

# URSULINE HIGH SCHOOL

Year 10 End of Year Exams  
Monday 22nd June – Friday  
26th June 2020

Information and Advice

Ms Torode  
Head of Year 10

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# Be Knowledgeable

| Date                | Start time   |                  |                  |
|---------------------|--|------------------|------------------|
|                     | Period 1 (8.50)                                      | Period 3 (11:00) | Period 5 (13:30) |
| Monday 22nd June    | English  | History          | RE               |
| Tuesday 23rd June   | Maths  | Geography        | German           |
| Wednesday 24th June | Science  | French           | Food Tech        |
| Thursday 25th June  | Spanish  | Business         | Art              |
| Friday 26th June    | Computer science/ Art textile/child develop/ GCSE PE | Drama            | Music/DT         |

- Exams will taking place online
- The exams are formative (inform of gaps and content which may need to be retaught by the teacher).
- It is not for ranking or setting this will not be done using this data.
- To retain integrity of the test for your daughter where possible please supervise and ensure she is not accessing support materials which will skew her performance and disguise gaps. Thereby negating any benefit of the testing in supporting progress and learning.
- Know what your daughter's subject current grades and targets are (Progresso or Planner)
- Look at comments teachers are making and targets that are being set (for example, in the most recent report)



# Things to remember

- Taking ownership of the learning
- 100% attendance and punctuality to all lessons
- Additional research & reading around the subject
- Active revision
- Meeting all deadlines
- Time to put an end to the concept of “learnt helplessness”
- Read the exam timetable and be prepared
- Read all instructions and questions **carefully**
- Have some water with you



# How can you help with the practicalities to exam revision:

- A place to study.
- Managing distractions.
- Working materials.
- Revision timetable.
- Ensure they are taking breaks and having something to eat and drink.
- Check revision is underway.
- Test your daughter.
- Ask her to teach you.
- Get her to talk to you about work she is doing.

**Parental support is eight times more important for your child's success than any other factor. (TES Report)**



# Revision Timetable should be complete over ½ Term

| Subject  | English | Maths | Science | History | Geography | RE | French | Art/Text | Art | Music | German | Spanish | DT | Comp |
|--|---------|-------|---------|---------|-----------|----|--------|----------|-----|-------|--------|---------|----|------|
| What's my target?                                    |         |       |         |         |           |    |        |          |     |       |        |         |    |      |
| What's my Spring B grade?                            |         |       |         |         |           |    |        |          |     |       |        |         |    |      |
| Does my Aut A grade reflect the effort I put in?     |         |       |         |         |           |    |        |          |     |       |        |         |    |      |
| Do I have useful revision materials for the subject? |         |       |         |         |           |    |        |          |     |       |        |         |    |      |
| Do I have the success criteria for this subject?     |         |       |         |         |           |    |        |          |     |       |        |         |    |      |
| Did I use these when revising in Spr B?              |         |       |         |         |           |    |        |          |     |       |        |         |    |      |
| Do I have any exam questions in this subject?        |         |       |         |         |           |    |        |          |     |       |        |         |    |      |
| Did I use them in my revision?                       |         |       |         |         |           |    |        |          |     |       |        |         |    |      |
| Did I access any other useful revisions tools?       |         |       |         |         |           |    |        |          |     |       |        |         |    |      |
| Are there gaps in my work?                           |         |       |         |         |           |    |        |          |     |       |        |         |    |      |
| Rank the subjects in terms of your confidence.       |         |       |         |         |           |    |        |          |     |       |        |         |    |      |



# Revision Material and Techniques

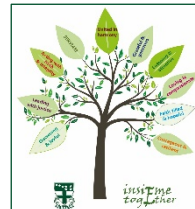
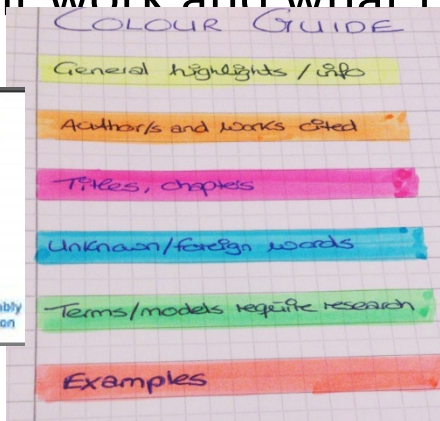


- Revision materials via MS Teams, supplemented by subject specific websites (MS Teams, Assignment, GCSE Pod, Kerboodle, exam boards, Seneca learning etc)
  - Offer encouragement
  - Reward effort
  - Breaks every 45-50 minutes (water, snacks)
  - Test rote learning (i.e. facts/dates/case studies)
- Be the student – let your daughter teach you a topic!



# How to revise?

- This is all about thinking, understanding the work and learning to express it in ways that are not simply recalling a text book word for word.
- Every research paper on this topic agrees that it is the only way to both retain knowledge and understand it
- The exam papers ask the students to apply knowledge they have to unfamiliar situations. The best way to be able to do this is to approach their work from so many angles that they can learn to draw connections between their work and what the examiner is actually asking.



# KEY PAPERWORK – what should you see?

- EXAM TIMETABLE
- MARK SCHEMES
- PAST PAPERS
- TEACHERS' COMMENTS
- REVISION PLAN
- NOTES
- REVISION GUIDES
- TEXTBOOK
- SPECIFICATIONS
- TEACHER SPECIFIED RESOURCES





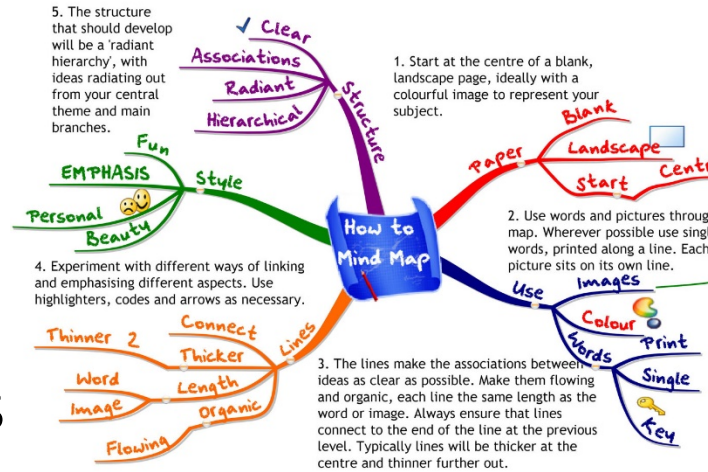
# ENVIRONMENT- WHAT SHOULD IT LOOK LIKE?

- A QUIET SPACE
- TIDY DESK
- TIDY FOLDERS/  
WORKBOOKS
- LOTS OF NATURAL  
LIGHT AND FRESH AIR
- LISTS TO TICK OFF  
TASKS



# A FEW IDEAS

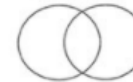
- FLOW CHARTS
- TESTING
- SUMMARISE
- MNEMONICS
- FLASH CARDS
- SHORT ANSWERS
- LISTS
- POST-ITS
- BIG SHEETS OF PAPER
- MIND MAPS
- KEY WORDS
- STORIES/POEMS/SONGS
- PUT KEY WORDS AT EYE LEVEL
- **Best approach is a combination**



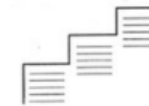
## Summarise with S.U.M.

- S** Skim the headline and first paragraph
- U** Underline key words (no more than 10)
- M** Bullet point the Main ideas (max. 4 bullet points)

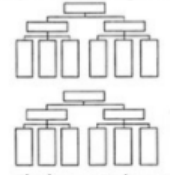
Venn Diagram



Sequential Thinking Model



Sequential Thinking Model



Chain



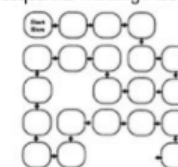
Chain



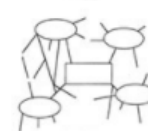
Spider Map



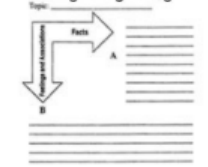
Sequential Thinking Model



Web



Thinking at Right Angles



Mind Map



# Food & Exams

Stress plays havoc with our appetites but skipping meals will not help their concentration. Very simply, **your daughter's brain needs the energy from food to work efficiently.**

**Help them avoid the temptation to reach for something sweet to get them through the exam.** The temporary high they'll get from a sugar-fix will be followed quickly by crashing blood sugar levels causing, among other things, tiredness.

**Get them to eat something for breakfast!** Even if they won't eat first thing in the morning, get them to bring something like a cereal bar to school and eat it before the exam.



# What to eat?

- **Eat brain-boosting food.** This includes protein-rich foods which can lead to greater mental alertness. Healthy food choices on exam day include eggs, nuts, yogurt, and cottage cheese.

Good breakfast combinations might be whole-grain cereal with low-fat milk, eggs and toast with jam, porridge, oatmeal, or sugar-free muesli.

- **Avoid brain blocking foods.** On exam day, stay away from foods made of white flour, such as cookies, cakes, and muffins, which require added time and energy to digest. Also avoid foods that are high in refined sugar, such as chocolates, desserts, and sweets.



# Water

Water allows many of the chemical reactions in our bodies to take place and therefore, **the speed at which our brains can work and process information will be affected if we become dehydrated.**

The NHS recommends we aim to drink around **1.2 litres** of fluid a day - water being the liquid of choice to keep your body functioning on top form.

**Energy drinks are not recommended.**



# Sleep & Exams

Stress also plays havoc with our sleep patterns but enforcing a reasonable bedtime is vital. Students should aim for a full 8 hours of sleep before an exam.

Help them avoid the temptation of an afternoon nap which only serves to disrupt sleep later on – take the dog for a walk, have a shower and get changed...

Ideally students should not go to bed with their phones – they are a distraction.



# Tips for students

- Breathe – take some deep breaths to relax your body and mind. This will really help if you freeze up or are struggling to get started.
- Focus on your paper. Block out the exam room and other students.
- Read the entire question paper, answering the questions you feel most comfortable with. By answering these first, you will feel more confident and settle into the rest of the exam.
- Stuck with a question? Leave it. Work on the next one and then come back to it.
- Remember, it's not a race. You've been allocated a set amount of time – use it and make sure you have done as much as you can.
- Keep a good attitude and use positive language with yourself; your nerves will pass and you're not alone.



# In conclusion

- Help her **plan** her revision time
- Ensure she is **actively** revising
- Encourage her to take **regular breaks**
- Get her to **ask questions** in remaining lesson time
- Help her **focus on the positive**, work she knows
- Help her **eat, drink and sleep well** to perform to her best
- Encourage down time; **physical activity, mediation**
- Support is available from school; Ms Torode & Ms Andrews
- Tell her to do **her best** and that **will be good enough**

Any questions please contact via email.

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