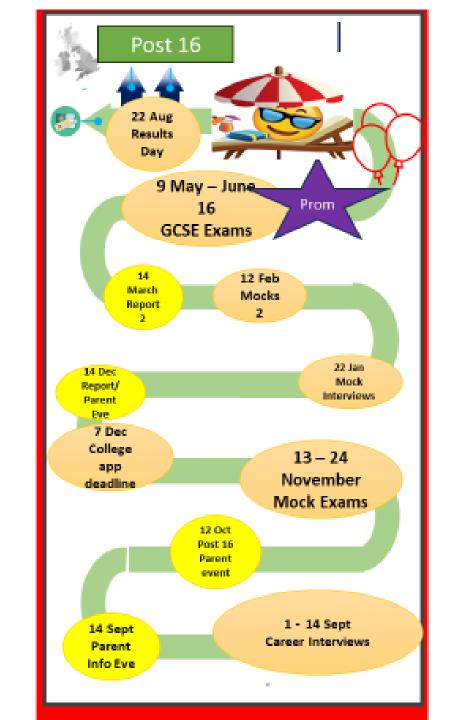
# Year 11 Information Evening

September

## Overview

- 1. Welcome to Year 11
- 2. Post 16 Process
- 3. Exams
- 4. Revision Strategies
- 5. Healthy Habits



# Key Message to Y11



 The right balance of work, rest and play

- Have a plan
- Track the plan
- Evaluate the plan

### **HOW DOES YOUR ATTENDANCE IMPACT YOUR FUTURE?**

Data released by the UK Department for Education shows that the lower your attendance the less likely you are to achieve in your GCSES.

100%

**OVER 95%** 

92-93%

**BELOW 90%** 

82%
Achieved 5 GCSES
grade 5+
(inc. Maths & English)

77%
Achieved 5 GCSES
grade 5+
(inc. Maths & English)

53%
Achieved 5 GCSES
grade 5+
(inc. Maths & English)

43%
Achieved 5 GCSES
grade 5+
(inc. Maths & English)

RESEARCH SHOWS THAT FOR EVERY 17 DAYS YOU MISS ACROSS YOUR SCHOOL CAREER, YOUR GCSE RESULTS GO DOWN BY 1 WHOLE GRADE!



ACHIEVING 5 OR
MORE GCSES AT
GRADE 5+ HAS
SHOWN TO INCREASE
YOUR LIFETIME
EARNINGS BY 41%

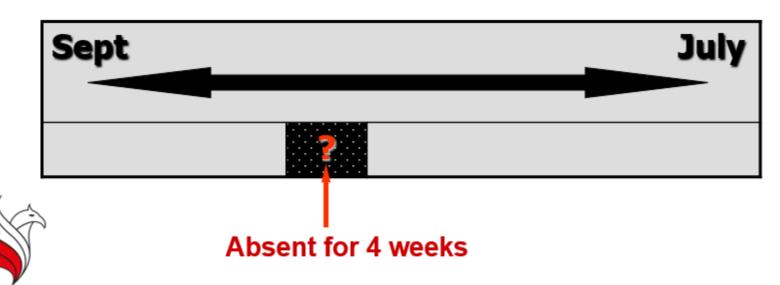
There are 365 % in a year

175
are not spent
in school!

\*That gives you plenty of time for holidays, TV, shopping and video games!

# 1 school year at 90% attendance = 4 whole weeks of lessons MISSED!!!

#### 38 school weeks



# Be Proud: Make a good impression

The Post 16 process

## Post 16 Key dates

- 1. Personal statements starting this week, with tutors as a how to and then a lesson in English
- 2. Interviews with Cheryl started, through to October
- 3. Post 16 fayre Thursday 12th October
- 4. Post 16 Open Evenings Sept Nov
- 5. PS16 applications 4<sup>th</sup> December onwards with Cheryl

# Attendance is important

Attendance included in post 16 applications - Year 10 and Year 11

Keep attendance high

Students have been declined a place based on their attendance

# Gone but not forgotten

Government requirement is that schools track the destinations of students for 3 years after their GCSEs.

We are still here to support you if you need us.

# Work hard: Be Organised

# Exam dates: rehearsals, practice makes perfect

### **November mocks (sports hall)**

- Monday 13<sup>th</sup> November to Friday 24<sup>th</sup> November
- Used to help inform predicted grades for colleges

### February mocks (sports hall & in lessons)

- Monday 12<sup>th</sup> February
- Used to measure progress and give key things to focus on

# Exam dates: The real thing

### **NEAs** (coursework)

- Art
- DT
- Drama
- Sports studies
- PE
- Music
- All will have deadlines that must be met to allow marking, moderation and submission to the exam board.

# Exam dates: The real thing

**Summer Exams** 

Language speaking: normally March/April

All others

Thursday 9<sup>th</sup> May to Friday 21<sup>st</sup> June TBC (Don't book holidays until final timetable is released)

# Be equipped and on time

- Black pen
- Pencil
- Ruler
- Scientific calculator
- Rubber
- Highlighter
- Protractor
- Pair of compasses
- Coloured pencils (design)







# Be Proud: Seek support to do well

# Revision/Support Sessions in school

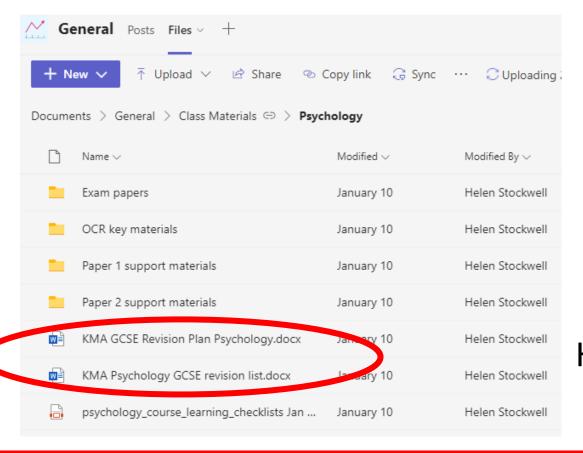
Lunchtime					
Monday	Tuesday	Wednesday	Thursday	Friday	
	Maths				

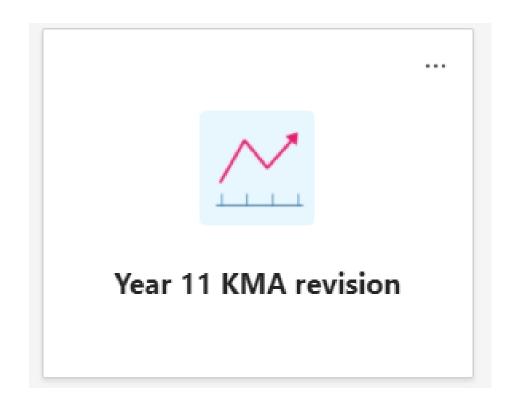
After school					
Monday	Tuesday	Wednesday	Thursday	Friday	
		Art	Economics		
	Business		HST:Psychology/ maths Oct onwards		
				Physics	

# Work hard: Revision resources

## Microsoft Teams

Each subject has a folder.





Hyperlinks will take to external sites.

# Work hard: Revision strategies



## **ACE THAT TEST**

A Student's Guide to Learning Better

Megan Sumeracki, Cynthia Nebel, Carolina Kuepper-Tetzel and Althea Need Kaminske

Illustrated by Karina Tiller

A David Fulton Book



- 1. Learn the content first time around
  - Attend lessons
  - Work hard
  - Ask questions when you are unsure

# 2. Gather the information you need to revise

- Exercise books or notes or revision guides or knowledge organisers.
- Use specification to check you have all the information
- Start early (Spaced practice)

https://filestore.aqa.org.uk/resources/science/specifications/AQA-8464-SP-2016.PDF

#### 4.1.1.3 Cell specialisation

#### Content

Students should be able to, when provided with appropriate information, explain how the structure of different types of cell relate to their function in a tissue, an organ or organ system, or the whole organism.

Cells may be specialised to carry out a particular function:

- sperm cells, nerve cells and muscle cells in animals
- · root hair cells, xylem and phloem cells in plants.

#### 4.1.1.4 Cell differentiation

#### Content

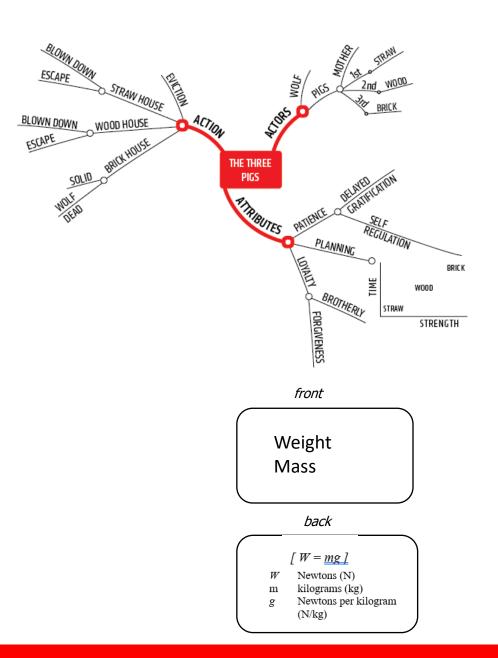
Students should be able to explain the importance of cell differentiation.

As an organism develops, cells differentiate to form different types of cells.

- 3. Organise this information
  - Mind maps or flashcards or summarise into notes
  - Need to think hard

Strategies that are unlikely to be effective:

- Reading over your notes
- Copying text
- highlighting

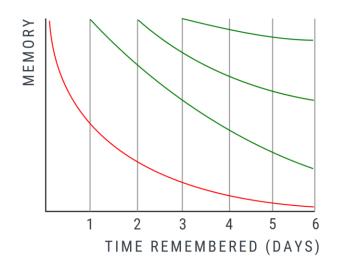


### THE FORGETTING CURVE

# Stages of exam preparation

### 4. Retrieval practice

- Testing yourself increases the memory trace
- Frequent testing embeds knowledge into long term memory
- Strategies:
  - Recalling mindmaps from memory
  - Look-cover-write-check
  - Quizlet
  - Flashcard testing



### 5. Exam practice

#### **Concluding Remarks**

This paper was broadly similar to papers from previous series. The errors that students made in calculations were common errors, usually involving incorrect unit conversions or failing to convert units.

An area of the specification that stood out as being particularly poorly answered was section 4.2 which was tested in the Required Practical Activity in question 3 and again in question 10.

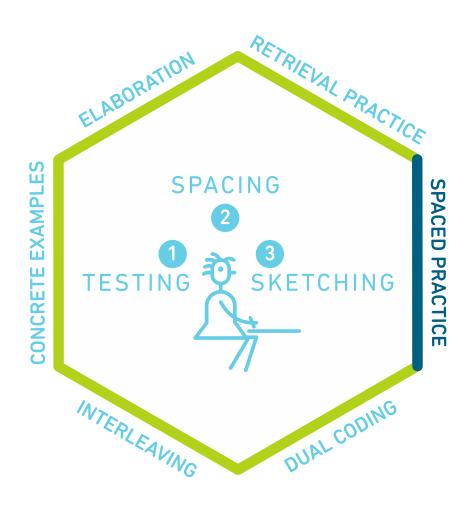
Most of the students understand the importance of showing clear working out when completing a calculation. This is crucial in the more complex calculations.

Similar to previous series, a significant number of the students were unable to read values from graphs accurately and failed to realise when numerical values were not given in standard SI units.

S



SPACE OUT YOUR PRACTICE OVER TIME

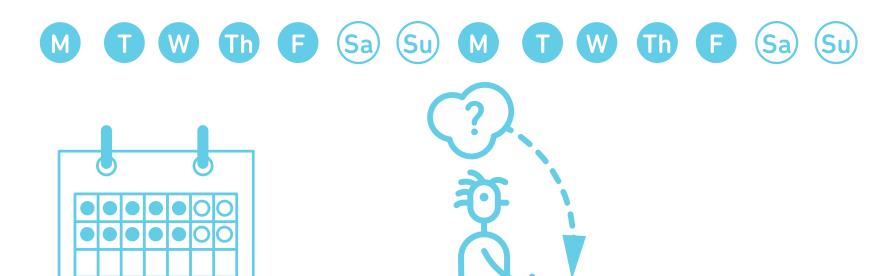






#### HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.







### HOW TO DO IT

After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.







#### HOLD ON

This may seem difficult and you may forget some information from day to day, but this is actually a good thing! This forces you to retrieve information from memory.

When you sit down to study, make sure you are using effective study strategies rather than just re-reading your class notes.



# Organise your time

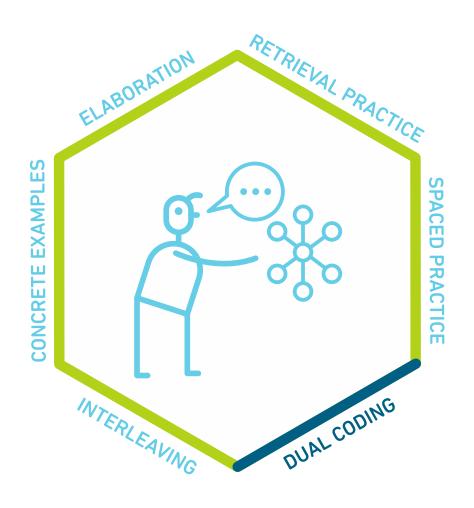
	Mon	Tues	Wed	Thurs	Fri	
4-5	Gym	homework	homework	Gym	homework	
5-6	Dinner and family catch up					
6-7	Revision	Dance	Revision	Revision	Netball	
7-8					See friends	
8-9		chill	chill			
9-10						

Mr Wilkinson Revision Timetable – The right balance of work, rest and

	Mon	Tues	Wed	Thurs	Fri
6:30	Motivational Video	Motivational	Motivational	Motivational	Motivational
	(5 mins)	Video (5 mins)	Video (5 mins)	Video (5 mins)	Video (5 mins)
	Shower and	Shower and	Shower and	Shower and	Shower and
	breakfast	breakfast	breakfast	breakfast	breakfast
7:30	Leave for school	Leave for	Leave for	Leave for	Leave for
		school	school	school	school
8:00 -	School	School	School	School	School
3:00					
3:00 -	Rest	Rest	Rest	Rest	Rest
4:00	Check phone/chill	Check	Check	Check	Check
		phone/chill	phone/chill	phone/chill	phone/chill
4:00 -	Maths session 1	English session	HSC session 1	Maths session 1	Chill with
4:30		1			mates
4:30-	Maths session 2	English session	HSC session 2	Maths session 2	Go out with
5:00		2			mates
5:00 -	PE bones	Science 1	Science 1	Science 1	1
5:30					
5:30 -	PE muscles	Science 2	Science 2	Science 2	1
6:00					
6:00 -	Dinner	Dinner	Dinner	Dinner	1
6:30					
6:30 -	Insta Time	Insta Time	Football	Insta Time	1
7:30			Training		
7:30 –	Go out with mates	Visit Nana		Go out with	1
9:00				mates	
9:00 -	No phone or device	No phone or	No phone or	No phone or	No phone or
10:00	hour	device hour	device hour	device hour	device hour
10:00	Sleep	Sleep	Sleep	Sleep	Sleep

### Work Hard- Be Kind- Be Proud

**COMBINE WORDS AND VISUALS** 

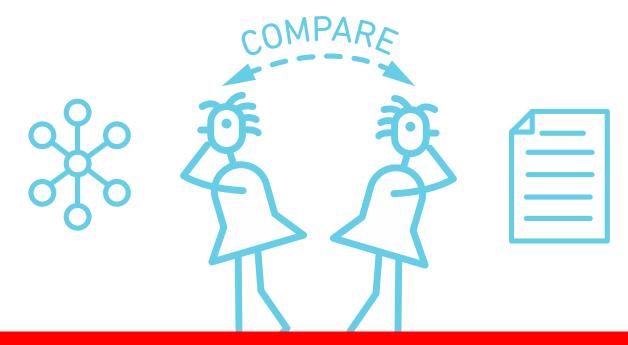






### HOW TO DO IT

Look at your class materials and find visuals. Look over the visuals and compare to the words.

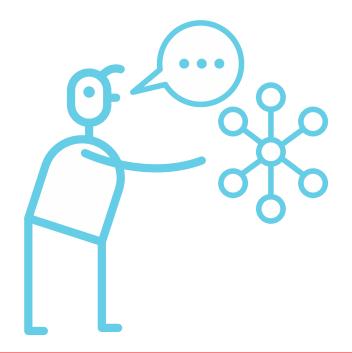






### HOW TO DO IT

Look at visuals, and explain in your own words what they mean.

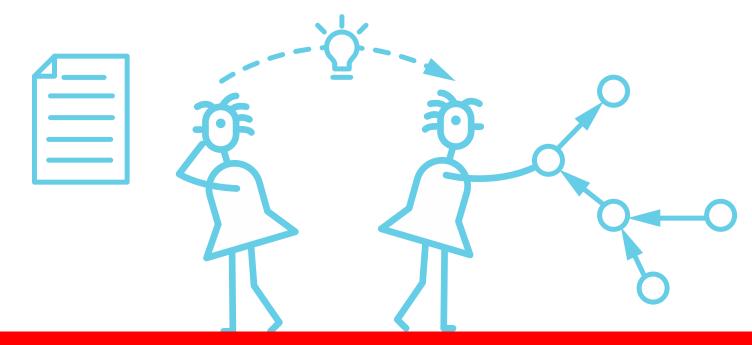






### HOW TO DO IT

Take information that you are trying to learn, and draw visuals to go along with it.

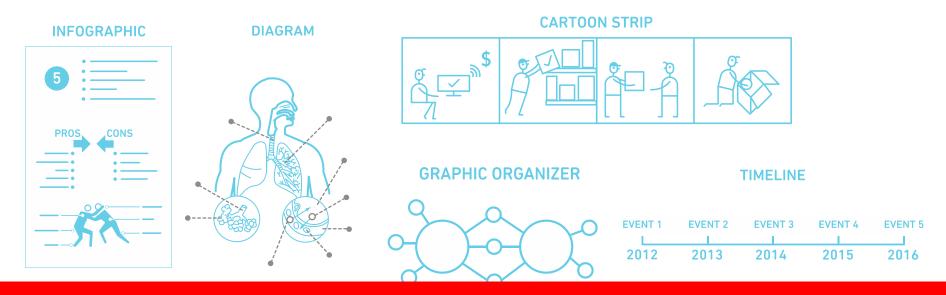






### HOLD ON!

Try to come up with different ways to represent the information visually, for example an infographic, a timeline, a cartoon strip, or a diagram of parts that work together.



### **KS4 Revision Strategies for Success**



#### Why?

Your GCSE exams test up to five years worth of knowledge. Trying to learn all this knowledge in summer of Year 11 is too late- you need to be making the learning from EVERY lesson stick in your brain. We need to space out the learning over time (spaced practice). This will help you build up a really solid and deep understanding of each subject and will reduce your overall stress levels.

This guide is based on scientific research on how the brain works. For more information go to www.learningscientists.org.

#### **Post lesson REVIEW**

After every lesson spend up to ten minutes doing a post-lesson review.

- **R**ead over the lesson notes to review and check your understanding.
- **E**xamine the knowledge organiser/revision guide/Bitesize
- RetrieVal practice on key knowledge by self-testing
- Investigate links to previous work *Elaboration*
- Explain key concepts to yourself *Elaboration*
- What's coming up next lesson? Predict and anticipate.

#### How to revise for a test/exam

- 1. Give yourself plenty of time so start the process early. **Spaced** practice.
- Gather together all your notes for the topic.
- 3. Make a mindmap or flashcards on the topic to organise the knowledge. Use dual coding.
- Test yourself on the mindmap or flashcards (*retrieval* practice)
- Use past paper questions without using your notes.
- Identify where you have lost marks.
- Review the topics where you have lost marks and try the past papers again.
- 8. Switch between different topics and in different orders interleaving.

#### Making and using effective flashcards

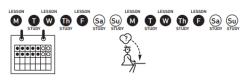
Flashcards work for learning definitions, vocabulary, quotes etc. and allow *retrieval practice* through recall.

- · Put a question or heading/key word on one side and the answer or definition on the other.
- Only one question/keyword per card to ensure 100% recall
- and recall the question.

#### Spaced practice

Space out your revision over time. Review knowledge regularly, e.g. 1 month, 1 week, 1 day before test.

Glossary- Revision strategies that are proven to work



#### Retrieval practice

Practice recalling the knowledge from your memory. Regularly test yourself. Try revision apps like guizlet.



#### Dual codina

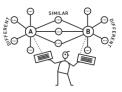
Combine words and visuals. The brain processes words and visuals separately so this leaves two memory traces.





#### Elaboration

Explain and describe ideas with many details. Make connections.



#### Interleaving

Switch between ideas during a revision session. Go back over the topics in different orders.









Weight

Mass

front

kilograms (kg)

back

#### Try adding a picture (dual coding).

- Self test by calling out answers.
- Try it both ways round: start with the answer

#### Making and using effective mindmaps

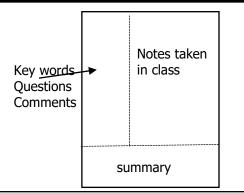
Mindmaps work for a theme or topic.

- Subdivide the topic into the main themes.
- Subdivide each theme further, adding keywords and key information.
- The aim is to summarise and condense the information.
- Self test by recalling the mindmap from memory, elaborating on each word and adding detail.

#### Cornell notes- a memorisation strategy

We don't learn without thinking. So your brain needs to be working hard in lessons and in your independent study.

Activities like copying text, where you are not thinking, do not help you learn. Cornell notes is a note taking technique that gets you to **think**.



# Be Kind: Keep a balance

## How Parents and Carers can support

- Make sure they have a suitable study space
- Support them with making a regular routine
- Help them plan out a schedule
- Encourage them to practice retrieval by testing them
- Encourage responsible hours for jobs, especially during the exam period
- Encourage them to be realistic, and take breaks
- Use of technology

## Avoiding stress

- Be aware of the signs of stress
- Eat well
- Get enough sleep
- Get some exercise
- Talk to someone about how you feel
- Make time for rest, other activities and hobbies
- Ask someone to help you with your revision

# Keeping perspective



