

SUPPORTING YOUR CHILD THROUGH THE Y11 MOCK EXAMINATION PROCESS



MR. MERRIFIELD
DEPUTY PRINCIPAL

EXAM DATES

Y11 Mocks are scheduled for
the two weeks beginning
Monday 13th January.

SIXTH FORM OPEN EVENING

5th December: 5:30pm-8:00pm

Create Your Future



This event is for students and their families looking to join our Sixth Form in September 2025.

What you can expect:

- Meet our team
- Discuss your options
- Opportunity to tour our school
- Talk to our students
- Departmental activities
- Sixth Form team presentation

MR. MASON
HEAD OF KEY STAGE 4

P7

Currently ongoing, all Y11 students have three compulsory guided revision sessions per week.

EXAM TIMETABLES AND REVISION TOPIC LISTS

Your child will be issued with the exam schedule and revision topic lists shortly.

SUPPORT THROUGH PERSONAL DEVELOPMENT LESSONS

PD lessons having been focused on effective revision techniques and strategies, to support study completed at home.

MR. JAMES SMITH
HEAD OF YEAR 11

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.



**By failing to
prepare, you are
preparing to fail.**

Benjamin Franklin

LIFE DOESN'T REQUIRE THAT
WE BE THE BEST, ONLY THAT
WE TRY OUR BEST.

-H. JACKSON BROWN, JR.



**The best
preparation for
tomorrow is doing
your best today.**

H. Jackson Brown, Jr.

GENERAL ADVICE TO ALL KS4 STUDENTS

1. Keep it in perspective
2. Get that organised feeling
3. Get into some good habits
4. Get into school every day on time
5. Get support from family and friends
6. Ask if you need help

HOW WILL I KNOW IF MY CHILD IS READY FOR THE EXAMINATIONS?

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

What do we know?



Young people do better academically at school if they are mentally and physically healthy.



To worry about exams is typical and “normal”.



Knowing how to deal with situations that might be stressful – like taking exams – equips them with skills vital for long term health and wellbeing, including knowing when to ask for help.



Every young person is different and what works for one might not be helpful for another.

What's Typical behaviour during exams?

Shutting themselves away in their bedroom as soon as tea is over.

Reluctance to talk about school, study or anything to do with exams

Bad tempered and irritable / impatient

Change in eating habits – more junk food / snacks / quick fix meals

Change in sleeping habits

Worry and tears.

Reactive and rude. “Walking on eggshells”

When to Worry?

Shutting themselves away in their bedroom ALL THE TIME

REFUSAL to talk about ANYTHING

Bad tempered and violent towards themselves, others or things

Change in eating habits – NOT eating or BINGE eating

Change in sleeping habits – NOT sleeping or ALWAYS sleeping

Worry and tears EVERY DAY.

Decline in physical health – stomach aches / headaches

Rebellion – substance use / risk taking behaviour.

What to do to support your child?

Stay flexible. Allow negotiation.

Maintain agreed boundaries.

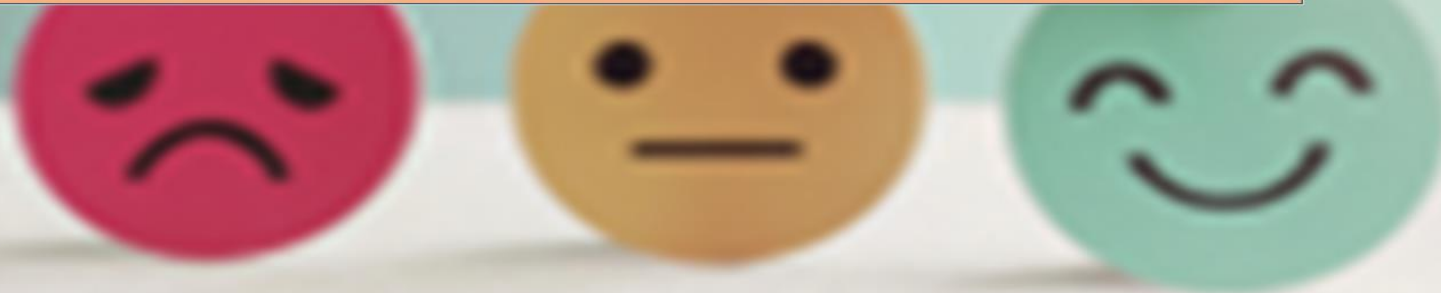
Stay positive. Encourage perspective.

TALK TO SCHOOL if you are worried

How are you feeling today? Come and talk to the Wellbeing Team

**DROP-IN SESSIONS 12.40-1.00pm , 2.45 - 3.15pm Mon—Thursday
in Wellbeing Counselling Rooms 1 and 2**

**1 COUNSELLING APPOINTMENTS – by appointment
See your year team to arrange**



WELLBEING STAFF:

Counsellors	Heather Hearons / Pete Hardaker
Wellbeing Manager	Rachael Earle
School Health	Gillian Begbie— Wednesday lunchtime drop in - Wellbeing
First Aid	Kathryn Chun

WHO CAN HELP?

YEAR TEAM – available throughout the day

HEAD OF YEAR: jsmith2@jesmondparkacademy.org.uk

YEAR MANAGER: mbooth@jesmondparkacademy.org.uk

KEY STAGE MANAGER: ghenderson@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

WHO CAN HELP?

If you are struggling speak to one of the following:

FORM TUTOR – available every morning and after school

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

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

You can 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.



PREPARING FOR THE EXAMINATIONS

**“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 way of studying, 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.

Some Revision Ideas

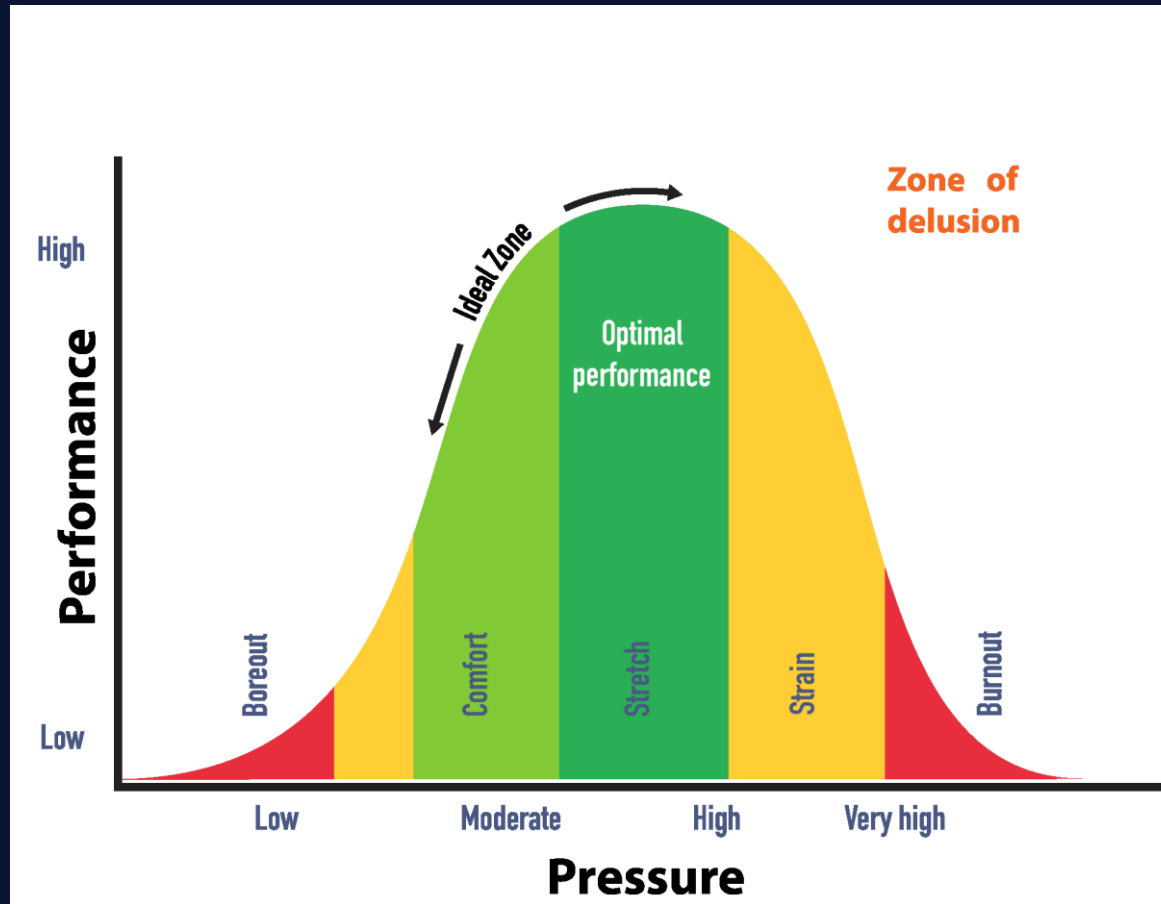
- Complete Past Papers
look for common/similar
type questions
- Past mark schemes
- RAG past papers (looking
for gaps)
- Write notes
- Read revision
guides/notes
- Use revision workbooks
- Make flash cards
- Record yourself
- Teach someone else
- Listen to pod casts
- On line revision sites
- GCSE Pod
- 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 KEY STAGE 4



SUGGESTIONS FOR EFFECTIVE REVISION

GETTING IN THE RIGHT FRAME OF MIND



5-STEP REVISION PLAN



Focus

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.



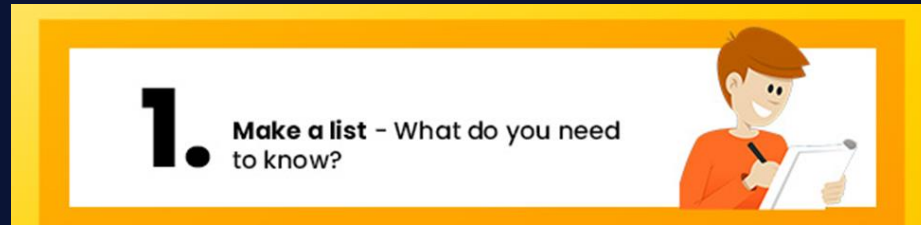
- 4.** **Identify the gaps in your knowledge**
What do you need to study more?
What can you move on from?



- 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 at your timetable and exam schedule.

However, you may want to prioritise your list in some way - 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	Relax
Sunday	Geography	Football	Football	Relax	Relax	Science	maths	Break	Geography	RE	Relax	relax

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

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
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.

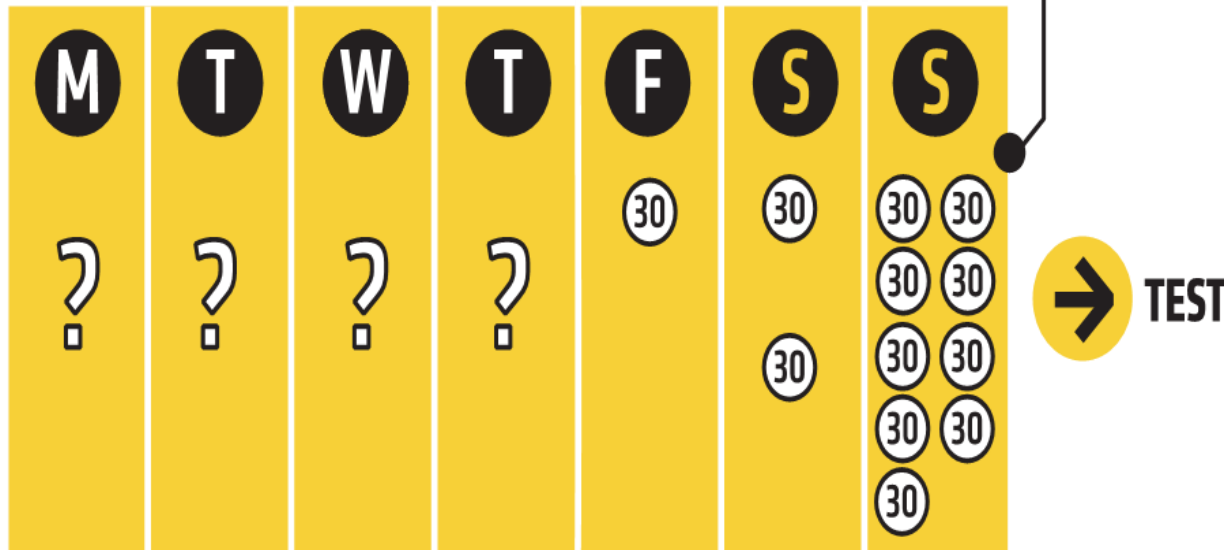


4.

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

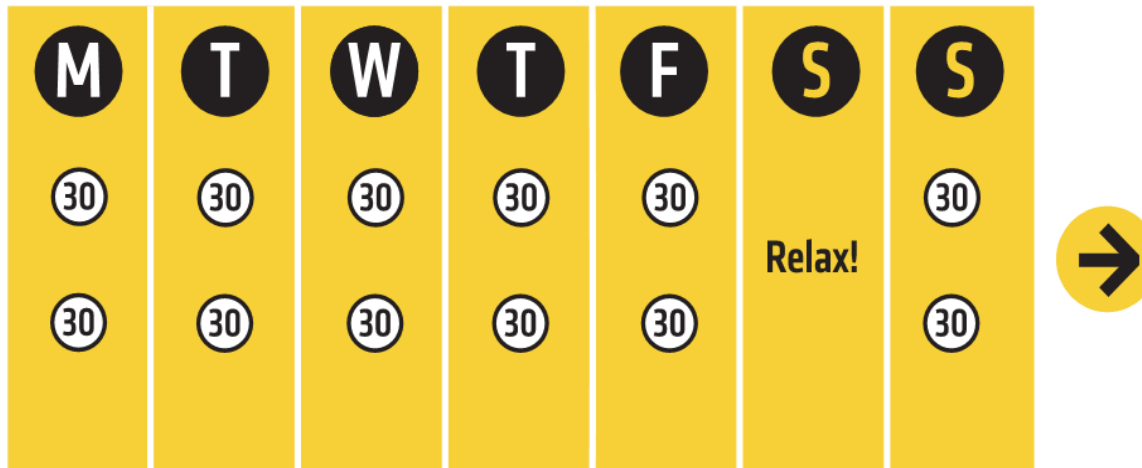
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Instead of mass practice, a much more effective way of revising is to space out your revision like this:



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



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What can you move on from?



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

BLOCKING

VS

INTER-LEAVING

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.

5-STEP REVISION PLAN

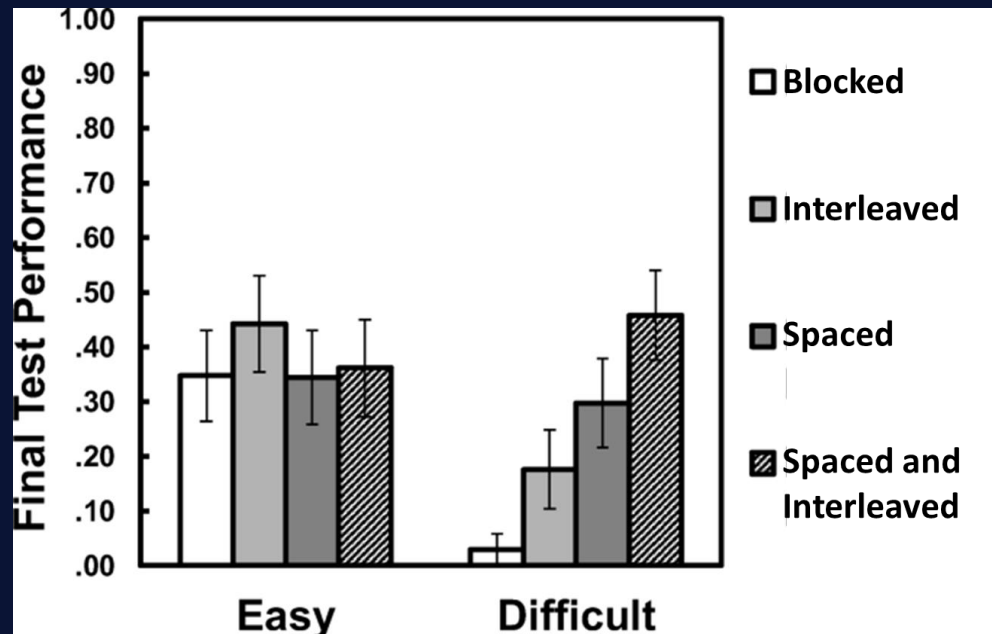
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EVIDENCE



1. ADVICE FOR EFFECTIVE REVISION

5-STEP REVISION PLAN

FLASH CARDS

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?



How tall is Mount Everest?

8,848 metres above
sea level

FRONT

BACK

Q and A

Measurement

Weight

$$F_g = m \times g$$

The gravitational force (F_g) which acts on an object on/near the surface of a planet/moon.

★ Example

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 -
Test yourself and keep the re-reading
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What do you need to study more?
What can you move on from?





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

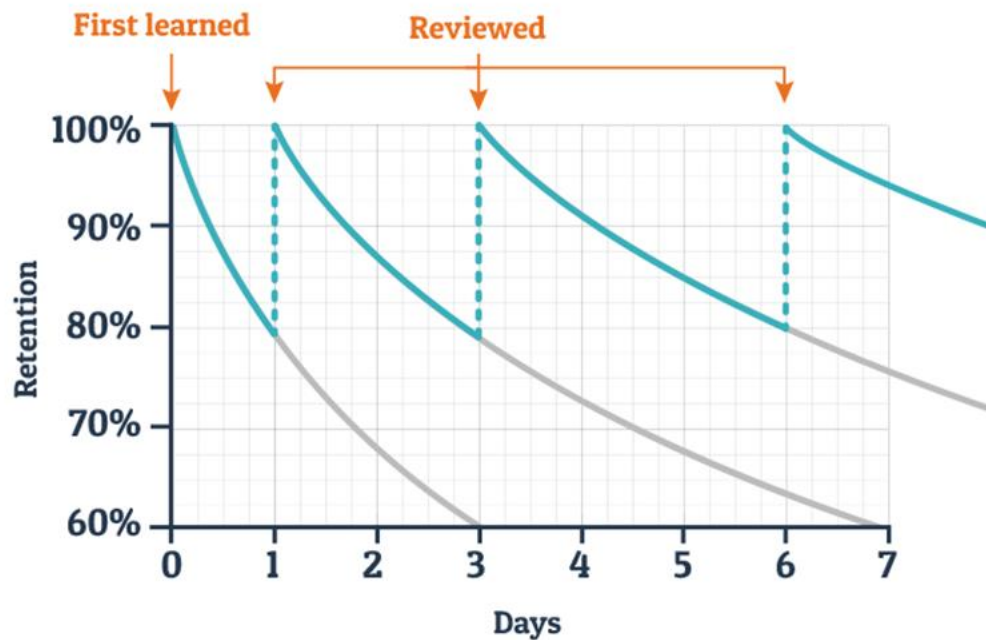
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Typical Forgetting Curve for Newly Learned Information



1. ADVICE FOR EFFECTIVE REVISION

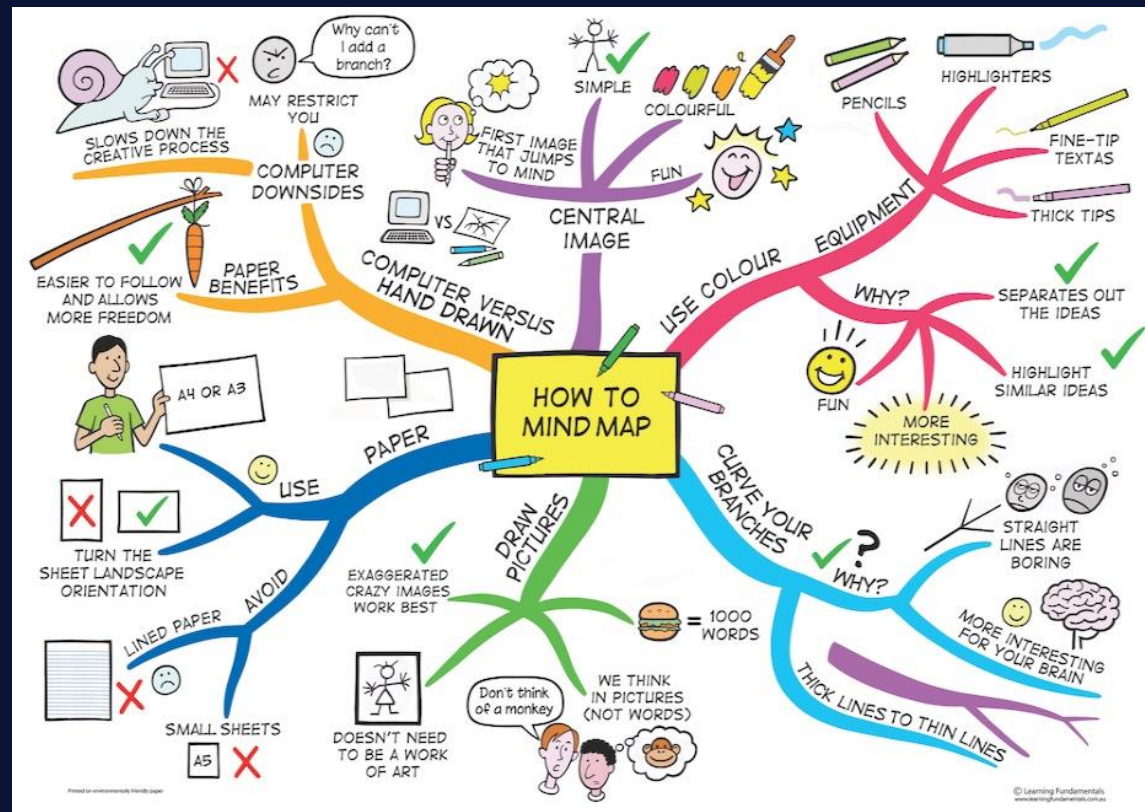
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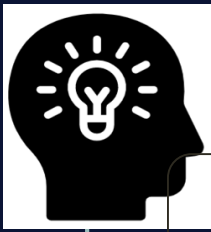
Mindmaps

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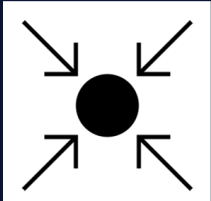




5. Close the gaps – Repeat steps 3 & 4 as many times as you need until you are comfortable with everything.



Is your revision FLAT?



FOCUSED

Put your phone away

Turn the music off

Avoid distractions

Be in the right physical place to revise

Be in the right frame of mind to revise



LONG-TERM

Start early to cut down on stress later in the year

Make a revision timetable and commit to it

Plan for 90 minutes to 2 hours study

Interleave different topics



ACTIVE

Engage your brain by actively creating revision resources

Test yourself, get others to test you

Practise exam technique by writing or planning answers

Revise what you struggle with



TRANSFORMED

Transform the knowledge you want to learn into a different format

Make flashcards
Produce a timeline
Record a podcast
Invent a mnemonic
Create a mindmap
Design a flowchart
Make a powerpoint
Teach it