

Planning for exam success

Wednesday 20th March 2024

Respect ~ Responsibility ~ Self-Belief ~ Purpose ~ Challenge ~ Aspiration



Housekeeping:

- Exits
- Part 2 venue
- Refreshments
- Slides

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Guest Speaker:

Ashley Porter-Exley

Winner of BBC Young Apprentice

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Year 11

- Effective revision strategies
- Being 'exam fit'
- Exam briefings and boosters
- Exam regulations
- Our new revision website
- Sixth Form information

Year 13

- Effective revision strategies
- Our new revision website
- UCAS and Clearing
- Exam regulations
- Student finance
- Exam briefings and boosters

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YEAR 11

Planning for exam success

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Effective Revision Strategies

Mr Hirst – Director of Teaching & Learning

Mrs Peers – Associate Assistant Head

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How did you revise?

- Reading over class notes/revision guides
- Highlighting class notes/revision guides
- Watching revision videos
- Copying out revision notes over and over again



Responsibility ~ Self-Belief ~ Purpose ~ Challenge ~ Aspiration



CALCULUS
FINAL
Tomorrow!



02:02 AM

Aspiration



Deliberate practice



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Why & How to Revise

OVERCOMING THE FORGETTING CURVE: SPACED LEARNING

Blocking



Interleaving



Challenge ~ Aspiration



Respect

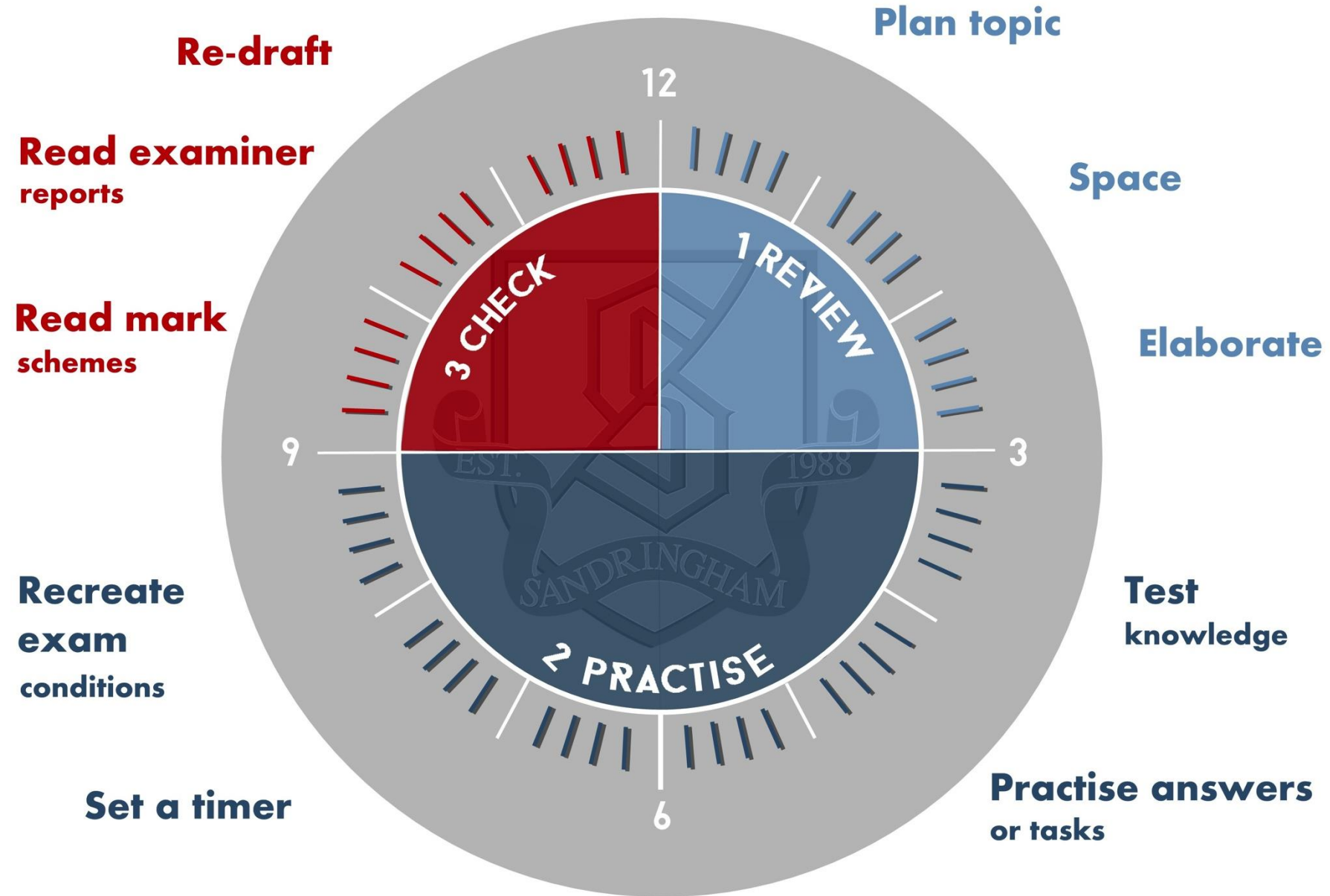
Revision Schedule Planning

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
1		Mon	Tue	Wed	Thurs	Fri	Sat	Sun						
2		13-May	14-May	15-May	16-May	17-May	18-May	19-May		Mon, 13 May 2024	AM	Y11	AQA	8702/1 English Literature Paper 1
3	am									Tue, 14 May 2024	AM	Y13	Pearson	9BS0 01 Business
4	am									Tue, 14 May 2024	AM	Y11	AQA	8658/LH French Listening Test 1
5	am									Tue, 14 May 2024	PM	Y11	AQA	8673/LH Chinese (Spoken Mandarin) Listening Test 1 followed by Reading Test 1
6	lunch									Wed, 15 May 2024	AM	Y13	Pearson	9EB0 01 Economics B Markets & the Environment
7	pm									Wed, 15 May 2024	AM	Y11	AQA	8145/1A/D History Paper 1a Option 1 (on after 1a)
8	pm									Wed, 15 May 2024	AM		Pearson	1350 Mathematical Studies 1
9										Wed, 15 May 2024	PM		Pearson	1AA0 Arabic Listening & Reading Test 1
10	dinner									Wed, 15 May 2024	PM	Y11	OCR	J277/01 Comp Sci: Computer Systems
11	Homework									Thu, 16 May 2024	AM	Y11	AQA	8300/1H Mathematics Paper 1 Tier 1
12	Tutoring									Thu, 16 May 2024	AM	Y13	AQA	7037/1 Geography Adv Paper 1
13	Revision									Thu, 16 May 2024	PM	Y11	Pearson	1RB0 2B Religious Studies B Christianity
14	R&R									Fri, 17 May 2024	AM	Y13	AQA	7182/1 Psychology Adv Paper 1
15	Sleep!									Fri, 17 May 2024	AM	Y11	AQA	8462/1H Chemistry Paper 1 Tier 1
16										Fri, 17 May 2024	PM	Y13	Pearson	8FM0H Further Maths AS
17										Fri, 17 May 2024	PM	Y11	AQA	8035/1 Geography Paper 1

Respect ~ respect



THE MEMORY CLOCK



Challenge ~ Aspiration



Effective Revision Strategies

Plan

Gather resources

Plan topic

Space for studying

Environment is key

Spacing out topics

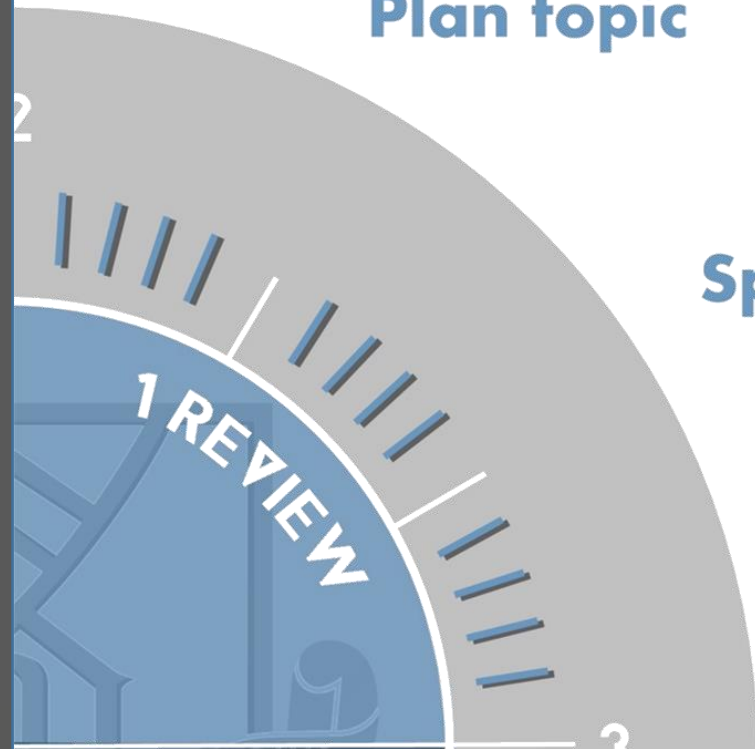
Space

Elaborate

Which techniques do I plan to use?

Elaborate

Transform information



Respect ~ Responsibility

iration



Effective Revision Strategies

Read examiner reports

Many contain model answers

Compare answers to the mark scheme.

The process of seeing the correct answers helps to support learning.

Mark accurately.

Make notes for **review** next time.

Re-draft

Don't skimp on this section

Re-draft

Read examiner reports

Read mark schemes



Respect ~ Responsibility



Effective Revision Strategies

**Recreate
exam
conditions**

Set a timer



**Test
knowledge**

**Practise answers
or tasks**

Simple & Effective Ideas

Respect ~ Responsibility



Revision Tutorial Series:

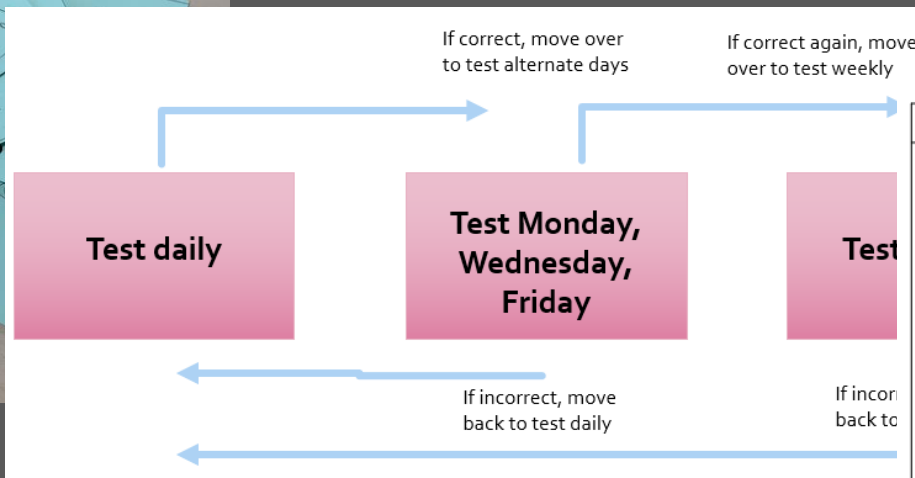
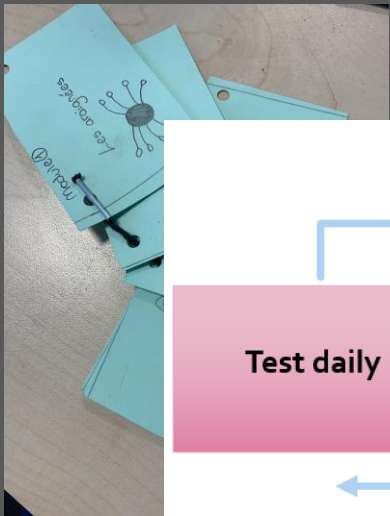
- Flash Cards – Dual Coding & the Leitner Technique
- Cornell method of note taking
- Free Recall – brain dump/memory library
- Graphic Organisers: Frayer Model
- Graphic Organisers: Multi Flow Maps
- Graphic Organisers: Relational Models
- Target diagrams, Revision Clocks
- Prioritisation matrices – Eisenhower
- Spacing & Interleaving
- Environment & Wellbeing

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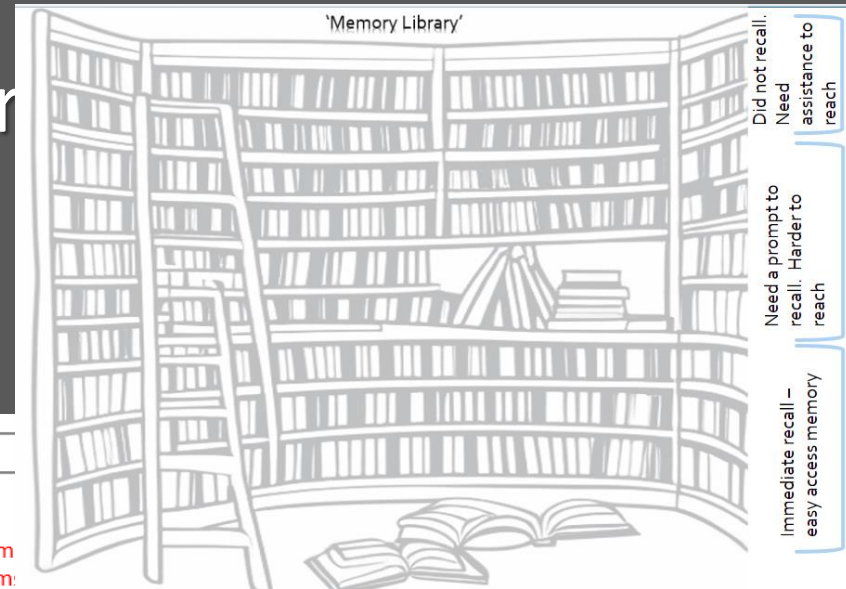


Effective Revision Strategies

- Flash Cards – Dual Coding & the Leitner Technique
- Cornell method of note taking
- Free Recall – brain dump/memory library



Title: The Leitner Method	
Cues (questions)	Notes
	Flashcard = card w/ small am answers other. <u>Sts</u> test them:
	↑ spacing each time info = correct
	Builds factual recall → automaticity ∴ <u>sts</u> can access higher-order thinking & ideas.
	Start small then interleave flashcards & make it more difficult over time.
Summary:	



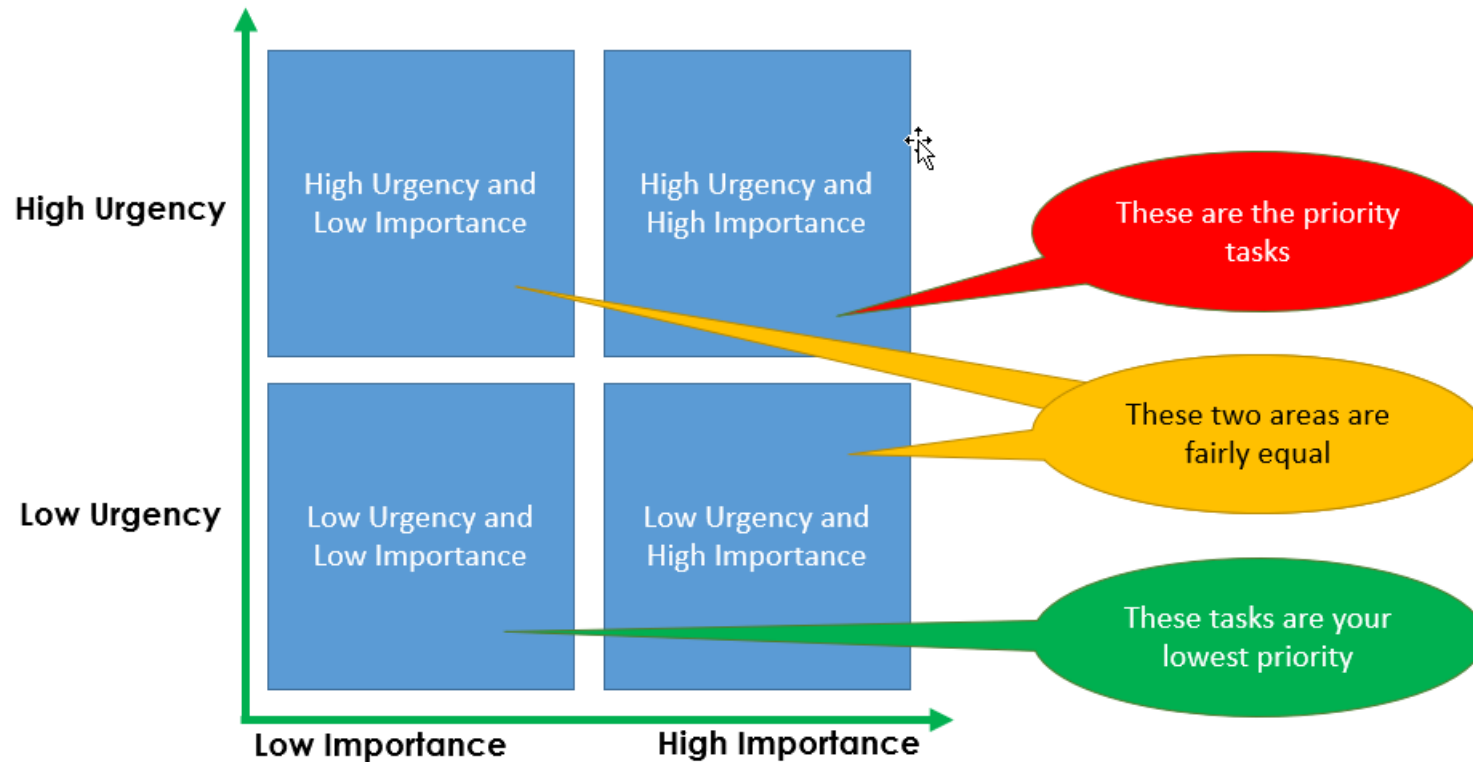
~ Challenge ~ Aspiration



Effective Revision Strategies

- Target diagrams, Revision Clocks
- Prioritisation matrices – Eisenhower

THE EISENHOWER PRIORITISATION MATRIX



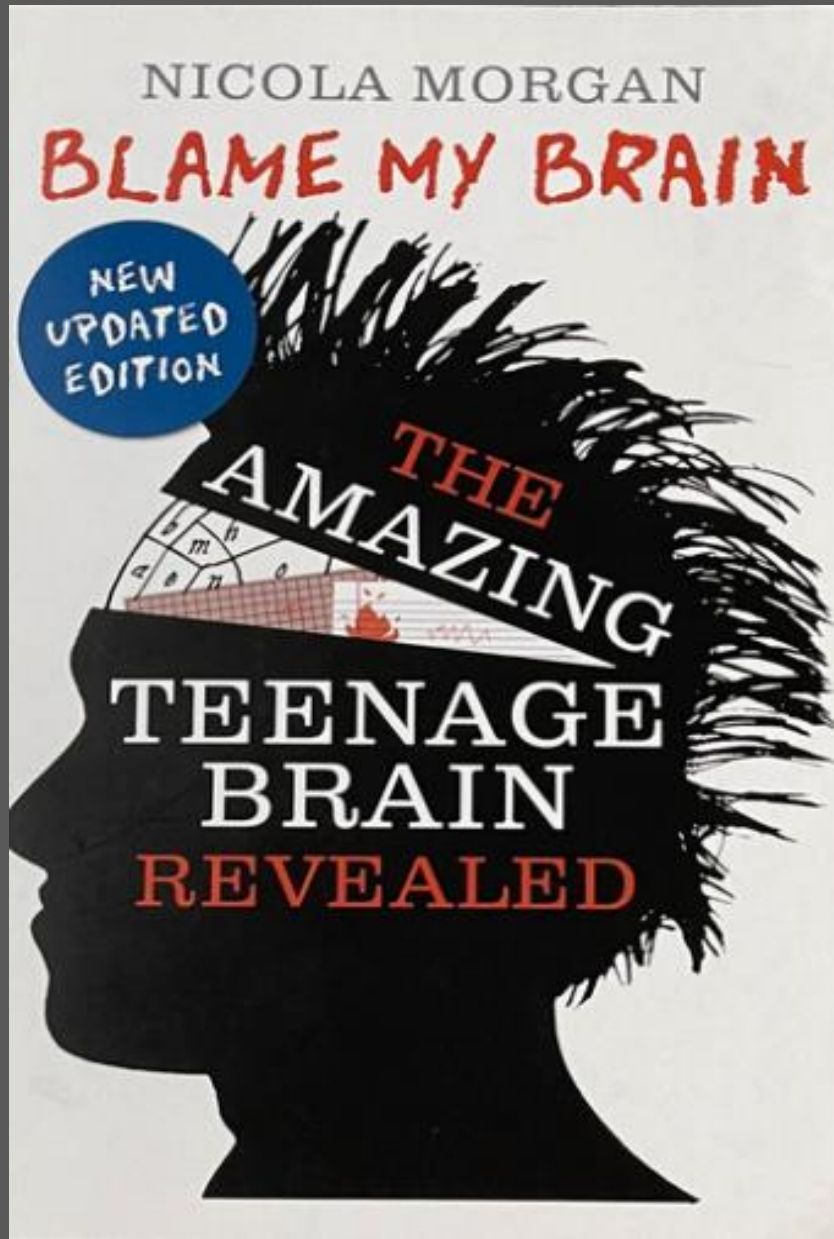
Supporting Student Wellbeing Exam Emotional Fitness



Mr Chesters – Director of Pastoral Care

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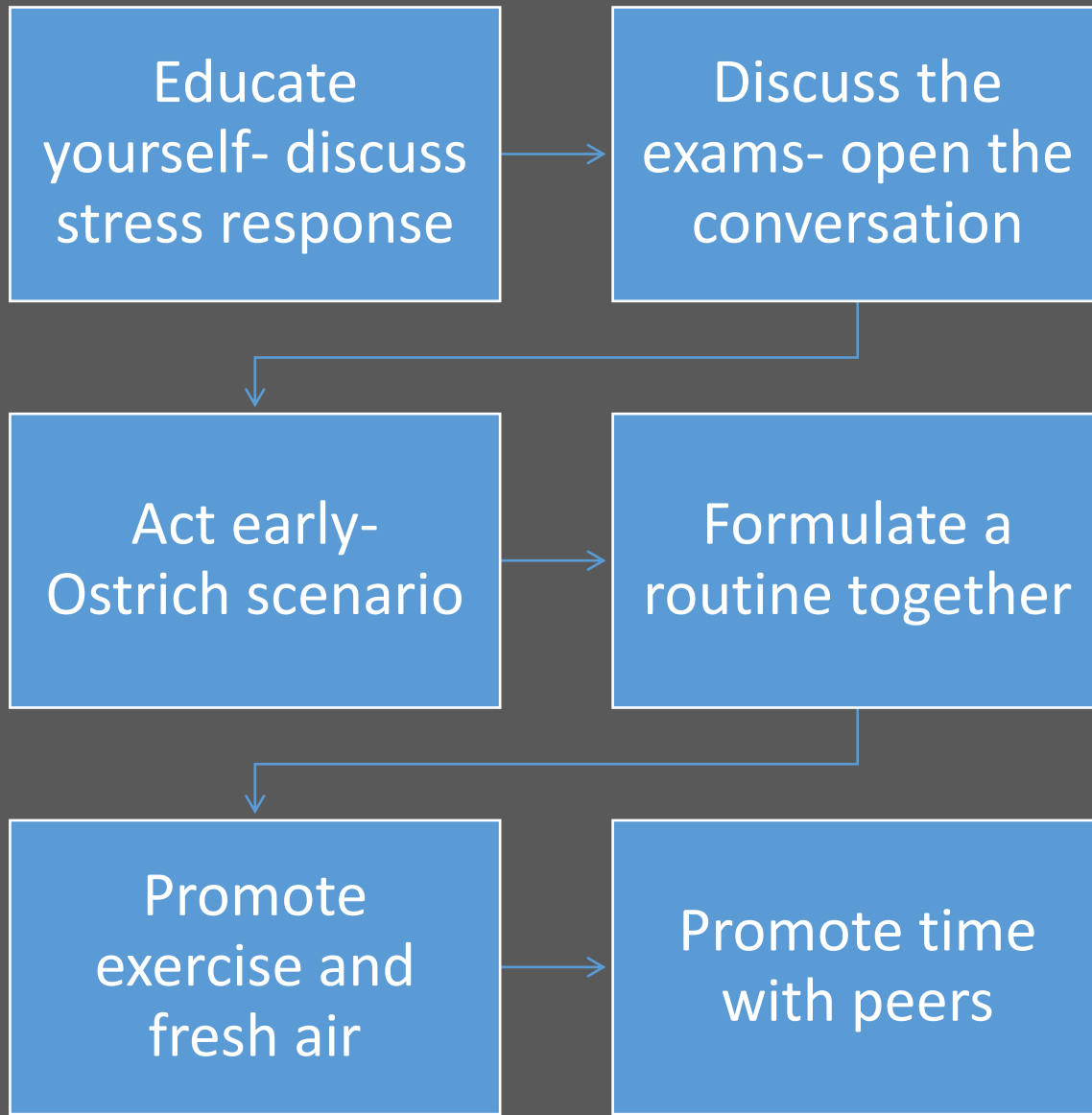
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Things that can help your child in the lead up to exams

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP.

How to support your teenager- DO's



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How to support your teenager- DON'TS

- Bottle up what you're seeing (have the conversation)
- Keep drilling high expectations that might not be achievable
- Revision, revision, revision
- Put results on a pedestal (all they can do is try their best)

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WELLBEING ▾

PERSONAL DEVELOPMENT ▾

24 Hour Mental Health Hotline

BBC Head room – MH toolkit

Cambridge University Mind-App Study

Exam Wellbeing

Healthy Futures

Exam Wellbeing

Mental Health & Wellbeing Newsletters

Meet the Wellbeing Support Team

Open Minds Parent/Carer Partnership

Parent/Carer Support

Prevent

Safeguarding

Support Services

The Crossley Heath School Mindfulness Movement

Vision and Well Being Provision



Using Our Website For Support - explore the guidance & links

Exam Wellbeing

At The Crossley Heath School we fully understand the importance of supporting our students' wellbeing through their exam preparation and beyond. We know that exams are a major source of worry and anxiety for young people. Whilst feeling anxious about important events is a natural response, we take a range of approaches in our tutorials and lessons to support our student wellbeing at these times. This includes help with their organisation, revision strategies, study timetables and advice of how to look after their overall wellbeing at an important time in their lives.

We also want to offer guidance and reassurance to our parents and carers, where it might be needed, so that their child feels supported at home.

It is important that students:

- Are organised and well prepared for exams
- Take a long term approach to study and revision rather than a short term cramming approach
- Study sensibly and effectively without distraction
- Exercise regularly
- Limit screen time and exposure to social media
- Get enough sleep and keep a sleep routine
- Take time out to socialise and relax
- Eat healthily
- Talk to their friends and family
- Consider the practise of mindfulness and relaxation techniques
- Have a positive mind set, their best is good enough!

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- **Exercise regularly**
- Limit screen time and exposure to social media
- **Get enough sleep and keep a sleep routine**
- **Eat healthily**
- Talk to their friends and family

ration



The following resources are provided to give guidance and ideas for supporting both students and their parents/carers.

- www.openmindscalderdale.org.uk/exam-help-calderdale/
- <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>
- [Exam stress and wellbeing | Pearson UK](#)
- [Top revision techniques for exams – BBC Bitesize](#)
- <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time>

Silver Cloud is a free and easily accessible platform that can be a personal and responsive support for young people (14+) and/or their parents and carers. It involves minimal waiting times and by accessing the service you will gain an Open Minds 'Supporter' who can provide guidance and support for individuals who are experiencing anxiety and low mood.

Silvercloud | Northpoint



YOUNGMINDS

fighting for young people's mental health



Pressure to do well in exams can be overwhelming and affect your mental health. Here's our advice if it's all getting a bit too much.

Guide Menu

Hide guide menu

Guide contents (jump to section)

1. [Dealing with exam stress](#)
2. [Keep it in perspective](#)
3. [Revision tips](#)
4. [Dealing with disappointing exam results](#)
5. [Get help now](#)

[View our guide for parents](#)

YoungMinds | Mental Health Charity For Children And Young People | YoungMinds

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A guide for parents

Exam time



If you're worried about how your child is coping with exams at school, here is our advice and information on where you can get help.



Guide Menu

Hide guide menu

Guide contents (jump to section)

1. [Things that can really help](#)
2. [How can the school help?](#)
3. [How to manage a 'disappointing' results day](#)
4. [Where to get help](#)

[View our guide for young people](#)

YOUNGMINDS
fighting for young people's mental health

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After an exam...

- Don't dwell.
- Move your focus to your next one(s).
- Stay positive.
- Support each other.

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Summer and results day

- Relax
- Plan for options
- Enjoy the extended break
- Work experience
- NCS
- Results day – in school or via email
- 6th form sign ups

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Exam briefings & Exam boosters

Mr Brownlie – Director of Education

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Exam Briefings and Boosters

11 Exam and booster timetable

Wednesday 8 th May		THURSDAY 9 TH MAY		FRIDAY 10 TH MAY	
		RS AM		Biology AM	German PM
1	↑	1	RS Exam 11F Biology Booster	1	Biology Exam
2	/	2	RS Exam 11A, 11B Biology Booster	2	Biology Exam
3	11Y RS Booster	3	German Boosters (3 groups)	3	Start Exam Study Period
4	11W RS Booster	4	11D Biology Booster	4	German Exam
5	11V RS Booster	5	11C, 11E, 11G Biology Booster	5	German Exam

MONDAY 13 TH MAY	TUESDAY 14 TH MAY		WEDNESDAY 15 TH MAY		THURSDAY 16 TH MAY		FRIDAY 17 TH MAY	
Lit AM	French AM	Chinese PM	History AM	Comp Sci PM	Maths AM	RS PM	Chemistry AM	Geog PM
English Lit exam	1	French exam	1	History exam	1	Maths exam	1	Chemistry exam
English Lit exam	2	French exam	2	History exam	2	Maths exam	2	Chemistry exam
Chinese booster	3	V,W,Z History booster Comp Sci booster (online)	3		3	Geography Boosters	3	
French booster (online)	4	Chinese exam	4	CompSci exam	4	RS exam	4	Geog exam
	5	Chinese exam Y History booster	5	CompSci exam RS booster (online)	5	RS exam Chemistry booster (online)	5	Geog exam
			Ex	Maths booster (online)			Ex	English Lit booster (online)

MONDAY 20 TH MAY	TUESDAY 21 ST MAY		WEDNESDAY 22 ND MAY		THURSDAY 23 RD MAY		FRIDAY 24 TH MAY	
Lit AM	German AM	Comp Sci PM	Physics AM	PE PM Chinese PM	English Language AM		French AM	
English Lit exam	1	German exam	1	Physics	1	English Lang exam	1	French exam
English Lit exam	2	German exam	2	Physics	2	English Lang exam	2	French exam
German booster	3	PE booster Chinese booster	3		3		3	
Comp Sci booster (online)	4	Comp Sci exam	4	PE exam Chinese Exam	4		4	
	5	Comp Sci exam	5	PE Exam	5	French booster (online)	5	

Period will begin after the Biology morning exam on Friday 10th May.

pose ~ Challenge ~ Aspiration



New Revision Website

- Separate section of the school website with a page for each subject
- Links to the top most useful resources for revision
- Lots more on Teams but website is accessible for students and parents
- Under the Personal Development Tab on the website

<https://www.crossleyheath.org.uk/revision/>

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Exam Regulations (GCSE)

- Students, you have your exam timetables already. You will receive an updated version showing exam rooms and seats before exam season starts.
- At the end of this week, you will be provided with 3 key documents that you must read. These explain the regulations for public exams, use of social media regarding exam papers, and warnings against malpractice.
- You must wear correct uniform for the exams.

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Exam Regulations (GCSE)

Key things:

- No mobiles/watches/notes/flash cards
- Clear water bottles, no labels
- Know your candidate number
- Don't talk to other candidates in the exam room
- Clear pencil cases, calculators only when required, write in black pen
- Go to the toilet before the exam! If you go in the exam, you will have to leave your blazer and empty your pockets! You don't get time added on for this...

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Crossley Heath Sixth Form

Mr Jones – Headteacher

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The Crossley Heath School

Kindness
Courage
Excellence

An inclusive school family, building on our proud heritage to champion the students of today to become the leaders of tomorrow.



WHY CROSSLEY HEATH?



- Great relationships

A school family where network connections last a lifetime

- Strength of Character

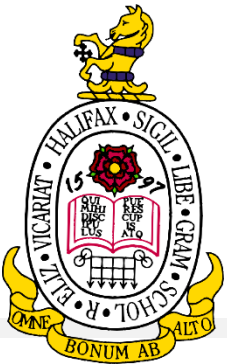
Leadership, extra-curricular, mentoring opportunities = jam-packed CVs!

- Individuals Matter

Tailored learning approach, small classes, you are never lost in the crowd

- Academic Excellence

One of UK's highest proportions of A*-B grades at A level and Russell Group University destinations



Our 5 Promises

1. A **laptop** for every student.
2. **Internship/work experience** with a leading employer.
3. Curriculum **enrichment**, **sporting excellence** & **overseas adventures**.
4. Unique **leadership** opportunities.
5. **Scholars Programme** for students aspiring to Oxbridge, Medicine/Veterinary & Russell Group universities.



Thank You

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