



FEARNHILL  
SCHOOL

Year 11 GCSE Support Pack  
2019



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## Top Tips for Exams Success

### 1. Plan your revision

Building a revision timetable can add structure to your revision and help you **identify which GCSE subjects you need to prioritise to get better marks**. Creating a revision timetable is a great way to organise your study time, plus it also helps boost your motivation to revise for your exams.

Make sure you are realistic about your revision and plan when you are going to have free time

and relax as well. It is important to do this to avoid burnout. There is a weekly revision planner at the back of this pack.



TIMES	8.00am - 4.00pm	4.00pm - 6.00pm	6.00 - 6.45pm	6.45pm - 7.45pm	7.45pm - 8.00pm	8.00pm - 9.00pm
MONDAY	School time!	Drama Club	Dinner	Homework	Social Media	Homework / revision
TUESDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
WEDNESDAY	School time!	Netball	Dinner	Homework	Social Media	Homework / revision
THURSDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
FRIDAY	School time!	Chill out!	Dinner	Homework	Social Media	Homework / revision
TIMES	9.00am - 10.00am	10.00am - 11.00am	11.00am - 1.00pm	1.00pm - 3.00pm	3.00pm - 5.00pm	5.00pm - 6.00pm
SATURDAY	breakfast/shower etc.	Hour of power revision!	See friends / Lunch	Revision	Watching / playing sport / gaming	Revision
SUNDAY	breakfast/shower etc.	Revision	Sport / Lunch	Flash card review	Out with family	Get someone to test me / dinner

### 2. Attend School

It is very simple. If you want to succeed you need to attend school. The 20 highest performing students in your year group have an average attendance of 97.5%. The 20 lowest performing students in your year group have an average attendance of 91.9%. There is a very clear link between attendance and attainment.

Every day at school you will receive a minimum of 5 hours of guided learning with qualified teachers with subject specific knowledge. If you attend intervention at lunch and after school, then you could receive up to 7 hours of supported learning. Attending school will have a positive impact on your GCSE results this summer.

“Of those children who have **100%** attendance **81.7%** achieve five 9-4 inc. Eng and Maths

Whereas those students who have **90%** attendance only **56.8%** achieve five 9-4 inc. Eng and Maths

**17 days** of absence = a **drop of 1 grade** at GCSE.”

(Department for Education)

### 3. Sleep and mobile phones

Studying for exams is tiring. It is essential to get a good night's sleep in order to let the brain recover and be refreshed for the morning. It is so important that good sleeping patterns are established now. If you get into the habit of going to bed at a reasonable time (10.30pm latest) then getting up early for school will not be such a struggle when you come to sit your exams.

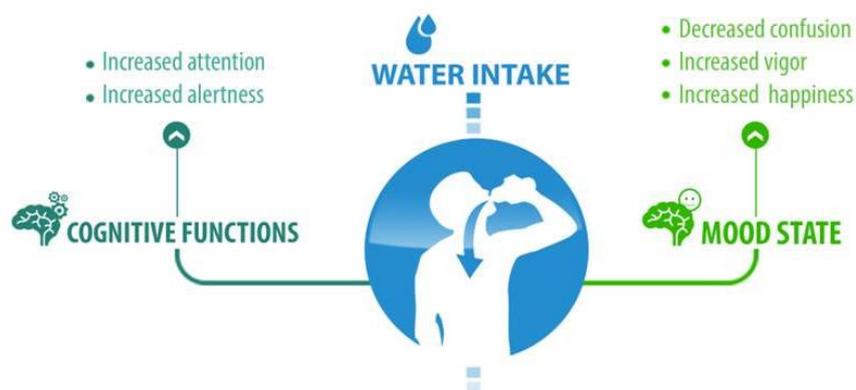
Do not take your mobile phone into your bedroom before you go to bed. The **Blue light** from phones inhibits the sleep

producing hormone **melatonin**. This then affects the Circadian rhythm and the brain thinks it is daytime, so we find it **harder to go to sleep**. The same goes for computer games. You should not play these just before you go to bed.



### 4. Healthy diet and hydration

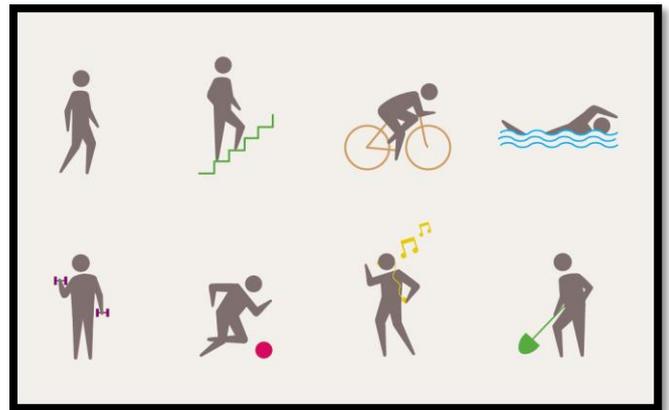
Make sure you keep your energy levels high by remaining hydrated and eating healthy snacks. Experts recommend foods like Bananas, nuts, dark chocolate and water.



Commonly reported benefits of water intake on mood state and cognitive function.

## 5. Exercise

**Exercise** can help lower stress levels, easing the pressure and helping students feel more relaxed, less anxious and more inclined to get a good night's sleep. Breaking up study periods into shorter sessions, with time for **exercise** in between will help boost brain activity for more effective study.



Coupled with an increased blood flow to the brain, this cocktail of hormones and neurotransmitters improves cognitive function and the ability to focus for longer time periods, meaning higher quality revision sessions, and a higher chance of hitting your target grades.

## 6. Calm working environment

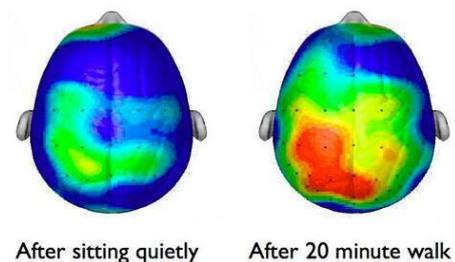
Wherever possible you should revise in a calm environment. You need a desk that has no clutter and is well lit. Revise where there are no distractions, ideally in your bedroom away from the TV, game console and most importantly the mobile phone.



## 7. Take Regular Study Breaks

Do you feel **stressed, tired and that no new information is entering your head**? There is no point forcing yourself to study for hours upon hours as this will not result in a positive outcome. Taking regular study breaks and exercising is proven to engage your brain in studying and improve your exam performance in the long-run.

Composite of 20 student brains taking the same test



Research/Scan compliments of Dr. Chuck Hillman University of Illinois

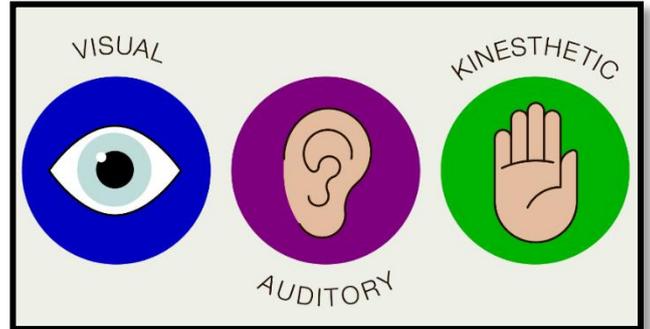
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## How to revise

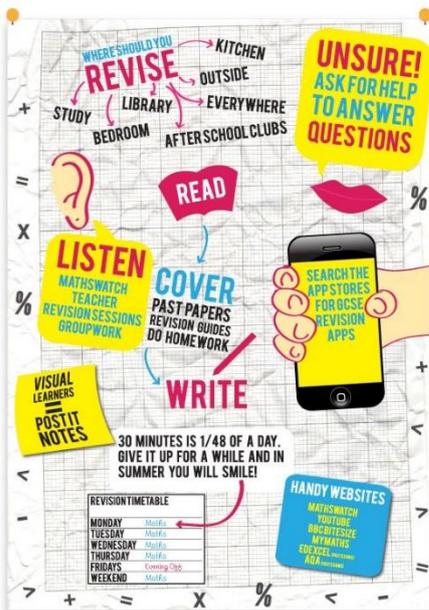
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### 1. Find the style that is right for you

Everyone thinks that there is a best way to study, but the reality is that each person is different. Once you understand whether you are a visual, auditory, reading/writing or kinaesthetic learner, then remembering and recalling new information will become much easier.



### 2. Variety is the spice of life



You will also find that different subjects maybe better suited to different revision techniques. For example, some students find the best way to revise maths is to do past papers, while flash cards are a good way to learn key definitions such as in GCSE PE and mind maps work well for exploring themes in English literature. Be prepared to explore which one works best for you.

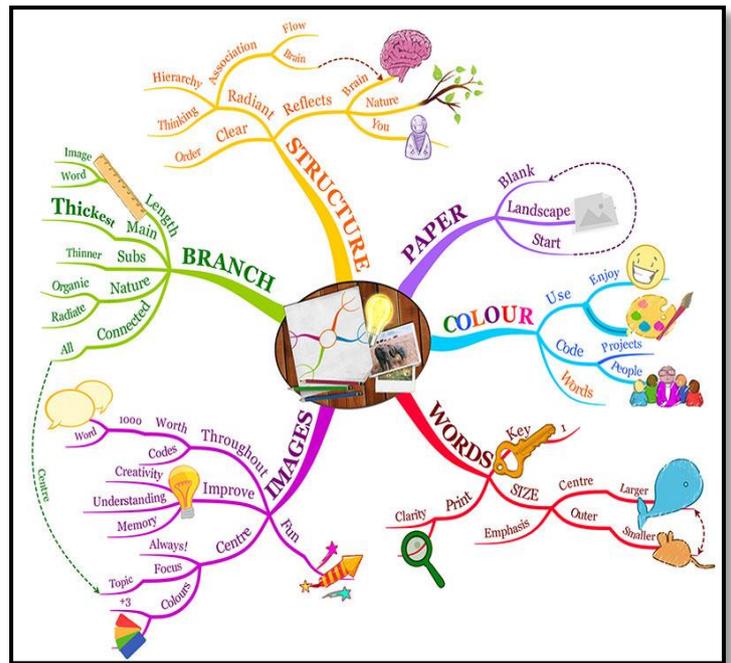
### 3. Make your notes more manageable

Being faced with lots of notes and large text books can be daunting for some students. Therefore, a lot of revision techniques are good for reducing down your notes and simplifying them. Below are some examples:

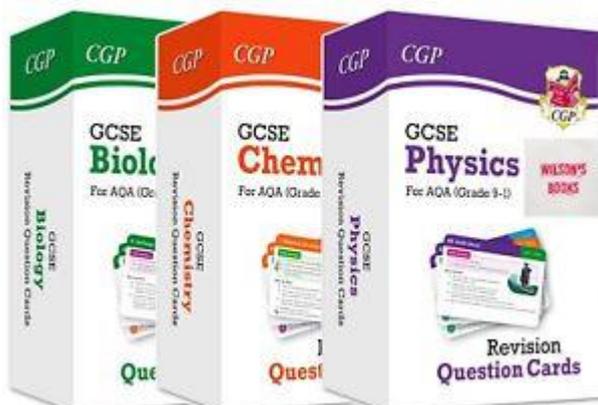
**Mind maps and spider diagrams:** Mind Mapping is a process that involves a distinct combination of imagery, colour and visual-spatial arrangement. The technique maps out your thoughts using keywords that trigger associations in the brain to spark further ideas. These are great if you have lots of ideas or themes to link and explore. You can also put whole units of work onto one single page. Go to these links to learn how to create your own one:

<https://www.bbc.com/bitesize/articles/zkmpng8>

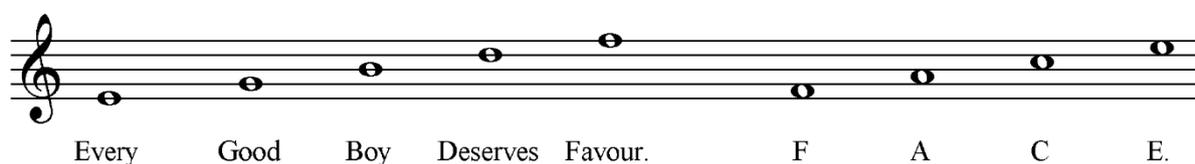
<https://imindmap.com/how-to-mind-map/>



**Flash cards:** These are really good for learning lots of definitions, learning vocab in MFL, making lists for history or writing questions for any subject. You can also take them with you anywhere, so you can revise on the go! Most students make their own, but you can also buy them.



**Mnemonics:** A pattern of letters or words which assists in remembering something. They are normally catching phrases or rhymes and often the first letter of the rhyme acts as a prompt for the sequence that you are trying to remember. There are some very well-known ones, but they work even better if you can make your own ones up. They are very useful for remembering sequences and lists such as the fate of Henry VIII wives: Divorced, beheaded, died. Divorced, beheaded, survived.



**Foldable revision prompt:** Be creative and make a foldable revision prompt. This is a great way to remember and test yourself on things like chemical symbols, definitions of keywords or vocabulary in foreign languages. It's also very portable!

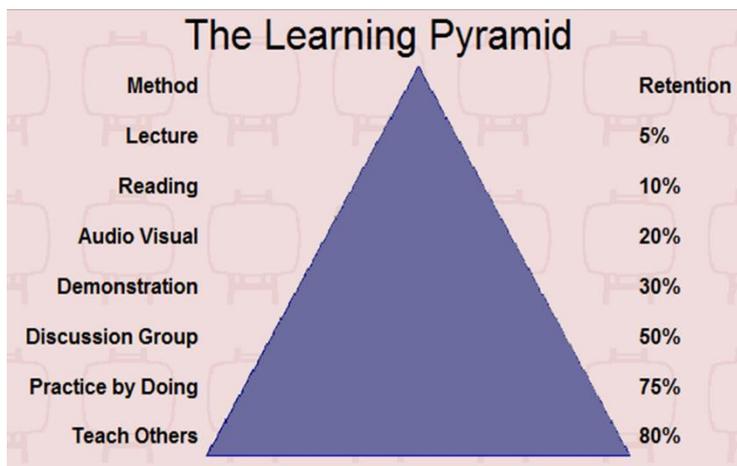


**Highlight your notes:** This is a very easy way to start reducing your notes and simplifying them. Be careful not to overuse the highlighter and be clear what you are highlighting. The most effective way to highlight is to use a colour code.



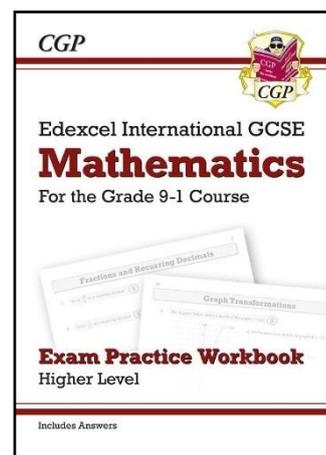
#### 4. Revise with a buddy or buddies

Making revision active is far more effective than just reading notes on your own. If you have a study buddy, you can test each other, practice explaining theories, describe key events and share and discuss opinions about topics and themes. You can even try and teach subjects to younger siblings or parents.



#### 5. Practice

One of the biggest recommendations that past GCSE students make is to do as many GCSE past papers as you can. Practising past papers will help you get familiar with the exam format, question style, time pressure and overall improve your ability to retrieve information quicker. You can access past papers and mark schemes on the exam board websites (see subject support sheet in the pack).



#### 6. Alternative methods

Record yourself reciting key dates, quotes or equations and listen to them as you walk to and from the library/supermarket, while at the gym or when you're cooking dinner. You won't feel like you're revising but you will be amazed at how much you retain.



Read things out loud in different accents or voices. Then when you are trying to recall the facts, you'll remember the accent and then hopefully the fact too.

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## Dealing with exam stress

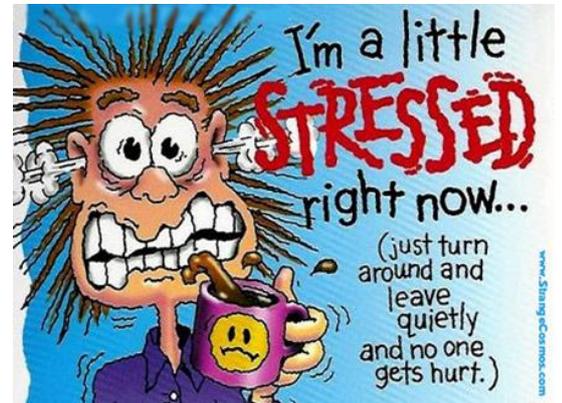
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**1). Meditation** – use the techniques we explored on our well being day or go to the links below.

<https://www.youtube.com/watch?v=TnNOiorglXk> 5 minute video

<https://www.youtube.com/watch?v=Md724SxePJM> 2 minute video

**2). Worry Box** - Write anything that is worrying you down on a piece of paper and place it in a box / pocket and then try to forget about it. There will also always be a green box in the library.



**3). Progressive Muscle Relaxation** 6 minute video

<https://www.youtube.com/watch?reload=9&v=1nZEdqcGVzo>

**4). Breathing** 1 minute 30 seconds video

<https://www.youtube.com/watch?v=b0FZIT3Uk30>

**5). HIIT** - you will need a stopwatch / timer for this

5 minutes of high intensity interval training. This version requires no equipment and very little space.

Just take off tie & blazer. (Video just for info to see demo of each exercise

<https://www.bbc.co.uk/programmes/p05w69pz> )

Jog on spot to warm up

1 minute star jumps

1 minute squats

1 minute static sprinting

1 minute squats

1 minute star jumps

### 6). The Power of 3

Write 3 nice things about the person sat next to you

Write 3 good things which have happened this week

### 7). Switch Off Video

Danny Macaskill - The Ridge (7.5 minutes)

[https://www.youtube.com/watch?v=xQ\\_IQS3VKjA](https://www.youtube.com/watch?v=xQ_IQS3VKjA)

Dick and Rick Hoyte - Dad completes Ironman with his Disabled Son (5.5 mins)

[https://www.youtube.com/watch?v=ts8F6dV\\_0uM](https://www.youtube.com/watch?v=ts8F6dV_0uM)

Scotland aerial view (5.5 minutes)

<https://www.youtube.com/watch?v=q8kxKvSQ7MI>

Extreme Climbing (4 minutes)

<https://www.youtube.com/watch?v=eI0nt3UEjIE>

Big Wave Surfing (8.40 minutes)

<https://www.youtube.com/watch?v=tZmXMealBUc>

Under the Sea (6 minutes)

<https://www.youtube.com/watch?v=M4ZX91F7tTM>

Corey Baker presents Antarctica - dance performed in the Antarctic (5 mins)

[https://www.youtube.com/watch?v=9\\_sq59Ajwv4](https://www.youtube.com/watch?v=9_sq59Ajwv4)

Australia - Great Barrier Reef (5 mins)

[https://www.youtube.com/watch?v=cDMb89d\\_C1E&t=136s](https://www.youtube.com/watch?v=cDMb89d_C1E&t=136s)

**8). Walk** around the field (fresh air) - encourage students to notice the sky, trees, fresh air, birds etc

**9). Think back** to a stressful time and how you overcame it. In hindsight, was it as stressful as it felt at the time?

**10).** If you feel stressed about a specific thing, take a sheet of paper, divide it into 2 columns. Write down the evidence you have for being anxious about it and in the other column, what you could do to relieve the stress. You may well find that seeing it in black and white, there is less to worry about and you can see a solution.

# GOOD REVISERS

by @Inner\_Drive  
www.innerdrive.co.uk

# POOR REVISERS

**Eat breakfast**



**Skip breakfast**

**Sleep 8-10 hours a night**



**Get little sleep**

**Have regular bed times**



**Have inconsistent bed times**

**Get fresh air each day**



**Stay indoors all day**

**Exercise regularly**



**Do no exercise**

**Do past papers**



**Mostly revise highlighting "key" passages**

**Spread out their revision**



**Cram their revision**

**Keep a diary to capture negative thoughts**



**Dwell on worst case scenarios**

**Revise in a quiet environment**



**Revise while listening to music or TV**

**Drink water regularly**



**Forget to stay hydrated**

**Put their phone away during revision**



**Revise with their mobile phone next to them**

