

Year 13 Exam Preparation

Helping your child through their A level exams



Preparation so far..

- After mock exams students are going to complete a review of their performance with tutors. This will lead to an action plan for each student.
- Year 13 have been given a revision assembly and a revision pack

Organise and prepare

Six steps to organise independent studies

- 1** When / where do I focus best? **2** What order should I study? **3** What do I already know about this?



right place and time to work



plan study timetable



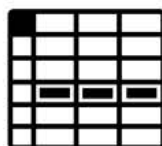
link to prior knowledge

- 4** How do I study best?



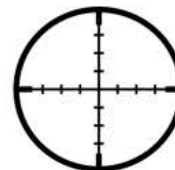
read, chunk, diagrams, quiz

- 5** How am I getting on?



review progress

- 6** What else do I need to know?



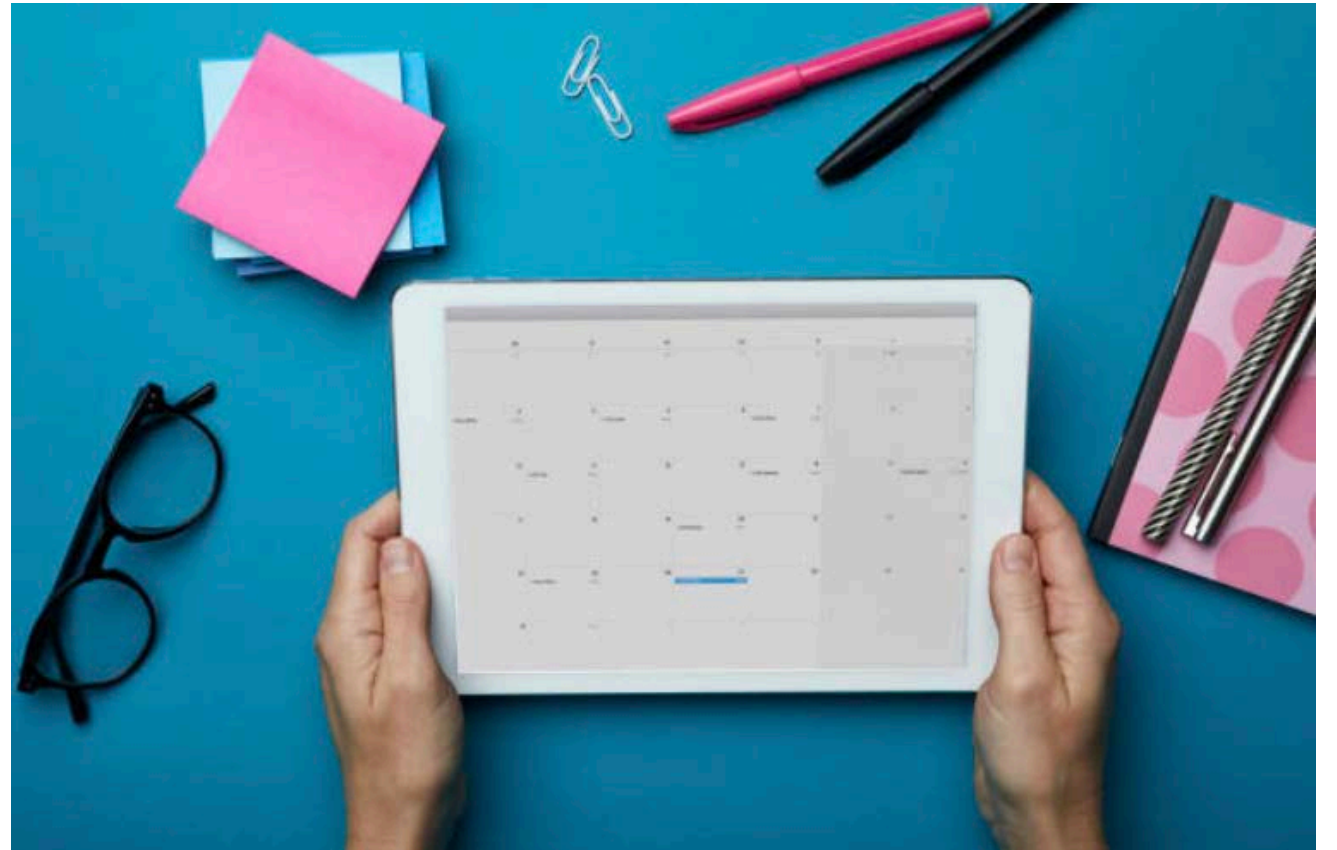
focus on weaknesses

RAG Rating

- Find a list of key topics or themes to use as a checklist for RAG rating,
- **Red** – *lots of revision needed as the content is rich, tricky or not entirely clear*
- **Amber** – *some revision needed as knowledge feels patchy in some areas and/or confidence is middling*
- **Green** – *feel confident that I know lots about it and it is clear*

Area of Study 3 Music for Film
Set Works
Danny Elfman, Batman Returns: Main theme (Birth of a Penguin Part II), Birth of a Penguin Part I, Rise and fall from grace, and Batman vs the Circus
Rachel Portman, The Duchess: The Duchess and End titles, Mistake of your life, Six years later, and Never see your children again
Bernard Herrmann, Psycho: Prelude, The City, Marion, The Murder (Shower Scene), The Toys, The Cellar, Discovery, Finale
Wider Listening
Related to Danny Elfman, Batman Returns
Related to Rachel Portman, The Duchess:
Related to Bernard Herrmann, Psycho:
Exam Questions
Section A – Short answer questions
Danny Elfman, Batman Returns
Rachel Portman, The Duchess:
Bernard Herrmann, Psycho:
Section B – Q6 Essay
Danny Elfman, Batman Returns
Rachel Portman, The Duchess:
Bernard Herrmann, Psycho:

Spacing & timing of revision



Did you know....

- Doing something little and often – **spacing** – beats doing it at once, or cramming.
- Revising for eight hours in one day is not as effective as doing one hour of revision for eight days.

WHY?

This is because the time in between allows you to forget and re-learn the information, which cements it in your **long-term memory**.

Example spaced timetable

	Science	RS	English	Maths		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reactions of carbonyl compounds	Biblical examples of experiences	Otto's concept of numinous	Jacobean theatre	Esters, triglycerides and fats	William James - experiences	Properties carboxylic acids
The late romance plays	General Binomial Expansion	Features of carbonyl compounds	Partial Fractions	Otto's concept of numinous	Partial Fractions	Jacobean theatre
BREAK						
Parametric Equations	Act One character and plot	Algorithms	Properties carboxylic acids	features of carbonyl compounds	Theme of Power and control	William James - experiences
Properties carboxylic acids	Swinburne credulity & testimony	Theme of Power and control	Act One character and plot	Algorithms	Parametric Equations	General Binomial Expansion
BREAK						
Swinburne credulity & testimony	Esters, triglycerides and fats	Parametric Equations	William James - experiences	Biblical examples of experiences	The late romance plays	Esters, triglycerides and fats

How long should each session last?

You know yourself better than anyone!

Week Beginning

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am-9am							
9am-10am							
10am-11am							
11am-12pm							
12pm-1pm							
1pm-2pm							
2pm-3pm							
3pm-4pm							
4pm-5pm							
5pm-6pm							
6pm-7pm							
7pm-8pm							
8pm-9pm							
9pm-10pm							

Week Beginning 26/03/17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am-9am							
9am-10am	Media Lesson	Sociology Lesson	English Homework	English Language Lesson	English Revision		
10am-11am							
11am-12pm	Media Homework	English Lesson	Media Revision	Media Lesson	Sociology Lesson	English Revision	Media Revision
12pm-1pm							
1pm-2pm							
2pm-3pm	Sociology Homework	Media Lesson	Sociology Independent	Sociology Revision	English Language Independent	Sociology Revision	English Revision
3pm-4pm							
4pm-5pm		Sociology Revision	Media Revision				
5pm-6pm				Football Game	Gym		Sociology Revision
6pm-7pm	Football Training					Night Off	
7pm-8pm		Gym	Gym		Night Off		Gym
8pm-9pm							
9pm-10pm							

The 2 colour pen technique

Makes revision time go really quickly
You will be up against the clock



2 colour pen technique – STEP 1

- Choose a topic/unit/theory....
- Be ambitious about how much you will cover
- Spend 20 minutes learning it (You will be testing yourself shortly!)
- Set a timer and be strict with yourself



2 colour pen technique – STEP 2

- Spend 10 minutes scribbling everything down that you can remember **WITHOUT LOOKING BACK AT YOUR NOTES**
- Set a timer and be strict with yourself



2 colour pen technique – STEP 3

- Look back at your notes and with **a different colour pen** change anything that is wrong and write down anything that you had forgotten
- Set a timer for 10 minutes



2 colour pen technique – STEP 4

3 DAYS LATER

- DO NOT read over your notes again
- You will spend 10 minutes scribbling down everything you can remember
- Spend 10 minutes checking back with your notes/textbook using a different colour pen
- THAT WAS ONLY 20 MINUTES REVISION

2 colour pen technique – STEP 5

1 WEEK LATER

- Do exactly the same
- 10 minutes recall
- 10 minutes checking

Why does this work?

- When we are just reading over work it tricks our brain into thinking we know something when we don't
- In exams we aren't **recognising** information we are **recalling** it.
- It is important that you are always recalling the information after the initial learning



Chunking Technique

Chunking notes

- Linear A Levels contain a huge amount of material to revise
- This is a challenge because your short term memory (STM) can only really handle 7 pieces of information at a time.



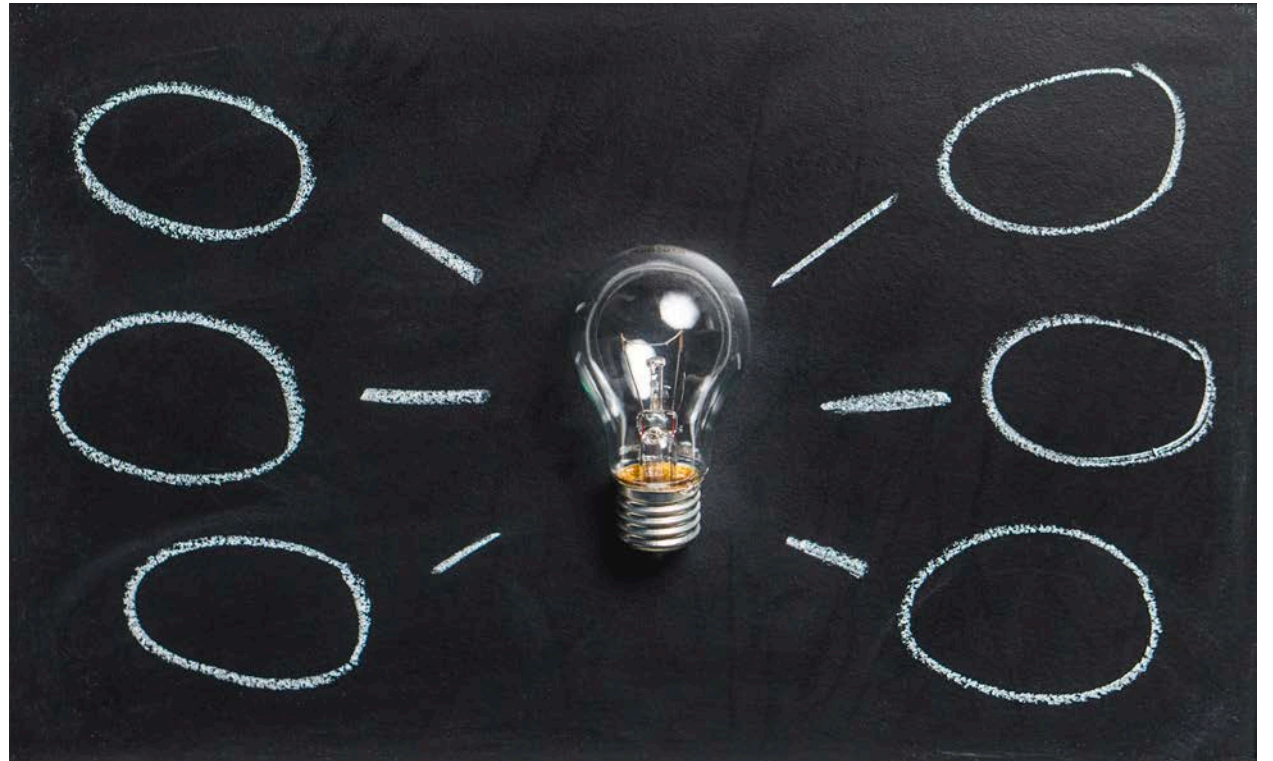
How does this link to revising?

- Break your topic down into constituent parts (subheadings)
- For each one you can only remember about 7 facts
- The way your brain works, you can remember 7 more facts related to those 7 facts and so on....



Using flashcards

- Using flashcards is a repetition strategy.
- They are a simple ‘cue’ on the front and an ‘answer’ on the back.
- Flashcards engage “active recall”.



Why flashcards help you learn

- They help you memorise facts quickly.
- **Drilling** - flashcards help you to practise the same information over and over again - and as we know, practice makes perfect!



How to make flashcards

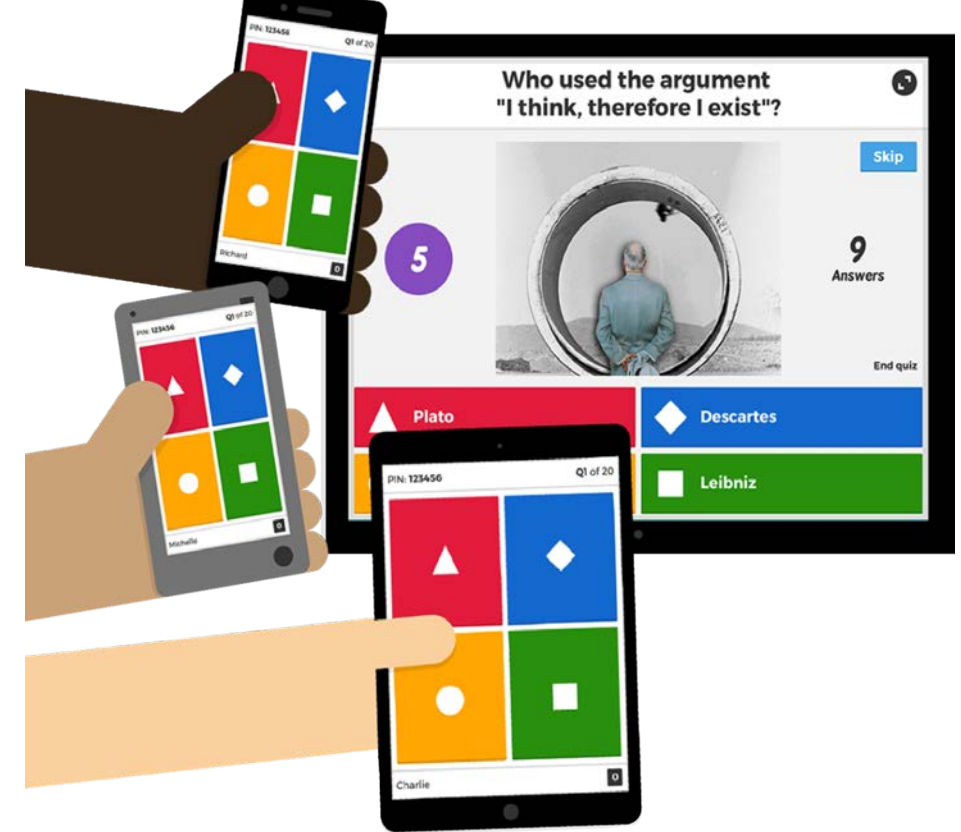
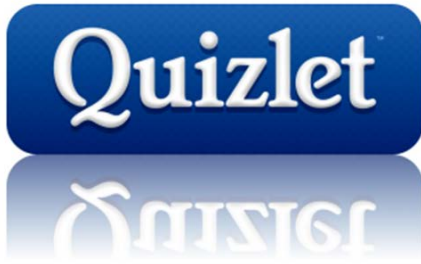
1. Ensure that the flashcards have a **question or key term** on one side and the **answer or definition** on the other.
 - The flashcard must work the memory.
 - If flashcards only contain notes then no **retrieval practice** will be happening.



Being smart when using flashcards

Studies have found that it's more effective to **review a whole stack of cards in one sitting** rather than to carry them around with you and glance at them every so often.

Flashcards are not an effective method for last-minute cramming!



- Revision Guide quizzes and questions
- Turn this into a revision strategy
- Make your own questions similar to Sample Assessment Materials (SAMs) and make own mark scheme – take them to your teachers
- Work in groups – share your resources

Things to think about before the exams

- From now on only hand write essays
- Select the right pen for you now and use it (ballpoints are slower to write with as have to press hard)
- Ask advice from teachers and personal tutors
- Do past papers and mark them yourself – look at the examiners report
- Make sure you know what topics are coming up in each exam and whether you have to answer all the questions or a selection
- Imagine what it feels like if you don't understand a question in the exam and plan a strategy

Things to do in the exam

- Make yourself calm – Control your breathing
- Labelling the paper with what you need to do (AOs etc)
- “Mind dump”
- Read through questions carefully and don’t read what you think is there
- Plan time at the end to re-read your answers – evidence shows that this can increase your mark by up to 10%

On offer..

In addition we are running the following sessions..

(If any of the following sessions clash with other commitments please ask your son/daughter to contact us and we will make alternative arrangements)

Revision Strategies and intervention.

Thursday 25th April

9am Revision planning and practical workshop

Thursday 2nd May

9am Academic writing – improving writing style to maximise marks

Thursday 9th May

9am Creating and using flashcards

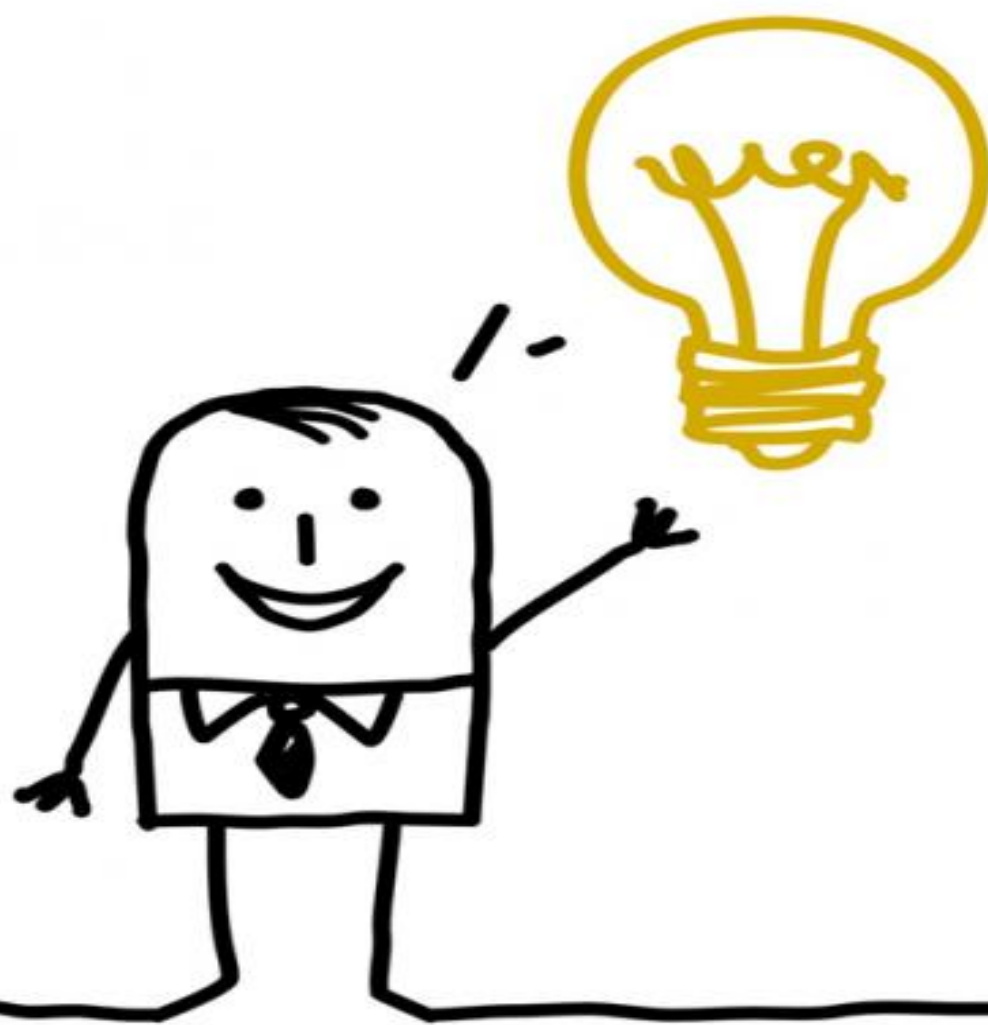
Tuesday 16th May

9am How to manage stress leading up to exams

The Unconditional offer!

There has been an increase in the number of low and unconditional university offers.

We are pleased that for some students this means the pressure is off, leaving them to concentrate on doing their best, however there is a concern that some students take their “foot off the gas” and underachieve in their A levels.



**Top tips to support your child
through their exams**

1. Being a role model

- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



2. Goal Setting

- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about 'why' and 'what' they want to achieve



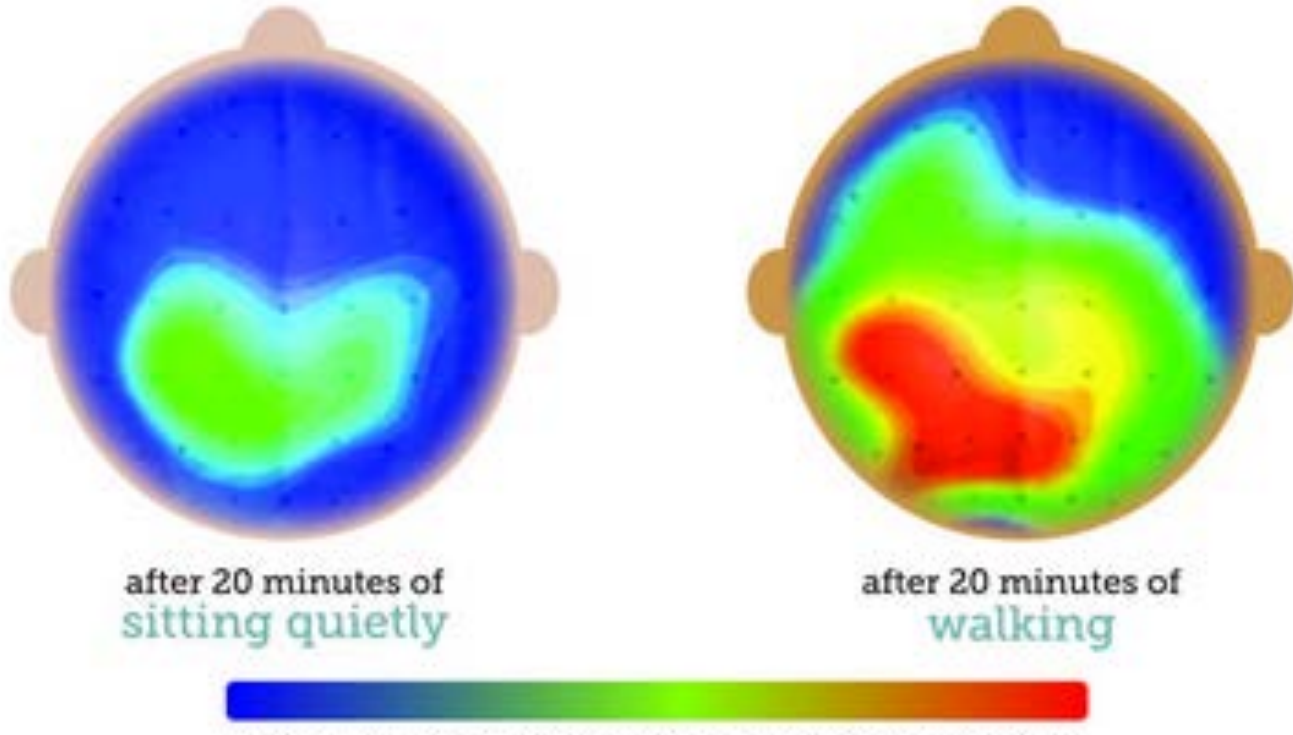
3. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards



Physically active students have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



Red areas are very active;

Blue areas are least active

3. Keeping Active

Student Wellbeing Sessions

- Multi Gym
- Body Balance
- Zumba



4. Healthy Eating

- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Have a couple or ‘treat’ meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



4. Healthy Eating



A DIFFERENT FISH FINGER SANDWICH



This dish has been specially created by our chef, Mark Lloyd.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps improve mood, regulates blood pressure and stabilises blood sugars.

The best time to eat this dish: At lunchtime before an exam or afternoon of revision.

Reason: Haddock is high in protein, low in fat and packed full of essential B vitamins. All the nutrients in this dish are useful for helping our bodies stay energised and motivated. Omega 3s stimulate brain function and increase your concentration. Wholemeal bread or buns will maintain your energy levels for longer and enhance your memory function.



This recipe book is designed for creating meals for students during their exams.

Some meals are for revision and some are the night before an exam

The recipe booklet can be downloaded from our website

4. Healthy Eating



MEXICAN CHICKEN ENCHILADAS



This dish has been specially created by our chef, Mark Lloyd.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Energises you over a long period, makes you feel great boosts memory and promote healthy brain cells.

The best time to eat this dish: For lunch or an evening meal during peak exam period.

Reason: High in protein from the chicken and the yoghurt which will keep you full, give you energy and make you feel good. Tortillas are high in fibre and complex carbohydrates for more sustained energy and the iron content will help blood move oxygen around your body. Avocado is a superfood rich in stress relieving B vitamins, potassium and healthy fats.



5. Time Out

Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

5. Time Out

TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

Student Wellbeing Sessions

- Beginners Yoga
- Beginners Meditation
- Sit-Com
- Coffee and Colouring in

6. Sleep Patterns

- Young adults need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Encourage them to avoid caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime

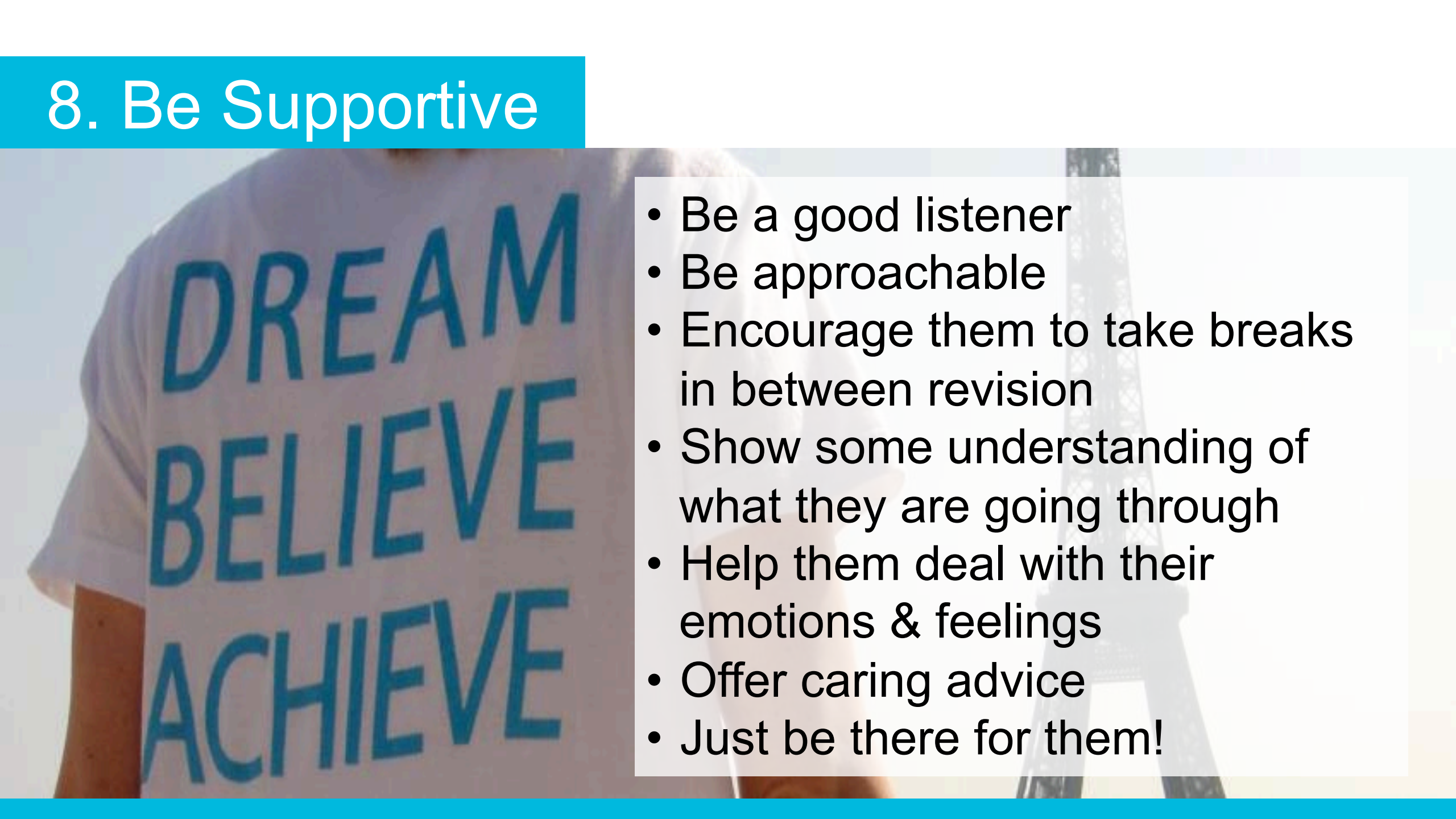


7. Unplugging

- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them



8. Be Supportive

- 
- Be a good listener
 - Be approachable
 - Encourage them to take breaks in between revision
 - Show some understanding of what they are going through
 - Help them deal with their emotions & feelings
 - Offer caring advice
 - Just be there for them!

Paid work



We support sixth formers having paid jobs but we recommend that they cut down their hours during the revision and exam period. Sixth form is a huge investment for them as they have two years of work that they will be examined on and it is important that they have sufficient time to prepare for them

If your son/daughter is struggling to start revising...



- Suggest they start revising and if after 10 minutes (set a timer) they want to stop they can
- Most people find they want to carry on because they are in the flow
- It gives people a sense of control