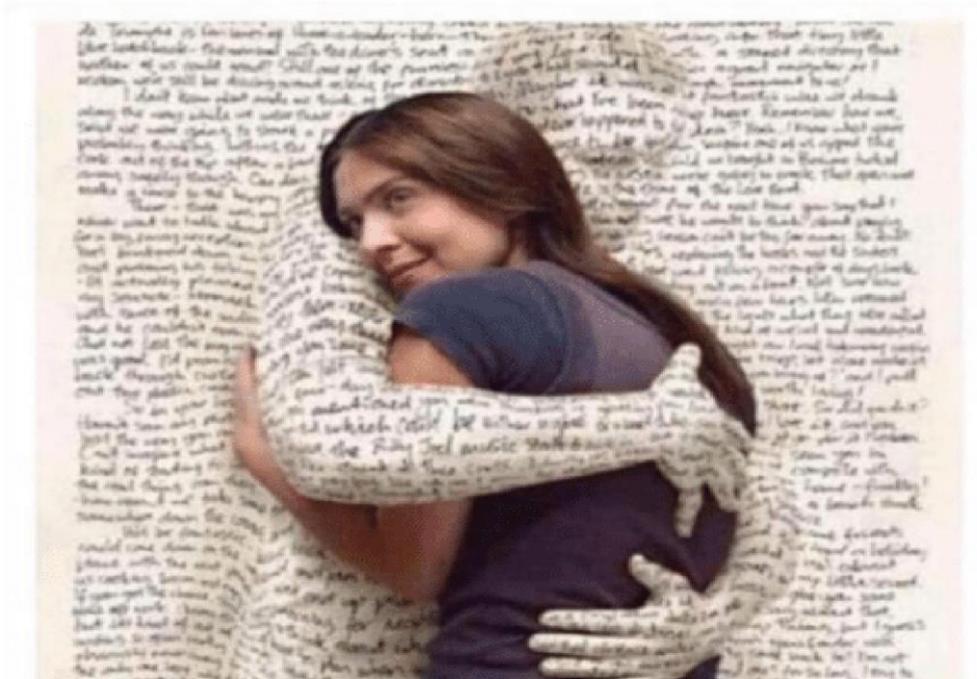




# Year 11 Exam Success 2021

When all the things you revised come up  
on the exam



Page	Focus
3	Introduction: How to get good results
4	Top Revision Tips

<b>5</b>	Setting Yourself Up
<b>6</b>	Quick Tips Coping with Stress
<b>7</b>	Learning and coping well with stress
<b>8</b>	Exams - before
<b>9</b>	Exams - during
<b>10</b>	Great Learning Techniques = Great Revision Visual / Auditory / Kinesthetic Learners
<b>11</b>	Reviewing to 'make it stick'
<b>12</b>	The Learning Pyramid – what will help me remember more?
<b>13</b>	Your revision cycle
<b>14 &amp; 15</b>	Making Revision Notes – ideas that could help: The Outlining Method The Charting Method The Sentence Method
<b>16</b>	Flow Diagrams
<b>17</b>	Visual Notes Cornell Notes
<b>18</b>	Mindmaps
<b>19</b>	Flashcards
<b>20</b>	Revising with Past Papers
<b>21-22</b>	Extra Support: <ul style="list-style-type: none"> <li>• In and out of school</li> <li>• GCSEpod</li> <li>• Useful Resources -Get Revising study plan</li> <li>• Useful Resources – Managing stress</li> </ul>

Your time is now! Nothing is ever achieved without enthusiasm, but there is far more to success than simply following your dreams and hoping for the best. In order to get the very best out of yourself and your GCSEs, you will need to practise the exam skills, memorise key quotations, formulas and processes while focusing on what it is precisely the exam board wants you to do. This guide is designed to introduce you to a range of tried and tested revision techniques and styles to give you the advantage and help you plan for success.

If you find you need some additional support with coping with exam stress there are tips and guidance on pages 6 and 7 and towards the back of the booklet too.

Take control! Plan well, start revision early, review your learning frequently and work hard on what counts now and all the way through to your final exam in June. You won't regret the time and effort you put in, your reward will be your best results in August and that lovely long summer holiday!

You're in it to win it - never forget it!

Mr. Pickles  
Assistant Principal

# How to get good results

## Remember

- You can't revise it if you haven't learnt it.



Revision is re-looking at information you have learnt previously.

The idea is that you know the information that will be tested and

can remember it for the exam. Knowing depends on understanding. – make sure you have completed your notes and have all your worksheets

- Every lesson counts and your attendance is vital at every lesson, focus session, preparation session and exam.



Go to all lessons and make them work for you – it is not whether you like the teacher or not, whether you find it difficult, whether you find it boring – it is what you are getting out of it that matters. This is YOUR result. Turn up, put the effort in.

- Regardless of what's happened in the past you can always change your future, grow your positive mindset and get closer to or even move above your target grade...



- You only fail if you give up.



Revising **isn't** something that should be **challenging** or **difficult** at all. What revising is, unfortunately, is time consuming. **It takes a while.** That's why you might like to **start early**...



## Top Revision Tips

1. **Have an aim for each revision session** – by the end of this session I will have...
2. **Find a quiet place to revise** – your bedroom, school, the library/LRC – and refuse to be interrupted or distracted.
3. Make sure you don't just revise the subjects and topics you like. **Identify what you already know and the parts you need more time on** – try using a PLC or check list to help you do this.
4. **Break all topics into do-able chunks and don't just read at this stage – DO SOMETHING ACTIVE WITH IT.**
5. **Short bursts of revision (20-25 minutes) are most effective.** Your concentration lapses after an hour and you need to take short breaks (5 – 10 minutes).
6. **Make your own revision notes** because you will remember what you have written down more easily. Stick key notes to cupboards or doors so you see them everyday.
7. **Rewrite the key points of revision notes;** read them out loud to yourself. We remember more than twice as much of what we say aloud than of what we merely read.
8. **Use different techniques.** Make your own learning maps, use post-it notes to write key words on, create flash cards. Record your notes on your phone and listen to them again and again. Ask friends and family to test you. Use highlighters to mark important points. Chant or make up rap songs!
9. **Revisit notes after a day, a week and a month really works.** 5 repeats on different occasions really supports you remembering.
10. **Practise, practise, practise on past exam papers and revision tests.** Initially do one section at a time and progress to doing an entire paper against the clock.
11. **You will need help at some stage,** ask parents, carers, older brothers and sisters, friends, teachers and support staff – **get them to quiz you or help you review.** Use podcasts and videos on websites to help you out too: **GCSEpod is a great place to start.**
12. **Manage your stress!** Follow our top tips in this booklet. Sleep well (you process and secure your learning when you sleep) eat well (fuel yourself with good food) drink plenty of water (keep your brain and body hydrated).

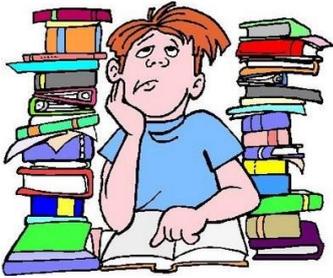
13. Do not be influenced by friends that appear to be doing little work – your result does not count for them and their result does not count for you **BUT YOURS DOES**. Tell yourself this is not for long, in a few weeks time you have a very long summer break to look forward to.

14. Use a positive growth mindset. Believe in yourself and be positive. If you think you can succeed you will if you prepare and ‘do what counts’.

15. Last minute revision is worth it – breakfast sessions and before exam preparation sessions will help – just one thing more may stick in your mind and get you those extra marks to raise your grade. It will all help.



## Setting Yourself Up



➤ Get files or folders for each subject and start putting important information in at the end of each day. You will waste time looking under a mountain of paper for the one you want when you could have spent that time revising.

➤ Start early – the sooner you start the less you will have to do each day and the less stressed you will be.



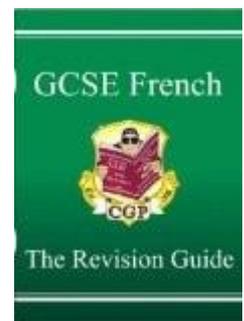
	1700-1800	1800-1900	1900-2000	2000-2100	2100-2200
MON:	Rehearsal	MAKE REVISION TIMETABLE.	COLOUR IN TIMETABLE	Biology Revision	Biology Revision
TUE:	Biology Exam Class??	DEUS EX	GENERAL STUDIES: Read Cahill & Hobbes.	Biology (Cahill) by David & Thomas	Rest Session
WED:	Rehearsal	Collect all 486!	KTAB	KS5100 Smash (GMS) Cafe	*
THUR:	File notes on Apollon	Revise Bismark &c, &c.	ESSAY FOR R.S.	Revise JKII Missions	Make Excuse for Biol Result
FRI:	ARTS & DEBATING Soc.	Duch. of Malfr @ New	Malfr Vic!!	More work. Crisp.	Misssome on Telly

➤ Get yourself organised with your exam timetable – **Plan ahead by working backwards**. Start with your exam dates and divide your revision up week by week.

➤ Make a realistic revision timetable that will work for you. Allow time just to get this completed – it is a good investment of your time – get parents/school staff to help if you find this

difficult.

➤ Get one good revision aid for each subject – use the advice of your teachers and know what works best for you.



➤ Keep all the equipment you need handy (pens, pencils, calculator, paper, notebooks, postcards, record cards, post-its) – don't waste time getting set up and hunting for a pen!



## Quick Tips

- ✓ Make yourself start however much you don't want to – that's the hardest bit, get it out of the way!
- ✓ Take short breaks.
- ✓ When you take a break stand up and walk around, do some stretches, especially your neck and shoulders.
- ✓ Drink water and get fresh air – have your room cool enough or you will fall asleep! ✓ Eat well, not too many sugary snacks. ✓ Give yourself time out to do something completely different. ✓ Don't leave the most difficult bits until last. ✓ Do something more relaxing between revision and bed.
- ✓ STOP when you feel frustrated, angry, overwhelmed and take a break. Make a note of the problem and deal with it next lesson or session – move onto something else.
- ✓ Give yourself a reward after a revision session – favourite TV programme, website, go out with a friend, have some great food.

## Coping Well With Stress



### What is stress?

Stress is a natural process. We are designed to cope and survive in a world that is very different to the one we live in today. Stress is the body's way of coping with a threat and it is a very natural reaction of the nervous system to protect itself from a real or imagined attack what is called 'fight or flight'.

- If our senses detect a threat a particular part of the brain, the amygdala, sends messages to different parts of our bodies preparing us to run away or stand up to the threat.
  - Adrenaline is released and if it goes unused the result is stress. ■ Stress can be caused by many things by physical factors like pollution, extreme temperatures or injury or by psychological factors such as having an argument at home or studying for exams!

### How can stress affect you?

- A small amount of stress is necessary - it's part of our natural warning system, making us alert to danger and ready to run from threatening situations.
- In an exam situation, a small amount of adrenaline pumping through your body keeps you alert. If you have been on stage or involved in sport you will know what this feels like. ■ Think about your fight or flight response as being your 'Super Hero' response it can enable you to perform well under pressure. Managing and coping with it is important though. ■ Stress can make you feel or be more likely to do all or some of the following things:

### **Learning and coping well with stress:**

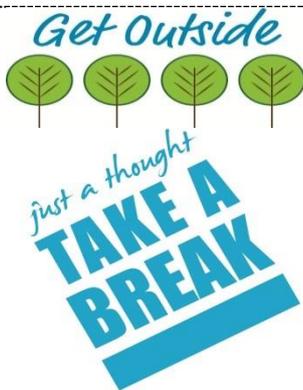
**Plan  
Prepare  
Perform**

**Plan and Prepare Well** ✓ **Plan backwards,** working from your exam date for each subject so that you allow enough time.  
✓ Use a weekly planner chart, complete it by hand or on your phone or computer – whatever works best for you.  
✓ **Work on what counts and chunk your learning.**  
✓ Attend all of your lessons and exam revision and preparation sessions, staff plan them to help you! ✓ Talk things through with a member of staff, parent, carer or another adult you trust if things get tough.

**Eat well** ✓ Feed your brain and give your body a boost. Eat regularly. Skipping meals may give you more cramming time but it can leave you hungry and unable to concentrate.



- ✓ Drink plenty of water. Dehydrated brains don't think clearly and water is healthier than sweet, fizzy drinks.
- ✓ Make sure you eat breakfast on the day of an exam – it will keep you going, especially when you are under pressure.



**Exercise**

- ✓ Staying in your room can seem like the best option when revision time is short. ✓ Getting outside can give you a fresh view on things, clear your mind and help you relax. ✓ If you can't get out, at least get up and out of your chair for a stretch and a wander.
- ✓ Better still go for a walk, take your dog out, get on your bike, play some sport or do some exercise.



**Get some Ideal Relaxation**

- ✓ With your eyes closed, take a moment to create, in your mind's eye, an ideal spot for relaxation. You can make it any place, real or imagined. Perhaps it is a sunny beach, a favourite room or a peaceful meadow. Once you have created it, close your eyes & go back there whenever you feel the need to relax.

**Quick Relaxation Tips**

- ✓ **Tense yourself all over, one part at a time.** Pull your toes up as if to touch your shins & hold. Tense your calves... your thighs... all the way up your spine... tense your arms & your hands. Take a deep breath & hold it. Clench your jaw & hold your eyelids tight. Hold yourself tense all over for four or five seconds then let go all at once. Feel the tension leave your body.

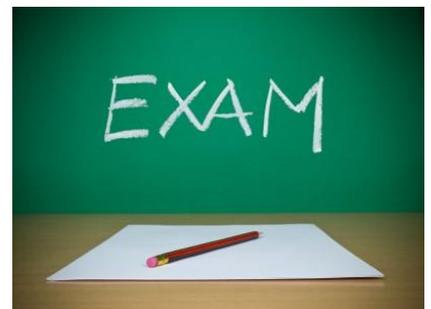
✓ **Cool air in, warm air out:** With your eyes closed, shift your attention to the tip of your nose. As you breathe in, become aware of the air coming in your nostrils. As you breathe out, be aware of the sensations of the air passing back out. Continue for several breaths.

## Exams Before

- Know your exam timetable – highlight yours in colour and put them on your calendar.
- Know where and when you need to be and give yourself enough time not to be rushed.
- Check in advance the seating plan and know where you will need to sit (posted on the display board outside of the Hall).
- Allow time for your brain to get into action – have a shower. Eat breakfast – at home, at school or eat some fruit as you walk to school.



- Check the exact subject of the exam, how it will be structured (eg short answer section and an essay) and how the marks are awarded.
- Make sure you have everything you need the night before – books you are allowed to take in, equipment including a calculator for science and maths when they can be used.
- Put all of your writing equipment: black ink pens (make sure you have spares), sharpened pencils, pencil sharpener, eraser, ruler, coloured pencils/pens, pair of compasses, protractor, set square into a plain and see-through pencil case.
- Keep to normal routines – bed and getting up at normal time.
- Remember you have been given enough time to complete the exam, just like everyone else. You are all in the same situation, all you can do is your best. Practice your relaxation breathing techniques if you are feeling tense.
- Leave yourself time to go to the toilet before the exam.
- Take water into the exam - your ability to remember and your concentration improves by 70% if you are hydrated. Make sure you have removed the label of the bottle and it is a plain, see-through bottle.
- Make arrangements for where to put your phone or who will look after it for you during the exam – plan for this, make this a routine so it causes you no hassle before each exam.
- Don't worry if you think you have forgotten it all before you go in - if you have revised it will all be there and will come back.



# During the exam



- Put your mobile phone and any other electronic equipment somewhere safe before you enter the exam hall. If you do enter the exam hall with your phone or other electronic items – hand them over to an invigilator!



- Being nervous is normal and gives your brain extra adrenaline to help you make a final effort.

- Take some deep breaths and say something positive to yourself "I can do this", "If its hard for me its hard for everyone else", "just take it one section at a time".
- If you go blank at any stage leave that question, take a few deep breaths, turn over the page and do something else you can do. Come back to it and reread it slowly and calmly.
- Listen to the invigilator for any last minute instructions.
- Read the instructions, fill in the front of your paper when told to and then read through the paper – don't make a start on the questions until you have done this.
- As you read mark off questions you can do and then choose the best ones for you – **check that you have chosen the right number of questions.**
- If you need to spend the first couple of minutes writing down key formula or facts you are going to need so you don't forget them or leave them out.
- **Know how many marks each section or question is worth and how you should split your time.** If you run out of time write in note form to get some facts down but keep to your time limits – you can always come back if you have time at the end.
- **Do not make any contact – even a smile – to any other candidate in the exam hall** or you risk being disqualified, not just from that exam but others too.

$$C = \pi d$$
$$A = \pi r^2$$



**Great Learning Techniques = Great Revision**

**Learning Styles Preference :**

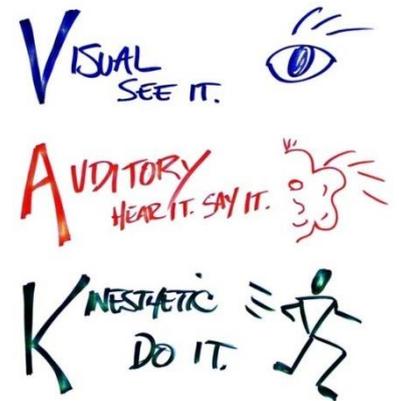
# It's ALL about the TECHNIQUES

Remember this is only a preference as you are a mixture of all three learning styles and there are many ways to learn.

You can benefit from using techniques that are visual, auditory and kinaesthetic but your preference is a really good place to start.

This is because you may enjoy learning in that way, which will improve your self motivation.

The techniques below can be used by all students for various subjects. However if you have a VAK preference try those methods first.

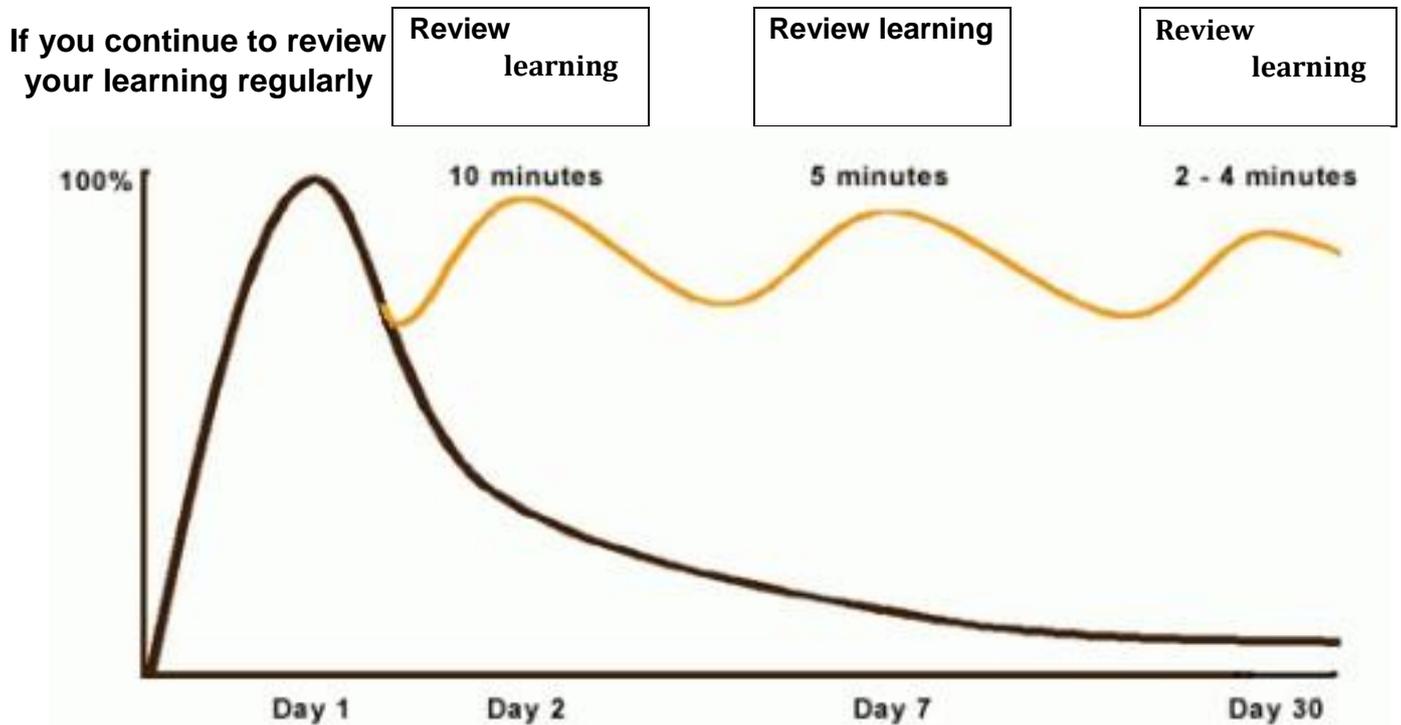


<b>Auditory</b> – hear and speak it	Yes	Not yet	I do now
Read your work out loud - repeat it			
Record notes on your phone/mp3 and listen			
Present to friends/flip chart/Powerpoint etc			
Discuss, ask and get asked a lot of questions			
Listen to audio books when you can			
Background music, rhymes and raps			
<b>Kinesthetic</b> – do it and feel it	Yes	Not yet	I do now
Use flash/index cards, post its for notes			
Condense text and re-write and quiz yourself			
Walk about at home when learning/reading			
Hands on / practical learning			
Volunteer when you can for learning activities			
Role play/Act out to make it physical			
Plenty of short breaks and move around			
<b>Visual</b> – see it and read it	Yes	Not yet	I do now
Use pictures, charts, maps and graphs, etc.			
Colour paper and pens to highlight facts			
Post-it notes with keywords/memory joggers			
Study away from a window to avoid distractions			
Ask for topic handouts/revision guides			
Use multi-media (e.g. computers, videos)			

## Reviewing to 'make it stick'

Research shows us that in 24 hours you will forget about 70-80% of what you have learnt if you don't REVIEW your work.

## The Curve of Forgetting



you keep your learning 'topped up' so **USE IT OR LOSE IT!** Regular reviewing makes great revision = **exam success.**

**FACT:** Students who do not quiz themselves often over-estimate how well they know the material.

So...**do:**

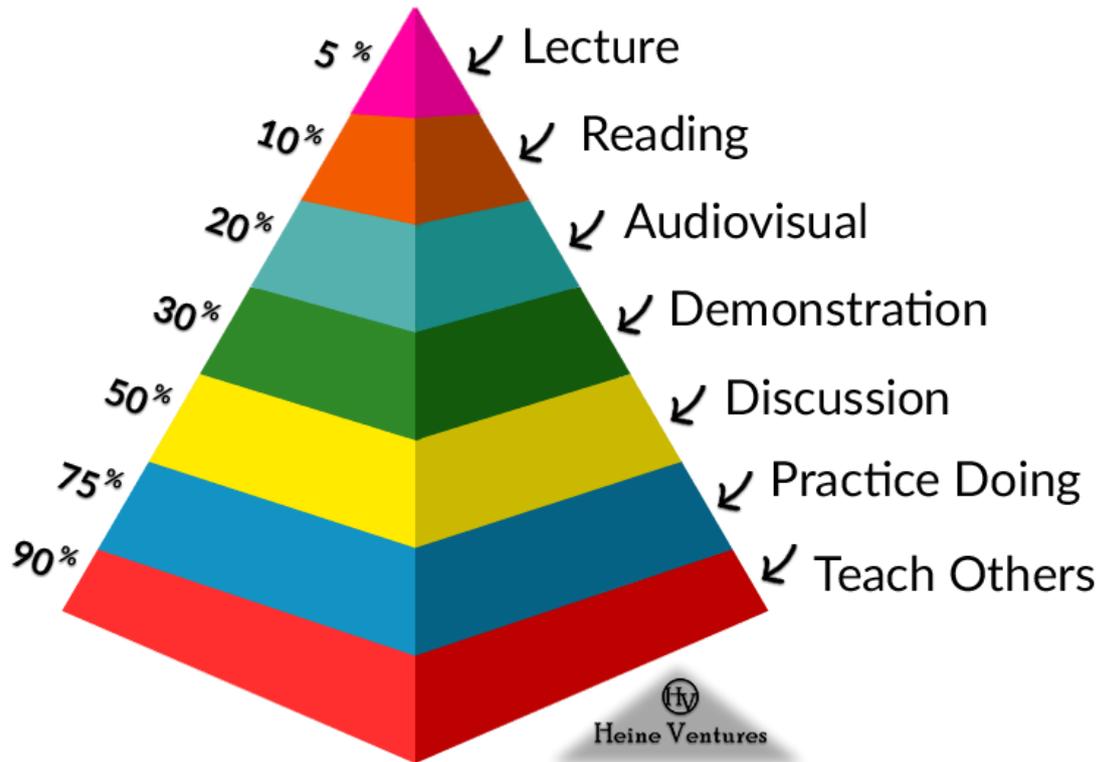
- Try past exam papers/test papers and try them again once they are marked so that you can improve
- Present to others and ask them to quiz you
- Complete questions in revision guides and online sites
- Ask and answer 'Who?' 'What?' 'Where?' 'When?' 'Why?' and 'How?' questions
- Rephrase information in your own words to check your understanding
- Link new learning to what you already know

### **Your Key to Success is to REVIEW Your Work and TEST Yourself**

1. Quiz, quiz and quiz more
2. Discussions (pairs, groups, class etc), questions – explain and justify
3. Question and answer sessions
4. Re-read/return to information in a way that suits your VAK style and then quiz
5. Condense, highlight, transfer to flash cards and test
6. Take a picture and save as a "screen saver"
7. Record on your phone and listen back
8. Present and teach your friends or family and question
9. Put post-it notes/images in key areas so that you notice them

Average student retention rates (how much you remember and can use by learning in this way)

## THE LEARNING PYRAMID



### In summary:

- Listening and reading give you a small memory boost.
- Watching and listening to a podcast or video helps your memory a little more.
- Watching an engaging practical demonstration adds more power to your memory.
- Discussing and doing something practical about a topic is even better (e.g. building or creating a model to explain a topic) because it makes it more memorable.
- Teaching others about what you need to remember is proven to be very powerful for building knowledge that you can rely on to remember and use in the future.



### Therefore

Get started teaching others: practice these approaches. Rehearse how you would do it and then try it out:

- Explain it to someone in 50 words or less
- Teach this better than the way it was taught to me
- Draw a diagram and explain it to someone else
- Identify and present the 5-10 most important points. What would they be?
- What could an audience ask me about my subject? Rehearse how I would answer them.

# Your revision cycle looks something like this:

**Organise your class work, folders and worksheets for each subject**

**Organise your checklist or PLC**

**for every subject** (just like you have in Maths and other subjects already) :

- Every unit and all of the main topics
- Keep it updated as you revise and complete past papers
- Use it to plan your next steps in revision and what you might need to talk to your teacher about for more help.

**Plan your revision timetable,**  
work backwards from each exam.

One of these will work for you:

- ✓ A paper copy so that you can write on it colour in and code sections.
- ✓ A wall chart for your room
- ✓ An electronic copy: try The Student Room.co.uk, register and you can access their GCSE area with a student planner section and a resources section

**Repeat this cycle.**

**Try out a range of revision techniques.**

**Practice is the best way of learning exam techniques and building your confidence.**

**Revise and Review** – use a range of techniques to suit you (the next pages give you ideas, reminders and tips – find out what works for you)

**DO practice papers**

**Follow a Mark Scheme to check your learning**

Find out what is and isn't working **yet** for you

**THEN**

## Making Revision Notes

# The Outlining Method

**Great for: All Subjects...**

**Method:** This helps you to write points in an organised pattern based on space indentation. Place major points farthest to the left. Indent each more specific point to the right. Levels of importance will be indicated by distance away from the major point. Indentation can be as simple as or as complex as labelling the indentations with numbers or decimals. Markings are not necessary as space relationships will indicate the major/minor points.

# The Charting Method

## Advantages

Well-organised system if done right. Outlining records content as well as relationships. It also reduces editing and is easy to review by turning main points into questions.

**Disadvantages** Requires more thought in class for accurate organisation. This system is more useful for

**Great for: History, Geography and RS** organising revision notes. This system can take time.

**When to use it:** Use this method for making revision notes. Use this system when you have time to think about the order of your notes and how things connect.



**Method:** Determine the categories to be covered in your revision notes. Set up your paper in advance by columns headed by these categories. As you take notes, record the information (words, phrases, main ideas, etc.) into the appropriate category:

Topic	Christian Views	Muslim Views	My Opinion
Human Rights			

DATES	WAR	COUNTRIES	LEADERS	SIGNIFICANCE
1939 - 1945	WORLD WAR II	GERMANY JAPAN GREAT BRITAIN RUSSIA USA FRANCE POLAND AND MORE	ADOLF HITLER JOSEPH STALIN FRANKLIN ROOSEVELT WINSTON CHURCHILL	BLAME BLAME BLAME
1950 - 1953	KOREAN WAR	KOREA USA CHINA	HARRY TRUMAN KIM IL-SUNG	

### Advantages

Helps you gain an overview of the topic. Reduces the amount of writing necessary. Provides easy review mechanism for both memorisation of facts and study of comparisons and relationships.

### Disadvantages

Few disadvantages except learning how to use the system and locating good categories.

### When to use it :

Use this method when you want to focus on both facts and relationships. Use when you want to get an overview of the whole course on one big piece of paper.

## The Sentence Method

### Great for: All Subjects...

**Method:** Write every new thought, fact or topic on a separate line, numbering as you go and using different colours.

### Example:

At first, Freud tried conventional, physical methods of treatment such as giving baths, Massages, rest cures, and similar aids. But when these failed he tried techniques of hypnosis that he had seen used by Jean-Martin Charcot. Finally, he borrowed an idea from Jean Breuer and used direct verbal communication to get an un-hypnotized patient to reveal unconscious thoughts.

SAMPLE NOTES:

Freud 1st – used phys. Trtment; e.g, baths, etc. this fld.

2nd – used hypnosis (fr. Charcot)

Finally – used vrb. Commun. (fr. Breuer) – got unhypynop, patnt to reveal uncons. thoughts.

### Advantages

Notes are shortened and abbreviations are used. Slightly more organised than the paragraph. Gets more or all of the information. Thinking is increased

### Disadvantages

Can be frustrating if you find shortening words and phrases actually complicates things!

**When to use it:** Use when you want to organise your notes into mapped categories. Use when you want to put lots of detail onto your maps. Use when you want to group together detail into logical order.

# Flow Diagrams

**Flow Diagrams** work well for revising processes and sequences, for example remembering the steps in an experiment in Science or the sequence of events leading to the Nazis' 1933 election victory for History.

Here is a flow diagram for a biology experiment. The experiment needs to follow a specific sequence of steps

Three filter paper circles are placed in each of six dishes, the top filter paper being marked with pencil eight equal segments.



Eight cress seeds are placed in each segment of the six Petri dishes.



Each dish is labelled  $0\text{ cm}^3$ ,  $1\text{ cm}^3$ ,  $2\text{ cm}^3$ ,  $3\text{ cm}^3$  and  $4\text{ cm}^3$ , the final dish is the control.



Each dish is charged with its appropriate saline concentration (distilled water for the control).



The lids for all the dishes are replaced.



All dishes are placed next to each other in a place for germination.

Seedling germination and a note

This experiment is to investigate the impact of increasing salinity on seed germination.

**Visual Notes**

# 6 fundamentals of Visual Notetaking

(1) Letters (4) Connectors



(2) Bullets (5) Shadows



(3) Frames (6) Peeps



sunnibrown.com

You do not need to be good at drawing to take visual notes.

Make use of pictures, words, symbols and arrows.

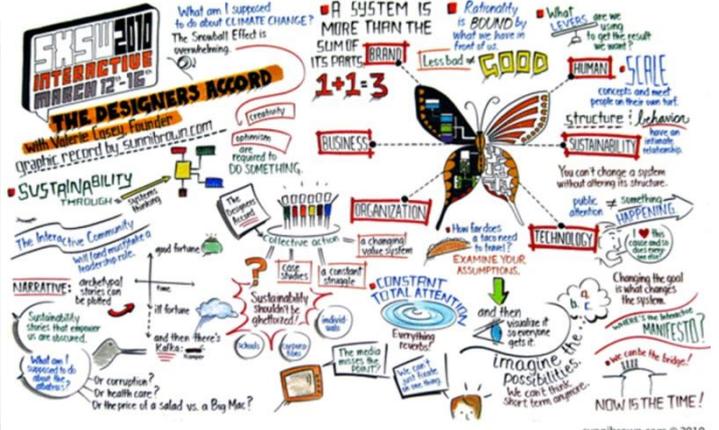
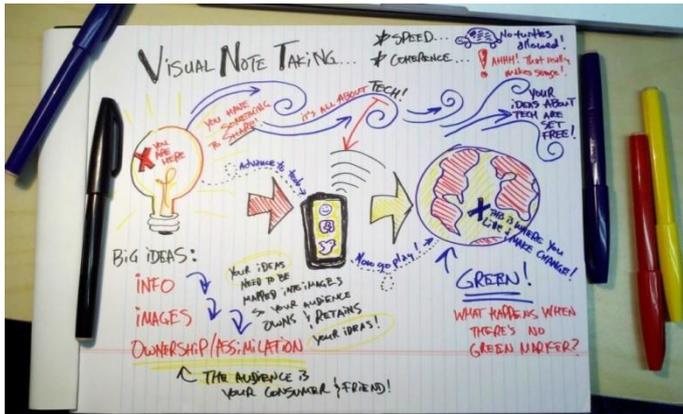
Important information should be in bold and be the

biggest Visual Note Taking is used all over the world for notes. It makes use of words, pictures, symbols

shapes to present information. engage select what information is important to

Watch Sketcho Frenzy's great

<http://www.youtube.com/watch?v=gY9KdRfNN9w>



## Cornell Notes

1. Put the topic you are taking notes on in this box.

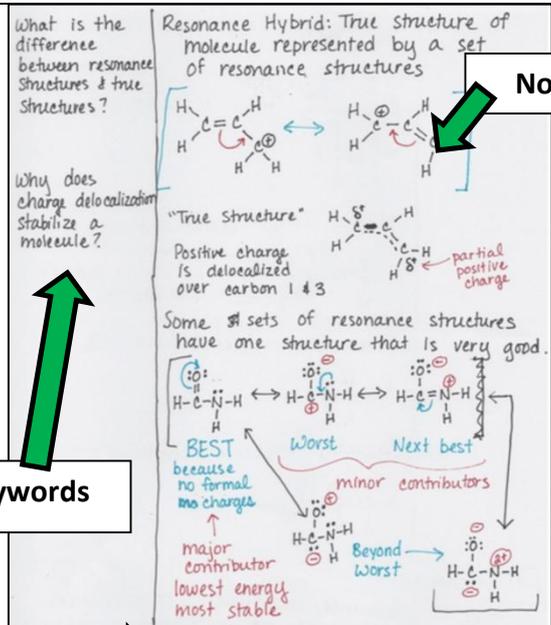
2. Begin to take notes about the topic in this box.

3. Once you have completed this box with notes, go through your notes and underline and highlight all keywords and key points.

4. Write the keywords and key points in this box.

5. Summarise what you have learnt into 2 or 3 sentences in this box.

The Cornell Note Taking System is the world for taking structured notes. It forces you to engage and select what information is important.

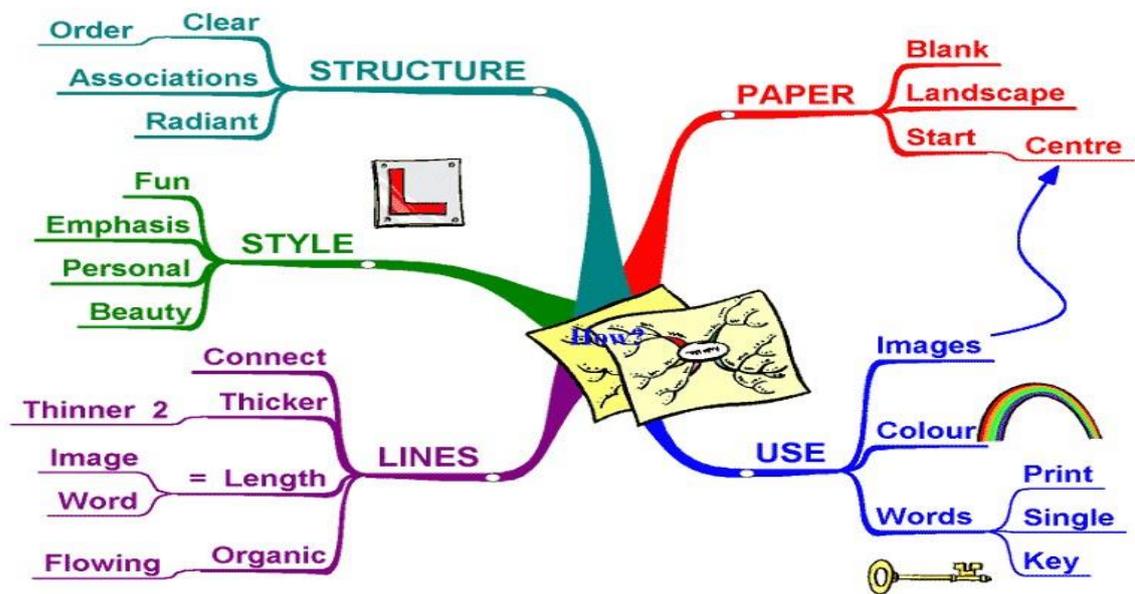


Notes

Keywords

Summary

Mindmaps



# Flashcards

## Advantages:

- Mind Maps appeal to your senses with their visual elements – images, branch colours and curved branches all add emphasis and ensure that you will remember your notes!
- By noting down only key words, you save vital time while studying. Also, when you go on to write essays or study for exams from your Mind Maps, you will recall the most important information.
- You generate ideas simply through making your Mind Map. Your brain actively makes links between ideas, adds connections, puts thoughts in order and generates further creative ideas.
- Your brain responds to Mind Mapping as it replicates the natural thinking process, so you will find your ideas simply flow onto the page, making studying more enjoyable and more fun!



- ✓ Use postcards or record cards and make your own flashcards (you can buy them in the stationery section in most supermarkets, The Range, WHSmith or Staples)
- ✓ Use an online flashcard maker such as 'Quizlet' or 'Cram' or use 'The Student Room'.

## **Revising with Past Papers**

Past papers are exam papers from previous years. Most revision experts would agree that **practising exam papers is the very best way to revise for GCSE exams**, because it means you have to apply what you've learned in different scenarios.

If you see questions that just don't make any sense to you, don't just skip them online links and resources – **USE THEM!** and look for something easier. Use past papers to identify gaps in your

2. Attend your focus subject sessions and your additional understanding – then plug those gaps with revision. revision subject sessions when you need to.

There are two parts to past papers and you need both:

1. The question paper – this will be just like your real exam paper in style and layout.
2. The mark scheme – this is the answer sheet for the question paper. Examiners use mark schemes to decide how many marks to give answers.

Practice using mark schemes to mark your own work and other students work.

Understanding how marks are given is a really important step for you to get your best marks for these types of questions.

1. Work through the past paper under timed conditions.
2. Do every question as in your real exam.
3. Do not stop to look something up in a textbook or your notes.
4. When you have finished, check your answers with the markscheme.

5. Use your results to diagnose areas where you need more **Subject Support:**

revision. **All the staff at Worle are willing you on to do your very best (and that's true even if things haven't gone**

6. Go back to your notes and textbook to improve each answer. **brilliantly before now).**

1. Your teachers will provide you with revision guidance,

Past papers can't help you predict what

questions will come up for your exam, so don't just revise the topics you see on one or two old exam papers.

3. Let your teacher know if you need extra help with any aspect of your revision. If you struggle to talk to your teacher find another person who teaches the same subject or let your Mentor or someone else you trust know.



4. We have access to a brilliant package called **GCSEpod**.

It has a huge amount of really useful resources all linked to support you in preparing for your exams.

You can access the resources on your phone and download podcasts to revise from wherever you are. Students across the country who use these resources find their grades improve!

SO GET STARTED>



**Go to :** [www.gcsepod.com](http://www.gcsepod.com) (the link is also on our school website home page).

Click on LOGIN:

If you know your login details go straight in

(If you've forgotten your login details click for help).

If you're new to GCSEpod, click on 'New Here? Get Started' and enter :

- Your FIRST NAME
- Your LAST NAME
- Your Date of Birth
- Worle Community School

Identify your subjects and get started! If you have any problems please let Mrs Evans know.

## Support Outside of Lessons

If you find things are getting tough and the stress of exams is causing you problems or you're finding it hard to cope please know that we have skilled staff who are able to help you.

Please let a member of staff know, this might be someone who teaches or supports you, it could be your Tutor or Head of Year. Or, please let a parent, carer, friend or member of your family know.

If you are unable to talk to someone you know and still need support **ChildLine** is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about anything -no problem is too big or too small. They **can be contacted** at [www.childline.org.uk](http://www.childline.org.uk) or telephone free on 0800 1111.

## Useful Resources

### Revision Timetable = Study Plan

Get Revising <https://getrevising.co.uk/>

Register by opening a free account and construct your study plan.

### Resources to Manage Stress

#### NHS exam stress advice

<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/copingwith-exam-stress.aspx>

#### BBC exam stress advice

<http://www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4qH/exam-stress>

Young Minds Charity <http://www.youngminds.org.uk/>

### Useful Reading

My Anxious Mind by Michael Tompkins and Katherine Martinez

Starving the Anxiety Gremlins by Kate Collins-Donnelly

Mindfulness. A practical guide for finding peace in a Frantic World by Prof. Mark Williams and Danny Penman is a book with accompanying CD

Quiet the Mind a book for teenagers by Matthew Johnstone

#### Mindfulness App

Headspace offers a free ten day app to start you learning Mindfulness. Informative website and you can choose to buy products later.

<https://www.headspace.com/>