



# Set for Success 2020

## Student Guide



# A Message to Students

Your teachers are very proud of you and want you to do the best you possibly can in your exams. We know that this can be an anxious and worrying time and we want you to approach your exams with confidence and a positive attitude. The efforts you put in, in the coming weeks will determine the grades you get in the summer and affect the choices that you have in the future, so it is important that you give yourself the best possible chance of success. It is important that you keep a healthy balance to your life during the exams, whilst at the same time doing the right amount of revision and preparation in your own time. As a rough guide you should average around 2 hours of revision each day in the lead up to the exams, but you should plan this around other commitments and things you enjoy. Careful planning will mean that you don't leave yourself with too much to do at the last minute. It is also important to look after yourself at this time so make sure you also take time to relax and switch off. Try to get enough sleep and to eat well and drink plenty of water. Some of your exams will be quite long so make sure you have some breakfast before morning exams so that you keep your energy levels up. If you have a bad experience in one exam try not to let that affect your approach to other exams. It is very common for students to feel that they may have "failed" a particular paper or subject, only to be pleasantly surprised by their result in August, so don't let a setback put you off track. We hope that you will find the information in this booklet and in the rest of your pack, useful but please ask your teachers if you have any further questions or concerns. Everybody at school is behind you and wishes you the best of luck in your exams. Your teachers and Guidance Team are available for any support you feel you may need. Everybody at school is behind you and wishes you the best of luck with your exams. Your teachers and Guidance Team are available for any support you feel you may need.

GOOD LUCK!

*"There are no secrets to success. It is the result of **preparation, hard work & learning from failure.**"*

# Key Contacts

- Mr. B. Merrett – Year 11 Guidance Manager
- Mr. D. Jarvie – Year 11 Achievement Support Co-ordinator
- Mrs K. Williams – Year 11 Leadership Link
- Mr. M. Cartwright – Progress and Achievement Leader
- Mrs. J. Price – Exams Officer
- Mr. S. Tyson – Assistant Headteacher

# Key Dates

- Thursday 23<sup>rd</sup> & Friday 24<sup>th</sup> April 2020 – GCSE Textiles Exam
- Monday 27<sup>th</sup> & Tuesday 28<sup>th</sup> April 2020 – GCSE Graphics & GCSE Art Exams
- Wednesday 29<sup>th</sup> & Monday 4<sup>th</sup> May 2020 – GCSE Photography Exam
- Thursday 30<sup>th</sup> April & Friday 1<sup>st</sup> May 2020 – MFL Speaking Exams
- Monday 11<sup>th</sup> May - Written GCSE Exams Begin.
- Tuesday 16<sup>th</sup> June 2020 – Written GCSE Exams End.
- Thursday 18<sup>th</sup> June – Year 11 Prom
- Wednesday 24<sup>th</sup> June 2020 – GCSE Exam contingency day & Year 11 Leavers Assembly.
- Thursday 20<sup>th</sup> August 2020 – GCSE Results Day & NE12 6<sup>th</sup> Form sign up

# After School Support

## Years 10 & 11 After School Timetable – Week 1

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Maths</b> A Block		<b>Geography</b> Miss Bailey	<b>English</b> English corridor	
<b>Hospitality</b> Mrs Little		<b>Health and Social</b> Mr Ingham	<b>Media</b> Mr Musgrave C1	
<b>Religious Studies</b>		<b>Science and Triple Science</b> Science corridor	<b>Design Technology Art</b> Product Design F Block	
<b>Performing Arts</b> Music/Drama		<b>Applied Studies</b> G Block – G9 / G11 Mr Turner / Ms Ring		
		<b>P.E</b> C15		

## Years 10 & 11 After School Timetable – Week 2

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Maths and Further Maths</b> Extra qualification by invitation only		<b>Science</b> Science corridor	<b>English</b> English corridor	<b>Health and Social</b> Mr Ingham G Block
<b>Hospitality</b> Mrs Little G Block		<b>ICT</b> Mrs Fenn C27	<b>Media</b> Mr Musgrave C1	
<b>Performing Arts</b> Music/Drama		<b>Geography</b> Miss Bailey	<b>Design Technology Art</b> Product Design F Block	
		<b>Business Studies</b> (G11) Y10	<b>MFL</b> MFL corridor	
			Business Studies Y11 G11	

MFL breakfast club Thursday mornings.

Geography breakfast club Wednesday mornings 8 a.m. - 8.30 a.m.

History after-school tutorials available Mon-Thurs on request.

History mornings Tuesday and Wednesday 8 a.m. - 8.30 a.m.

# Useful Websites

[Get revising.co.uk](http://www.revising.co.uk) – you have already signed up during registration.

BBC Bitesize - <http://www.bbc.co.uk/education>

S-cool - <http://www.s-cool.co.uk/>

GCSE Revision Tips - <https://www.examtime.com/gcse/revision-tips/>

Revision World - <http://revisionworld.com/gcse-revision>

GSHS School Website – [www.gshs.org.uk](http://www.gshs.org.uk)

Live N Learn - <http://live-n-learn.co.uk/>

Brainscape – <https://www.brainscape.com/>

Quizlet- <https://quizlet.com>

GCSE POD - <https://www.gcsepod.com/>

SENECA Learning <https://www.senecalearning.com/>

***Make sure you have a quiet comfortable work environment.***

***Have a supply of resources to help get you organised - folders, plastic wallets, highlighters.***

## **Revision Tips**

***Make sure your revision timetable is realistic and manageable.***

***Make sure that you are eating and sleeping well and drink plenty of water***

***Work at the best time of day – normally earlier rather than late.***

***Plan to revise specific topics or aspects of a subject.***

***Sometimes you may not do what you intended. If so accept it and plan to make the missed time up.***

# Key Revision Strategies

## Personalised

- Personal projects that are individually researched will be remembered.
- Make a personal connection e.g. How would you teach to a younger brother/sister?

## Colourful & Visual

- We tend to remember images more clearly than words - using pictures to create a sequence can be effective.
- Colour code subjects, topics and key information when creating flash cards, mind-maps and other resources.
- Make review posters on themes and topics, make them relative to you.

## Checking Understanding

- Regular informal tests help to determine understanding without fear, so do it at home.
- Explain personal notes/memory maps to someone else. Formulate questions and ask someone else to test you!

## Summarise in Different Ways

- Onto post cards
- Headings and points
- Use tables
- Use spider diagrams
- Venn diagrams
- Flow charts

## Revision Strategies

## Sequence

- Flash cards – for example, detail stages of an experiment/events in a play etc. on back. Mix cards up, turn over and explain the stages.
- Flow charts.
- Clock face diagrams.

## Mnemonics = Word Games

- Best invented by learner.
- Critical letters to information lists of things.
- For example, MRS. GREN - 7 characteristics of living things, etc.

## Outrageous

- The unusual and outrageous are immediately memorable. By taking the information out of context and giving it a ridiculous application it STICKS!
- For example, outrageous voices, famous people telling you key points.

# Being Prepared

## *Before your exams.....*

- Ensure that you familiarise yourself with your exam timetable. You **MUST** know what date and time each exam is, in which room they are in and how long they will last.
- Ensure you have the correct equipment. You will need 2 black pens, 2 pencils, a ruler and a rubber. For some exams you will also need a calculator and a protractor.
- Make sure you take note of the rules regarding exam conditions in your exam rooms – particularly to do with mobile phones and talking.
- **Take a photo of your exam timetable on your mobile phone.** This will allow for you to have a copy on you at all times.

## *Tackling the exams.....*

- While waiting for the exam to start, read the front of the exam paper so you know exactly what to do.
- Read each question carefully – twice is better than once. Check how many marks are available for the answer.
- Highlight key words in the question.
- Write your answer if you feel confident. If not, go on to the next question. Don't spend time on questions you are unsure of until you have been through the whole paper once.
- Check all calculations. Does the answer make sense and have you included the units?
- Check information in graphs, tables, pictures, and sources. Did you read them correctly?
- Once you have answered all the more straightforward questions go through the paper again, tackling those questions which are more difficult. Try to give an answer for each question.



## ***Meditation and Diet.....***

**Meditation is a fantastic way of focusing the mind. It can help relieve stress and anxiety during revision and to refocus the mind whilst you are in your exam.**

1. "If I don't meditate, I don't read." Use Meditation as a study tool. Practice any simple meditation for a few minutes just before you start your studies. It helps you learn fast, and retain longer, without getting distracted. Find some relaxing meditation music on YouTube.
2. Take a break: When you feel you need to, take a break. Listen to music, talk to friends or family, play outside or take a walk for 10 minutes. Then get back to studies.
3. Eat right eat light: fresh, light, homemade vegetarian food will help to increase your ability to concentrate. Fresh fruits, green vegetables can go a long way in providing the body's needs during this period. Stale, packaged, salty or sweet food will make you dull. We recommend foods that are rich in Omega3 such as oily fish like tuna and fruit such as bananas on the days of your exams.
4. Breathe in and breathe out: The first and the most basic act of life is breathing. Breath is connected to the mind. When the mind is agitated the breathing is short, hot and faster. When the mind is relaxed the breathing is long and slower. The deeper the breath, more the intake of oxygen, more the supply of oxygen to the brain, it works more efficiently.