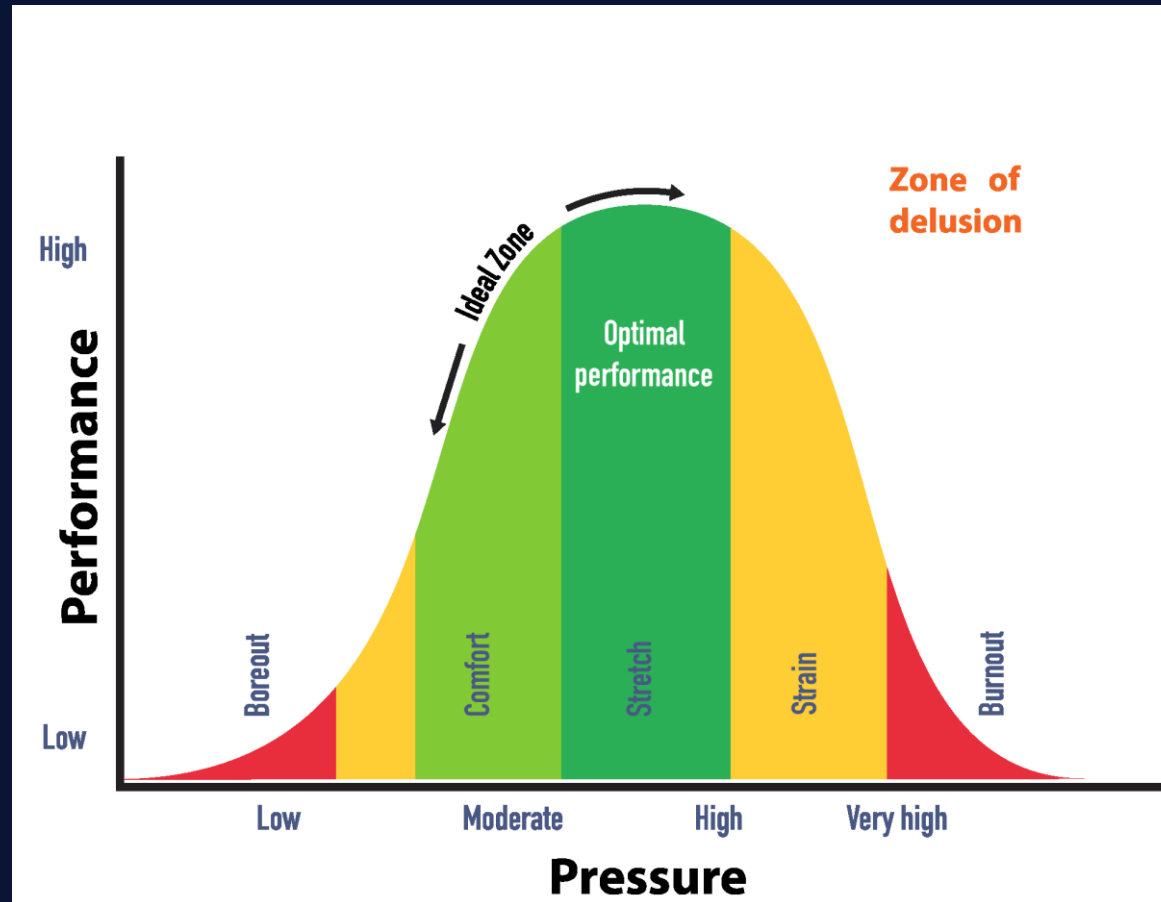
# Head of Year 11



**1. ADVICE FOR EFFECTIVE REVISION**

**2. SUPPORT FOR YOUR WELLBEING**

# GETTING IN THE RIGHT FRAME OF MIND



## 5-STEP REVISION PLAN



### Before step 1

Prepare a distraction and 'clutter' free study area with everything needed (study materials and equipment).

Good lighting, no music and no mobile.

Drinks and snacks

## 5-STEP REVISION PLAN

### KEEPING IN THE FLOW - WHAT NOT TO DO



Copy from a textbook/exercise book



Do nothing with the information.



Try and cram 'too much information'



Highlight information for the sake of it



Pay enough attention to a task e.g.  
distractions and multitasking



Comfort zone revision

# 5-STEP REVISION PLAN

**1.**

**Make a list** - What do you need to know?



**2.**

**Timetable a spaced schedule** - Study each topic little but often, and leave yourself enough time.



**3.**

**Use effective study strategies** - Test yourself and keep the re-reading and highlighting to a minimum.



**4.**

**Identify the gaps in your knowledge**  
What do you need to study more?  
What can you move on from?

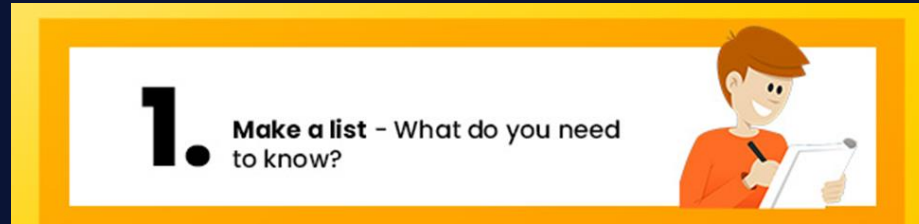


**5.**

**Close the gaps** - Repeat steps 3 & 4 as many times as you need until you are comfortable with everything.



## 5-STEP REVISION PLAN



This may simply be a list of your subjects- you may not need to do anything more than look in your planner.

However, you may want to prioritise your list in someway (core subjects, 6<sup>th</sup> form/ college progression route, areas of highest need)



# 5-STEP REVISION PLAN

## 2.

**Timetable a spaced schedule –**  
Study each topic little but often,  
and leave yourself enough time.



Day	8:30 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:35	2:35 – 4:00	4:00 – 5:00	5:00 – 6:00	6:00 – 7:00	7:00 – 8:00	8:00 – 9:00	9:00 – 10:00
Monday					English	RE	Break	Music	English	Relax	Relax	
Tuesday					Science	Break	Break	Maths	Geography	Relax	Relax	
Wednesday					Break	Geography	English	Break	Maths	Music	Relax	
Thursday					Maths	Science	Break	Business Studies	Relax	Relax	Relax	
Friday					Play football	Break	English	Break	Maths	Business Studies	Relax	
Saturday	Science	Maths	Geography	Science	Football	Football	Football	Relax	Relax	Relax	Relax	
Sunday	Geography	Football	Football	Relax	Relax	Science	maths	Break	Geography	RE	Relax	relax

## Maths

Algebra and functions	19/11/2020 ●	20/11/2020 ●	23/11/2020 ●	
Coordinate geometry	19/11/2020 ●	23/11/2020 ●	24/11/2020 ●	26/11/2020 ●
Sequences and series	20/11/2020 ●	23/11/2020 ●	25/11/2020 ●	27/11/2020 ●
Trigonometry	18/11/2020 ●	20/11/2020 ●	23/11/2020 ●	
Exponentials and logarithms	19/11/2020 ●	22/11/2020 ●	24/11/2020 ●	
Differentiation	20/11/2020 ●	22/11/2020 ●	25/11/2020 ●	27/11/2020 ●
Numerical methods	18/11/2020 ●			
Vectors	18/11/2020 ●	19/11/2020 ●		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School 9.00 - 15.00	School 9.00 - 15.00	School 9.00 - 15.00	School 9.00 - 15.00	School 9.00 - 15.00	Homework 10.00 - 12.00	General Revision 10.00 - 11.30
Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	General Revision 13.00 - 14.00	Homework 12.00 - 13.30
Chemistry 17.00 - 17.40	English 17.00 - 17.40	History 17.00 - 17.40	Maths 17.00 - 17.40	English 17.00 - 17.40	General Revision 17.00 - 18.00	General Revision 16.30 - 17.30
Dinner Maths 18.40 - 19.20	Dinner French 18.40 - 19.20	Dinner Biology 18.40 - 19.20	Dinner Physics 18.40 - 19.20	Dinner Geography 18.40 - 19.20	Dinner	Dinner

Monday	Tuesday	Wednesday	Thursday	Friday
Topic 1	Topic 4	Topic 2	Topic 5	Topic 3
Topic 2	Topic 5	Topic 3	Topic 1	Topic 4
Topic 3	Topic 1	Topic 4	Topic 2	Topic 5

## 5-STEP REVISION PLAN

**3.**

**Use effective study strategies -**

Test yourself and keep the re-reading and highlighting to a minimum.



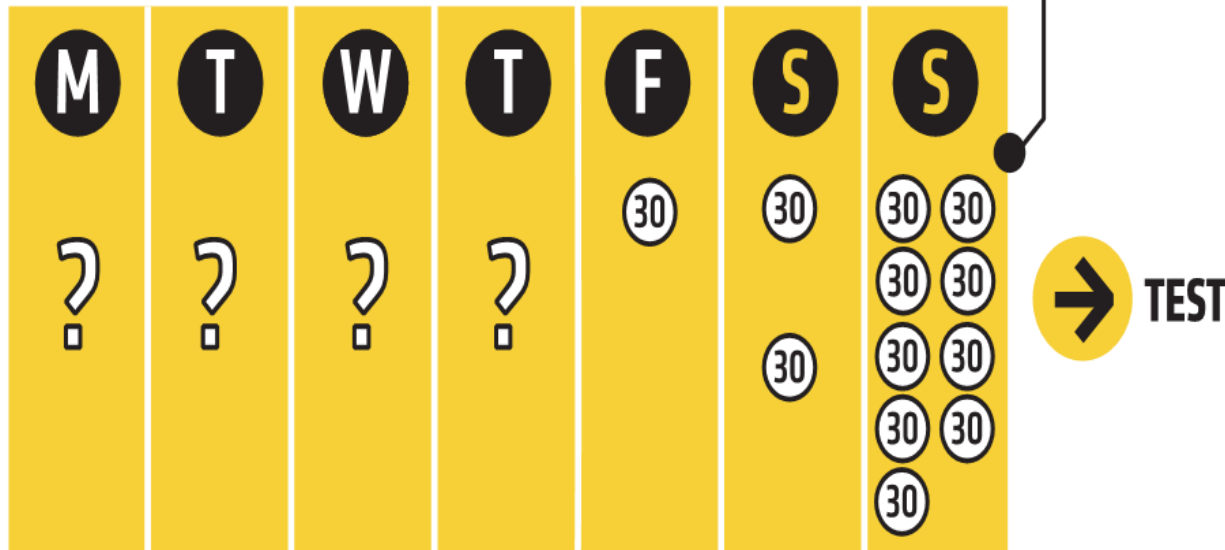
**4.**

**Identify the gaps in your knowledge**

What do you need to study more?  
What can you move on from?



Let's say you have a test one week and you have 5 hours to prepare for it broken down into 30 minute chunks. Very often that process looks like this.



**MASSED**

VS

**SPACED  
LEARNING**

## 5-STEP REVISION PLAN

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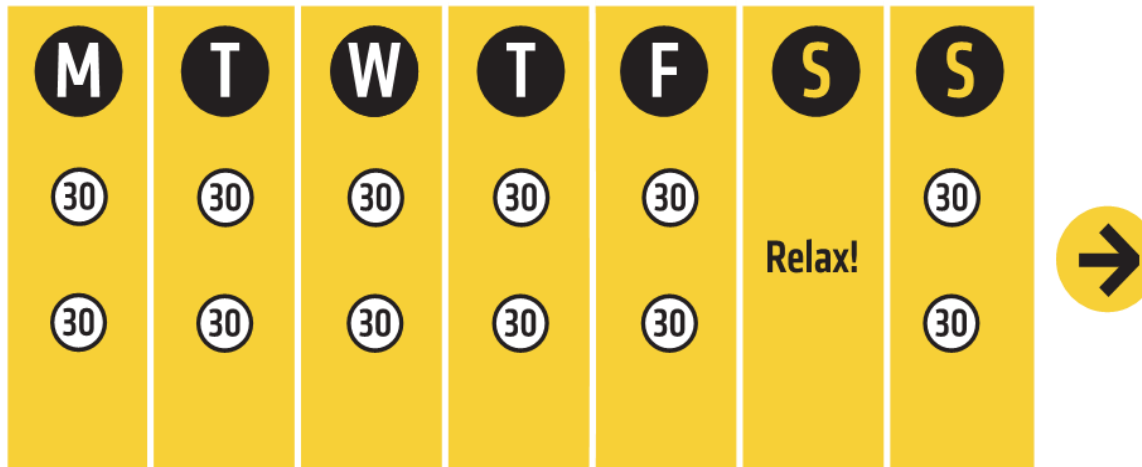
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Instead of mass practice, a much more effective way of revising is to space out your revision like this:



By breaking up your revision into 30 minute chunks and spacing out the time between revision, you will consolidate what you have learned and retain the material much more effectively.

**MASSED**

**VS**

**SPACED  
LEARNING**

## 5-STEP REVISION PLAN

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M	T	W	T	F
MACBETH	AN INSPECTOR CALLS	CREATIVE WRITING	UNSEEN POETRY	JEKYLL AND HYDE
MACBETH	AN INSPECTOR CALLS	CREATIVE WRITING	UNSEEN POETRY	JEKYLL AND HYDE
MACBETH	AN INSPECTOR CALLS	CREATIVE WRITING	UNSEEN POETRY	JEKYLL AND HYDE

**BLOCKING**

**VS**

**INTER-  
LEAVING**

# 5-STEP REVISION PLAN

**3.**

**Use effective study strategies -**  
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M	T	W	T	F
MACBETH	UNSEEN POETRY	AN INSPECTOR CALLS	JEKYLL AND HYDE	CREATIVE WRITING
AN INSPECTOR CALLS	JEKYLL AND HYDE	CREATIVE WRITING	MACBETH	UNSEEN POETRY
CREATIVE WRITING	MACBETH	UNSEEN POETRY	AN INSPECTOR CALLS	JEKYLL AND HYDE

As you are doing this, another highly effective strategy is to try to think of connections between topics you are studying considering similarities and differences.

**BLOCKING**

**VS**

**INTER-LEAVING**

## 5-STEP REVISION PLAN

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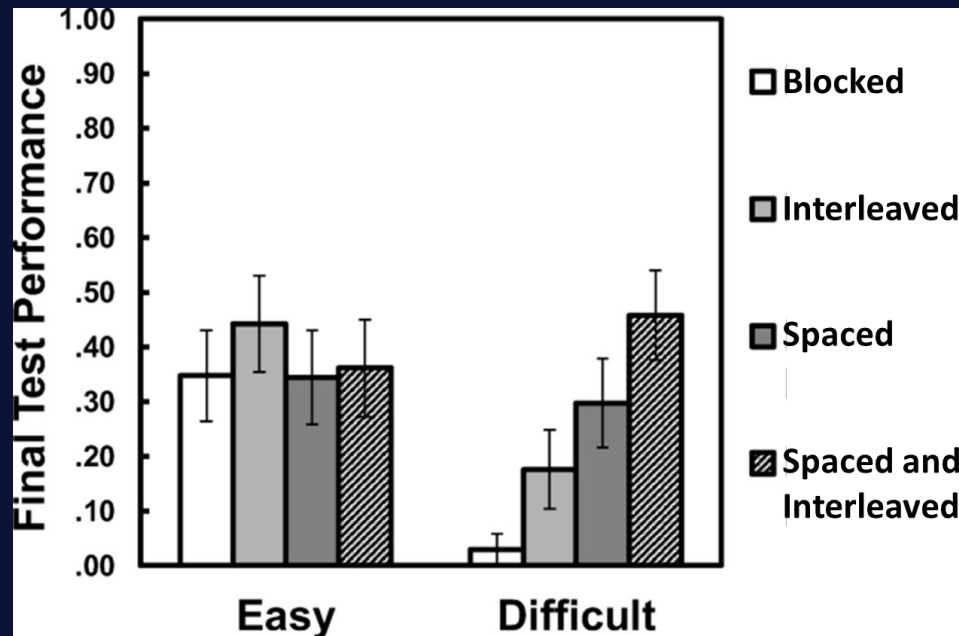
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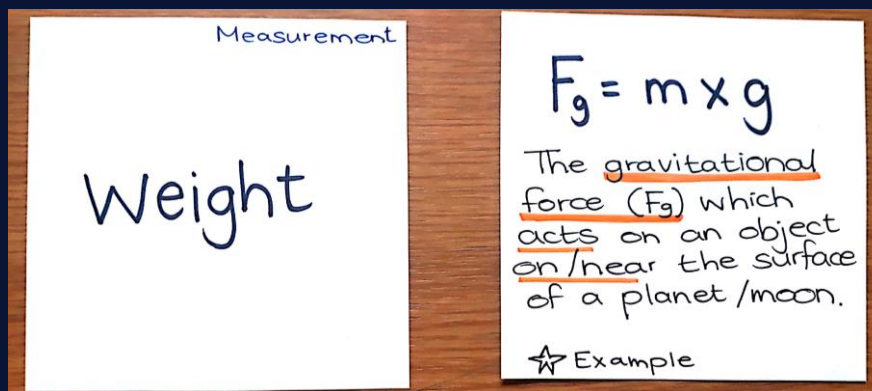
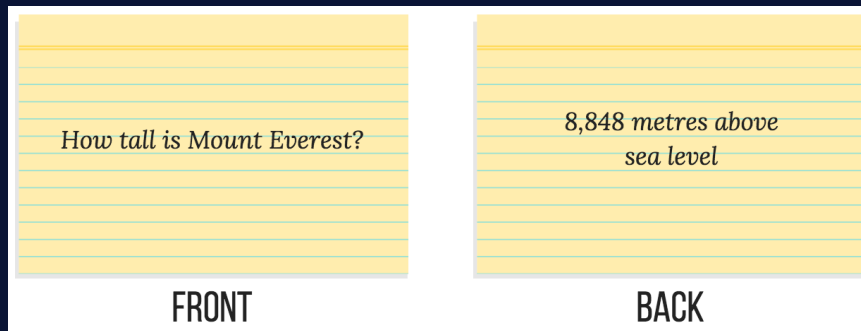
## EVIDENCE



1. ADVICE FOR EFFECTIVE REVISION

# 5-STEP REVISION PLAN

## FLASH CARDS



**3.** Use effective study strategies -  
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and highlighting to a minimum.



**4.** Identify the gaps in your knowledge  
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## Q and A

## Topic and key facts

Keep text to a minimum use memory tricks e.g. diagram, mnemonics, rhyme, etc.



## 1. ADVICE FOR EFFECTIVE REVISION

# 5-STEP REVISION PLAN

## Leitner System

### 3.

**Use effective study strategies -**  
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### 4.

**Identify the gaps in your knowledge**  
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1



You will need five boxes, or you can split a box into 5 different sections and label them 1 to 5.



2



Place all your flashcards into box 1.



3



Practise and then test yourself on a flashcard.



4



If you can recall the knowledge correctly, place the card in box 2, if not place it back in box 1.



5



Carry on testing yourself and every time you recall the knowledge correctly move the flashcard into the next box.  
Review and practice flashcards from box 1 daily, flashcards from box 2 every other day, from box 3 every third day...

6



In time, all your flashcards will be moved to box 5 and the knowledge they hold, will be stored in your long-term memory.





## 1. ADVICE FOR EFFECTIVE REVISION

# 5-STEP REVISION PLAN

## Leitner System

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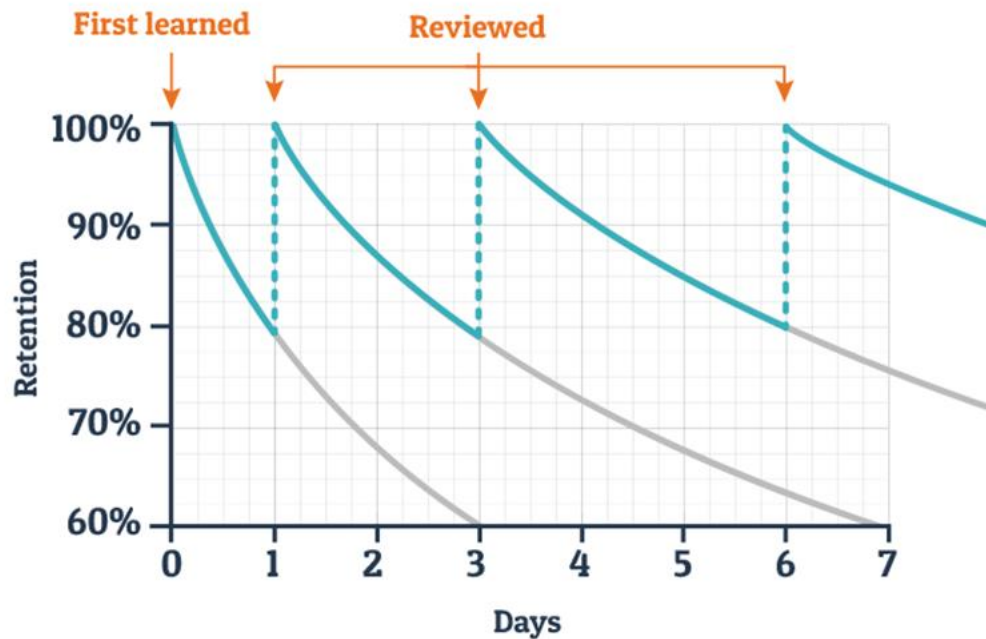


### 4.

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Typical Forgetting Curve for Newly Learned Information



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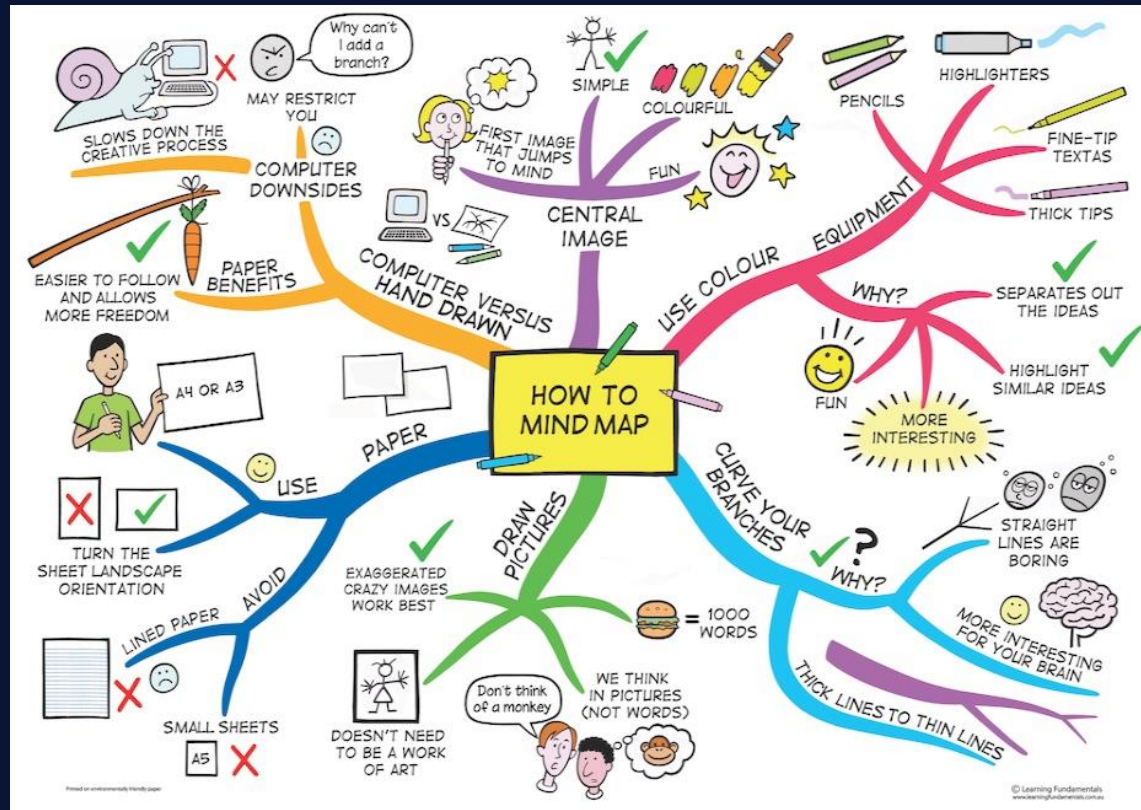
# 5-STEP REVISION PLAN

# Mindmaps

**3.** Use effective study strategies -  
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1. ADVICE FOR EFFECTIVE REVISION

## 5-STEP REVISION PLAN

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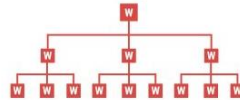


## Graphic Organiser (“Chunks” of Information)

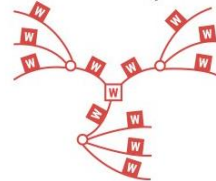
### CONTAINER MODEL

#### CHUNK

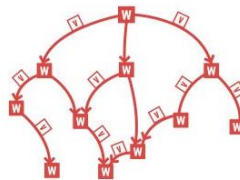
##### Tree Diagram



##### Mind Map



##### Concept Map

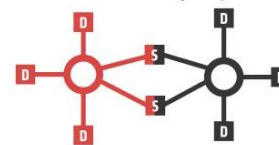


#### COMPARE

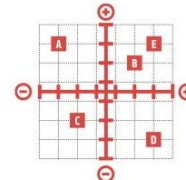
##### Venn Diagram



##### Double Spray



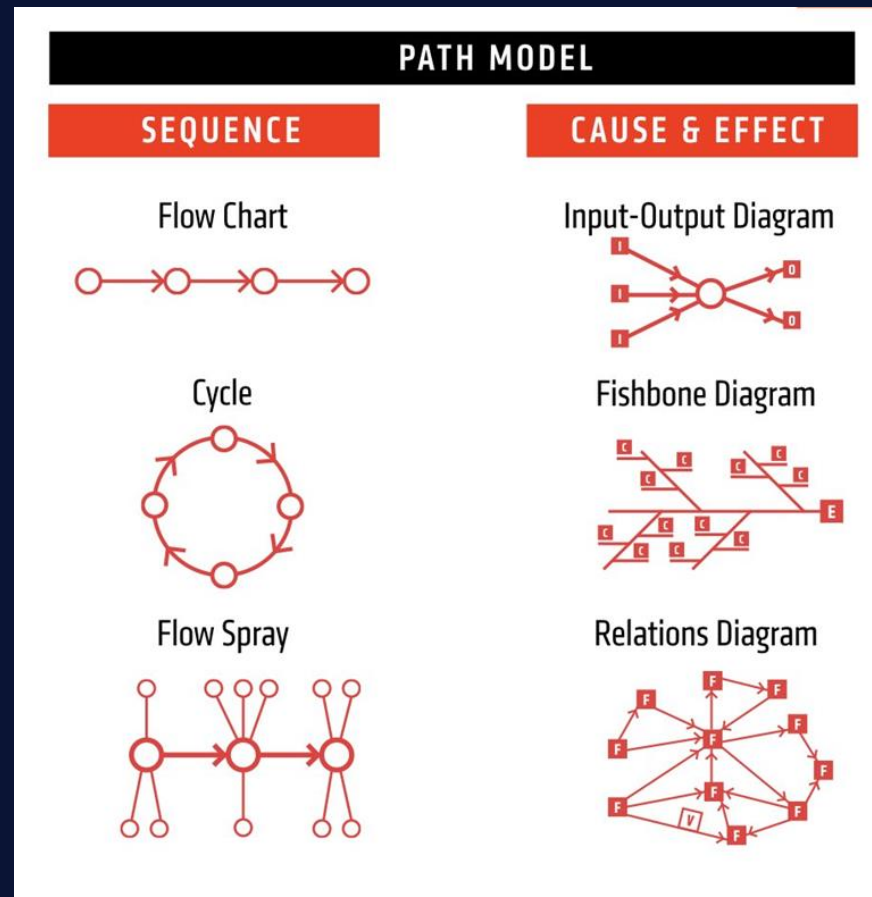
##### Crossed Continua



## 5-STEP REVISION PLAN



## Graphic Organiser (for sequences)



## 1. ADVICE FOR EFFECTIVE REVISION

# 5-STEP REVISION PLAN

## Dual coding

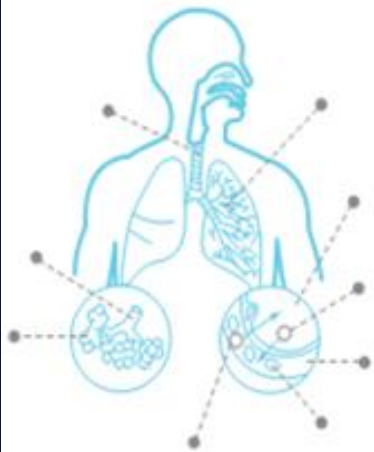
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DIAGRAM



INFOGRAPHIC



CARTOON STRIP



GRAPHIC ORGANIZER



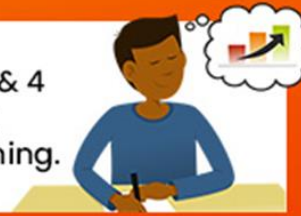
TIMELINE



## 5-STEP REVISION PLAN

**5.**

**Close the gaps** – Repeat steps 3 & 4 as many times as you need until you are comfortable with everything.



**Prepare** – materials and environment.

**Plan** – what and when.

**Push yourself** – pressure is OK.

**Put the hours in** – commit, have no regrets!!

**Practice** makes permanent – lots of low stakes tests and retrieval practice.



## **2. SUPPORT FOR YOUR WELLBEING**

## **10 TIPS FOR COPING WITH EXAM STRESS**

1. Take regular breaks.
2. Don't let friends wind you up.
3. Make a revision timetable
4. Eat well.
5. Give yourself a chance to get a good night's sleep.
6. Use physical activity
7. Treat yourself.
8. Try relaxation techniques.
9. Don't take part in the exam 'post-mortem'.
10. Keep a sense of perspective.



## **GENERAL ADVICE TO ALL Y11 STUDENTS**

1. Keep it in perspective
2. Get that organised feeling
3. Get into some good habits
4. Avoid bad habits
5. Get support from family and friends

## WHO CAN HELP?

If you are struggling speak to one of the following:

FORM TUTOR – available every morning and after school

YEAR TEAM – available throughout the day

[cmason@jesmondparkacademy.org.uk](mailto:cmason@jesmondparkacademy.org.uk)

[hhearons@jesmondparkacademy.org.uk](mailto:hhearons@jesmondparkacademy.org.uk)

[hhooker@jesmondparkacademy.org.uk](mailto:hhooker@jesmondparkacademy.org.uk)

Email the year team at any time with any concerns.

Year Team can arrange intervention and support quickly and discreetly whenever needed

TEACHERS – available in lessons

ADULTS AT HOME – available whenever you need them

Don't ignore your feelings – talk to someone and we can find a solution together

# Mr Holmes

## Director of Student Progress

# UPDATE EXAMS 2022



The government is clear that students entering GCSEs, AS or A levels in 2022 should expect to take exams in the summer. In recognition of the fact that students' education has been disrupted by the pandemic, they will be given extra help to pre-Covid years. These include:

students taking GCSEs in English literature, History, Ancient History and Geography will not need to cover the usual range of content in the exams

students taking GCSEs in all other subjects will be given advance information about the focus of the content of the exams to help them focus their revision

students taking AS and A levels will be given advance information about the focus of the content of the exams to help them focus their revision

students taking GCSEs in Mathematics will be given in their exams copies of formulae they would in other years have to memorise

students taking GCSE Physics and Combined Science will be given, in their exams, a sheet covering all the equations they might need to apply in the exams

# UPDATE EXAMS 2022



This information is available on our website:

<https://www.jesmondparkacademy.org.uk/article/2022/2/17/exams-2022-adaptations>

Advance information is one part of a package of measures introduced by Government to support students whose learning has been impacted by the Coronavirus pandemic and is intended to help guide and prioritise revision. JCQ has published a guide for students and updated FAQs on advance information.

[JCQ Advance-Information-Student-Guide.pdf](#)

[Students FAQs Summer 2022.pdf \(jcq.org.uk\)](#)

Advanced Information is usually only given about broad topic areas that will be assessed in high value questions. It is vital that it is not seen as a 'statement of all a student needs to revise'. In most cases all content from across the full course will still need to be revised, as it could appear in lower value questions or be used as material that could be relevant as background or links in answers. Teachers of each subject will guide students on this.

You will find on our website downloads of the advance information provided by the exam boards for each of the specifications for Year 11 and Year 13.

The government still insists that it is “**firmly committed to exams going ahead in summer 2022**”.

However, “Guidance for centres on contingency arrangements” in “the *unlikely* event that exams have to be cancelled again because of the pandemic” was published on gov.uk last week. This requires schools to have a contingency framework.

**To date** the major points for students to consideration are:

## Contingency Guidance : Key Points for Students and Parents

A few more contingency assessments will be taking place after the Easter break – all students are aware of this.

- During the course of the year students will be assessed, and these assessments *may* be used in a Teacher Assessed Grade, if a TAG is needed. It is therefore important that these assessment are taken seriously, especially the mocks!
- During the assessments students will work independently and without assistance (other than as required for a reasonable adjustment).
- Students should be told which parts of the subject content will be covered by the assessment, but will not be told the questions in advance or be able to predict the questions from information given to them, students will not have access to books or revision notes, assessment will be timed and supervised.
- The assessments will be as useful as possible for students preparing to take summer exams. Assessments should, therefore, be similar to full or parts of the exam papers they are preparing to take next summer.
- In Maths, combined Science and Physics students should have access to the formulae and equation sheets they will have in the summer exams.
- Teachers may tell the student the grade at which their performance in the assessment indicates they have performed. Remember though that the marking and grading has not been quality assured, so this means that this may not be the grade the student achieves for the overall course.
- Students who are entitled to it must have EAA.
- Students should tell staff before / immediately after evidence is collected if they require special consideration, this need only be applied if we go to TAGs.

# TIMELINE FOR STUDENTS

Final GCSE Examination support and procedures.

Before Easter; Lessons as normal - Students being taught in lessons and ongoing contingency assessments.

Over Easter; Some Easter school sessions taking place ('in school' or virtually via TEAMS). These are invite only. All students given revision materials to support independent study and revision over the Easter break.

After Easter Monday 25<sup>th</sup> April – Friday 13<sup>th</sup> May; 3 weeks of teaching, revision and targeted support. MFL speaking tests will also take place during this time.



# TIMELINE FOR STUDENTS

The first two-week block of examinations begins on Monday 16<sup>th</sup> May – Friday 27<sup>th</sup> May.

Students continue to attend school full time. Lessons, examinations and examination warm ups in place before school, lunchtime (where appropriate) and P7 during this time. This is very carefully mapped out and students will receive a timetable after the Easter break.

Over May half term some ‘in school’ or virtually via TEAMS revision sessions taking place. All students given revision material to support independent study over the half term break.

The second three-week block of examinations after half term begins Monday 6<sup>th</sup> June – Thursday 23<sup>rd</sup> June. Students continue to attend school full time until instructed not to. Lessons, examinations and examination warm ups in place before school, lunchtime (where appropriate) and P7 during this time.

# TIMELINE FOR STUDENTS

Towards the end of the second three-week block of examinations taking place after May half term some subjects may have had their final exam. These lessons become silent independent study lessons for Year 11 students. The class teacher will facilitate silent study in these lessons. Students should bring revision materials into school with them.

This is very carefully mapped out for students and parent/carers and will be explained in detail after the Easter break.

# LOOKING FORWARD IN SUMMARY

Easter break is for 2 weeks.

Exams start fully 3 weeks after the Easter break.

The first block of exams take place over 2 weeks then it is May half term.  
It is May half term for 1 week.

The second block of exams take place for 3 weeks after May half term.  
The last exam is Physics on Thursday 23<sup>rd</sup> June.

There is no 'study leave'. Students will be in school every day full time until more or less the end of the GCSE examinations. The last full day in school is Wednesday 15<sup>th</sup> June. After this students attend when they have exam warm up preparations or examinations. These are all compulsory. This will be explained fully after the Easter break.

**EXAMINATION CONTINGENCY DAY IS WEDNESDAY 29.6.22.**

Year 12 Sixth Form taster sessions.

In 11 weeks (just over 2 months) all exams (and more or less all of Year 11) will be over.

# PROM

Friday 24<sup>th</sup> June

Discovery Museum Blandford  
Square

Invitation to buy a ticket  
based on

- Attendance\*
- Punctuality
- PRAISE code
- Comments and stamps
- Detentions/Iso/exclusion
- Attendance to exam  
intervention/preperation
- General conduct

