



Year 11 Support and Exam Preparation Booklet

2024-25

Contents

Key Contacts	Page 3
Mock Exam and Preliminary Exam Dates	Page 4
Revision Guidance	Page 5
Year 11 Support Strategies 2023-24	Page 10
Mental Health and Well Being Guidance	Page 12
Revision Timetable Template	Page 14
Year 11 Journey Overview – 2023-24	Page 15
Revision Timetable Template	Page 16

Key Contacts

Year 11 Achievement and Progress

Mr Voice - Assistant Head Teacher Achievement & SENCo -
TVoice@garibaldschool.co.uk

Mr Dawson – Deputy Head of School – MDawson@garibaldschool.co.uk

Mr Hales – Head of Year 11 – AHales@garibaldschool.co.uk

Year 11 Mentors – initial point of contact for student concerns/queries

11AJB Mr A Brimelow ABrimelow@garibaldschool.co.uk

11CM Miss C Mitchell CMitchell@garibaldschool.co.uk

11CR Mrs C Ratcliffe CRatcliffe@garibaldschool.co.uk

11DG Mr D Gray DGray@garibaldschool.co.uk

11EL Mrs E Lee ELee@garibaldschool.co.uk

11LW Mrs L Walker LWalker@garibaldschool.co.uk

11ML Dr M Levitt MLevitt@garibaldschool.co.uk

Student Services – for questions around student well being and welfare

Pastoral Manager: Mrs K Douglas - KDouglas@garibaldschool.co.uk

Student Support – for questions around support for additional needs

Mr Voice - Assistant Head Teacher Achievement & SENCo -
TVoice@garibaldschool.co.uk

Mr Orme – Deputy SENCo and Head of Modern Foreign Languages
KOrme@garibaldschool.co.uk

Exams Office – for questions around exams

Mrs Hawley - MIS Manager (Data & Exams) CHawley@garibaldschool.co.uk

Mock Exam & Preliminary Exam Dates

Exam Dates 2024-25	Point and purpose
Spanish Mock Speaking Exams Two Weeks 16th 27th September 2024	<ul style="list-style-type: none"> • Opportunity for students to experience what the Spanish Speaking exams are like. • An opportunity to find out what gaps and areas for development students have
Mock Exam Series 1 Two weeks 4th – 12th November 2024	<ul style="list-style-type: none"> • Exams for English Language and Literature, Maths, Science and selected option subjects. • A chance to reinforce routines/habits/ behaviours needed to be successful in exams • An opportunity to find out what gaps and areas for development students have
Mock Exam Series 2 Two weeks 13th – 24th January 2025	<ul style="list-style-type: none"> • Students' final attempt at a full set of mock exams – replicating the intensity of the Summer Exams • Mock Exams for all GCSE subjects and selected vocational subjects. • A chance to reinforce routines/habits/ behaviours needed to be successful in exams • An opportunity to find out what gaps and areas for development students have
Mock Exam Series 3 One week 3rd – 7th March 2025	<ul style="list-style-type: none"> • Exams for selected subjects • An opportunity to identify areas of development • A chance for teachers to work up plans for final exam preparation and support in HT4 and 5
Summer Exams Five Weeks 12th May – 18th June 2025	<ul style="list-style-type: none"> • <i>Nearly five weeks of final exams for GCSE subjects. Two weeks before and nearly three weeks after half term</i> • <i>This is an intense time where all the preparation students have put in for the last two years comes to the fore!</i> • These dates remain provisional until confirmed.



THE GARIBALDI SCHOOL

This revision guide has been tailored to *your* specific subjects and includes a section of general advice on preparations for your exams along with sections including guidance on the core subjects (Maths – higher or foundation, English Literature and Science) and your option subjects.

General Advice:

10 steps to revision success

“Push yourself, because no one else can do that revision for you”

- 1. Revision space** - Find a good place to work. It should be quiet and free from distractions such as mobile phones, TVs and the internet.
- 2. Revision timetable** - Draw up a revision timetable and **FOLLOW IT**. It should be realistic, cover all subjects and allow you time off to relax. There is a **blank example of a timetable at the end of this section** or you can make an interactive revision timetable at <https://www.canva.com/create/timetables/> (you'll need to register to use this function though).
- 3. Use Active Revision Strategies** - Don't just read through your class work or copy it out as this won't help you to learn. See the tips below on **active revision strategies**.
- 4. Revision guides** - Get a recommendation from your teacher as to which are most useful and then make sure you use them! Use highlighters to draw attention to key words/phrases.
- 5. Prioritise** – Try to revise the subjects that you find most difficult first of all. If not, you might end up skipping them as you are worn out after revising your other subjects.
- 6. Prompts** - Put key words/phrases/equations on Post It notes around the house so you'll see them often and hopefully remember them. You can make electronic flashcards to use on your computer at www.quizlet.com. Simply type in the key words you need to know and the program will look up the definitions (or you can type your own in). You can then use this to test yourself.
- 7. Seek help!** - Get friends and family on board to help you revise. If you revise with a friend, make sure that you set yourself some goals and know what you're going to focus on.
- 8. Past papers** - Make sure you get hold of some past papers, they're a really good way of knowing what to expect in the exam. It is important that you also see the mark scheme so you know what answers will get you the highest marks. You can request paper copies of these from teachers, or you may already have been provided with these.
- 9. Use the internet** – You can download lots of revision materials from the internet. Try searching for mind maps on Google images. To get the best results, type in the name of the exam board, module and topic followed by 'mind map'.
- 10. Find time to relax** – Don't forget to give yourself a break. At times some people put themselves under too much pressure in the lead up to exams. It's important to have some time out every day.

Improving Memory

There is a big difference between short-term and long-term memory. If you study a topic one night and can recall most of it the next morning, don't be fooled into thinking that you will be able to remember it accurately in two months time.

Chunking - as the average person can only hold seven 'items' in short-term memory, grouping items together into 'chunks' can increase capacity.

Repetition - Studies indicate that 66% of material is forgotten within seven days if it is not reviewed or recited again by the student, and 88% is gone after six weeks. Don't make life harder for yourself - build in a brief daily and weekly review of material covered. It will save you having to re-learn material from scratch!

Application and association - The best way to channel material to long-term memory is to organise it into meaningful associations. Link it to existing information and topics and create vivid personal examples which act as 'mental hooks' or 'cues' for recalling material in the future.

Use of mnemonics - these are various word games which can act as memory aids and which allow personalisation and creativity for example the seven characteristics of living organisms - **Mr. Grief** (**M**ovement, **R**eproduction, **G**rowth, **R**espiration, **I**rritability, **E**xcretion, **F**eeding).

Review - Looking over a topic every now and then will help to keep it in the memory, taking away the need to cram before exams. Make a summary of the work and look over it ten minutes later, the next day, the next week and then the next month for a few minutes each time. This reinforces the knowledge learned. Therefore after a one hour memorising session:

- 10 minutes later revise the topic for 10 minutes
- 1 day later revise the topic for 5 minutes
- 1 week later revise the topic for 2-5 minutes
- 1 month later revise the topic for 2-5 minutes
- Before exams revise the topic as required.

**“Feeling discouraged?
Remember diamonds are
made under pressure”**

Active Revision strategies

For effective active revision use a range of strategies, but use what works:

- Most students are not that clear on how best to revise – many will just read through their books – this is not effective. There is no one way to revise. But whatever strategies are used the best are those that are active revision i.e.:

Varying revision techniques

Research shows that WE REMEMBER...

- 20% of what we READ
- 30% of what we HEAR
- 40% of what we SEE
- 50% of what we SAY
- 60% of what we DO
- 90% of what we

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Talk about it!

revision cards, revision notes, mind maps, creating quizzes, use of revision work books, online revision quizzes, getting family members to test you...

- **The best approach is to use a range of strategies but stick with those that seem to work – how do you know they work? That brings up the next piece of advice.**

Make a topic checklist

- For each subject make a list of the major topics you have covered – this is called a topic check list. If you find it difficult to list the topics ask your teacher.
- For each subject look at the topics and decide the order. Start with a topic you liked or found easy. Remember you do not have to revise the topics in the same order you were taught them.
- Re-write the topic check list in the order you want to revise. Pin up the topic check list in your bedroom. Write the topics on your timetable too.
- Check your timetable to see which subject you have chosen to study and check the topic list for which specific part you have chosen to revise.

“Every accomplishment starts with the decision to try”

Organising your time

- Set a definite time to start and finish revision sessions and stick to them. The best advice is to stick to the same routine as a school day.
- Revision sessions should be 1 ½ hours, about the same length as your exams.
- Work in good light, at a table and not in front of the TV. Some people like to revise to music. Just be careful, if you find yourself being distracted or singing along turn it off, it isn't helping. Keep the volume low. When you have a break play the music loud and lively!
- Try working on difficult topics in the morning when your mind is fresh.

Improving your concentration

- Start with short sessions and gradually build up to longer sessions. **Try revising for 40 min, 10 min testing, 10 min resting.**
- For every hour you work you should have 10 min break.
- It will help your concentration if you vary the subject or topic during the revision session.
- Always attend revision session and remain focussed.
- Walking around whilst reading aloud can help concentration.
- When testing yourself answer out loud.
- Give yourself a reward when you complete a revision session.

“Forewarned, forearmed; to be prepared is half the victory”

Making Your Notes Useful

The purpose of making summary notes on a topic or section is to aid your overall understanding of material, to help you distinguish between what is really important information (depth) and what is merely supporting detail.

Sort out your filing system - If you haven't already done so, get your subject folders and notes organised immediately. Invest in some ring binders, dividers, plastic pockets, etc. Have a separate folder for each subject (a permanent reference point) and then keep a 'current folder' for managing notes in progress.

Less is always more - When writing notes, remember they should contain a summary, not an extensive repetition of what is in the textbook. Don't crowd the page. Stick to main headings and sub-headings. Use abbreviations where appropriate. Try to reduce what you need to know on the topic down to one A4 sheet. Once you have an overview, it is easier to fill out the detail.

Make your notes visual - Ensure your notes have a memorable appearance so that you can recall them easily. Use illustrations, diagrams, graphs, colours, and boxes ('a picture is worth a thousand words'). Arrange the material in a logical hierarchy (title, sub-point, explanation, example). Ideally, you should be able to close your eyes in an exam and visualise a particular page of notes.

Beware of transcribing and highlighting! - Merely re-writing the text from the book into your notes does not ensure learning. Try to put things in your own words and devise your own examples to make the material more meaningful. Only use highlighters AFTER you have read the text a few times, thus ensuring you identify the most important material

Practising for exams

To prepare for an exam, you must practice doing what the exam requires you to do; giving out information, not taking it in!

“If you can’t explain it simply you don’t understand it well enough”

Make use of past papers - These should be your constant companion in all revision tasks. For each topic you revise, consult the past questions on this subject and then attempt answers to them. Check your answers, fill in the 'knowledge gaps' where necessary, and file away the correct 'model answer' in your notes for future reference. You will also start to notice any trends in the questions asked.

Follow the marks - Mark schemes are an invaluable aid to exam preparation (available online). You can see how the marks are allocated for each question on the paper and what quantity or style of answer is required in each case. This knowledge will greatly inform your revision work and helps to remove the mystique of the exam.

Top Tips on Exam Strategy

Success in exams involves two ingredients - having a thorough knowledge of the subject matter AND making the most of your knowledge in the exam through effective answering technique. Two students with identical knowledge and attainment levels can sit the same exam and their final grades can differ significantly. The difference is down to having an effective strategy and exam technique.

Allow time to read the paper carefully: The importance of reading the paper carefully and choosing your questions wisely cannot be emphasised enough at this stage. The natural inclination is always to start writing immediately and launch into a favoured topic. Resist the urge. Take your time. Be smart and size-up the paper before answering.

Stick to your game plan: An overall strategy should have emerged from your revision and exam preparation in each subject. This covers the areas you'll tackle, the topics you'll avoid if they appear on the paper, the sequence in which you will tackle the various sections, the style of answering you will employ in each subject, the amount of time you will allocate to answering each section. In some cases, this plan will work like a dream but there will always be surprises to deal with in some papers. Don't get flustered. Stick to your game plan, trust your judgement, and move on.

Sweep up any mistakes: In the pressure of the exam hall, it is easy to make simple errors. Always leave time at the end of the exam to check for errors.

Attempt all questions: It is amazing how many exam scripts are handed in unfinished. Remember that it is much easier to get the first 20% of the marks for any question than the final 5%. You can always polish an answer further but, if there is no attempt made at part of a question, the examiner can't give you any marks.

Some key terms used in examination questions, and what they mean:

Account for - Explain the process or reason for something being the way it is.

Analyse - Explore the main ideas of the subject, show they are important and how they are related.

Comment on - Discuss the subject, explain it and give an opinion on it.

Compare - Show the similarities and point out the differences.

Contrast - Say how something is similar and how it may be different too.

Define - Give the meaning. This should be short.

Describe - Give a detailed account.

Discuss - Explore the subject by looking at its advantages and disadvantages (i.e. for and against). Attempt to come to some sort of judgement.

Evaluate - Give an opinion by exploring the good and bad points. It's a bit like asking you to assess something. Attempt to support your argument with expert opinion.

Explain - Describe, giving reasons and causes.

Factors - The fact or circumstances that contribute to a result.

Give an account of - Describe.

Give reasons for - Use words like *because* in your answer as you will be explaining how or why something is that way.

Identify - Recognise, prove something as being certain.

Justify - Give a good reason for offering an opinion.

Outline - Concentrate on the main bits of the topic or item. Ignore the minor detail.

State - Write briefly the main points.

Summarise - Give the main points of an idea or argument. Leave out unnecessary details that could cloud the issue.

"Four months from now you'll wish you started today"

Year 11 Support Strategies 2024-25

Morning Subject Progress Support

All students have been allocated an intervention group Tuesday, Wednesday and Thursday study period (8.30-9.05). Subjects included are English, Maths and Science. There is also capacity for students to have allocated time in an IT suite to work on coursework elements for vocational subjects, to complete independent learning tasks (homework) and/or to revise for upcoming mock exams. The allocations will be amended each half term to give students a range of opportunities.

After School Progress Support – Monday, Tuesday and Thursday

After school support sessions will run on Monday, Tuesday and Thursday afternoons from 3pm to 4.15pm. Some students in some subject areas will receive invitations to attend specific sessions based on priority need as indicated by mock exams results. This will be coordinated by Mr Hales, Head of Year 11. Where an invitation is extended we would strongly encourage attendance.

	Monday*	Tuesday*	Thursday*
Week 1	Core English / Maths / Science	Options Spanish / History / Geography	Options DT / Art / Music / Computer Science / Child Development
Week 2	Core English / Maths / Science	Options Spanish / History / Geography	Options DT Food / Sports Studies / Enterprise / Performing Arts / IMedia

**Please note some subjects are running additional nights, open to all, alongside those set out above*

The Learning Resource Centre will be also be open from 3.00-4.15 pm on these nights for self-study for those students who wish to use it in addition subject sessions.

GCSEPod – Revision and Exam Preparation Website

All students have been provided with access to the GCSEPod website <https://members.gcsepod.com/login>. GCSEPod provides students with highly concentrated 3-5 minute bursts of audio-visual, expert-written learning which can help to reinforce and consolidate key GCSE topics. It covers nearly 30 subjects, with close to ten thousand Pods available. All exam boards are catered for. It's accessible from a PC, laptop, tablet or phone and can still be used offline. There is proven impact for students utilising GCSEPod with the top 20% of users in Year 11 last year making a grade or more progress above their targets. We will track and recognise student engagement with GCSEPod throughout the year.

Subject areas are linking GCSEPod to lessons so that students can easily and effectively consolidate their learning. Subjects will set out their overviews on the school website over the coming weeks. These can be found under 'Year Groups', then 'Year 11' and selecting the 'Weekly Lesson Focus and Homework'. These will be updated each half term.

Please see below a summary guidance document to support students getting access. Further support for parents can be found on the website under 'Study Support' and then 'GCSEPod'

SUPPORT YOUR CHILD ON THE PATH TO SUCCESS



Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision.

- ▶ Proven to increase results
- ▶ 28+ exam mapped subjects
- ▶ Available online and offline
- ▶ Audio visual content
- ▶ Builds confidence
- ▶ Independently accessible assessments

Want to find out how you can support your child more with GCSEPod? Then join one of our free webinars by registering here: <https://www.gcsepod.com/podup-presents-webinars/>

"The correlation between success and failure was made almost 100% clear by the use of GCSEPod."

**Head of MFL
at Yateley School**

"I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive."

Student

"My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved your Pods and this style of revising."

Parent

Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account

1. Go to GCSEPod.com and click 'LOG IN'
2. Click 'New to GCSEPod? Get Started'
3. Enter your child's details and confirm the name of the school they attend
2. Create a username and password

**For more information please visit
www.gcsepod.com/parents**



Development Time and Mentor Review

All Year 11 students will have five thirty-five minutes Development Time sessions during the week - Monday to Friday. These sessions provide an opportunity for students review their Attitudes to Learning and Progress, set targets and review their progress towards targets. Mentors will have a broad overview of how students are getting and are the first point of contact for parents/carers.

Additional Maths Tuition

Throughout the year many students will have the opportunity, where needed, to access additional Maths tuition. This includes provision from Mr Haywood – who delivers Maths tuition on a Tuesday and Wednesday as well as small group support from our Yipiyap (young inspirational people inspiring young aspirational people) tutor Mr Shaw who will be delivering sessions on Thursday and Friday. Where additional subject tuition is offered students will be encouraged to engage as positively as possible to ensure it has the desired impact on progress.

Upcoming support Strategies

Later in the year there will be additional strategies deployed to support students and we'll share details of these as they approach. Some of these include:

- **Garibaldi Sixth Form Open Evening** – Thursday 17th October 2024
- **Year 11 Next Steps Day** – Friday November 29th 2024 - All Year 11 students will be off timetable to engage in activities, workshops and/or visits designed to inform their Next Steps after Year 11
- **Ideas4Careers careers interviews.** All students will receive a 45-minute careers interview with a trained careers advisor to support their decision making on plans for post 16 education and training.
- **Targeted support days.** Sessions to support revision, exam preparation and success
- **One to one Mentor Review** meetings taking account of recent monitoring
- **Mock Results Day** – February 2025. Opportunity for students to experience the reality of a 'Results Day' in terms of the emotions, response and responding positively.
- **Revised Exam Season Timetable** – from May 2025. The normal lesson timetable will be reshaped to ensure students get a concentrated amount of time in subject areas in the morning or afternoon before final summer exams.

Mental Health & Wellbeing Guidance

We recognise that Year 11 can be a stressful time for students and for parents/carers who are supporting them. Now more than ever it's important to keep a focus on positive mental health and wellbeing to ensure that students can perform at their best without jeopardising these aspects of their lives.

The Young Minds website has a section dedicated to supporting parents of students going through Year 11. This section can be found via the following link. <https://www.youngminds.org.uk/parent/a-z-guide/exam-time/>. Set out on the next page are some suggested strategies from young people for young people to stay well during revision and exams.

Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!

Please encourage your child to keep lines of communication open to staff in school where they have concerns or worries. This could be their Mentor, teachers or members of Student Services or Student Support – see key contacts on Page 3. Alternatively, as parents/carers you can always contact staff on their behalf if you have any concerns.

Coping with exam stress

Making it through revision

There's no right or wrong way to revise for your exams – everyone has their own methods and style. If you're stuck for inspiration, here are some ideas.

Use practical memory aids like flash cards, mind maps, infographics and videos, as well as reading and writing notes



Use a calendar to keep track of important exam dates and deadlines



Keep your phone and social media off, so you can concentrate



De-clutter your study space



Schedule plenty of breaks – take a walk, listen to some music, watch a funny video



Spend time making a revision plan so you can see what you're going to revise and when



Talk to your teachers if you're struggling with a particular topic – they're there to help you



Explain key theories to a friend or family member – this should help you remember them and structure your responses



Test yourself and ask someone else to test you as well



Reward yourself once you've finished a topic or revision session



Get plenty of sleep! The more rested you are, the better your memory will be

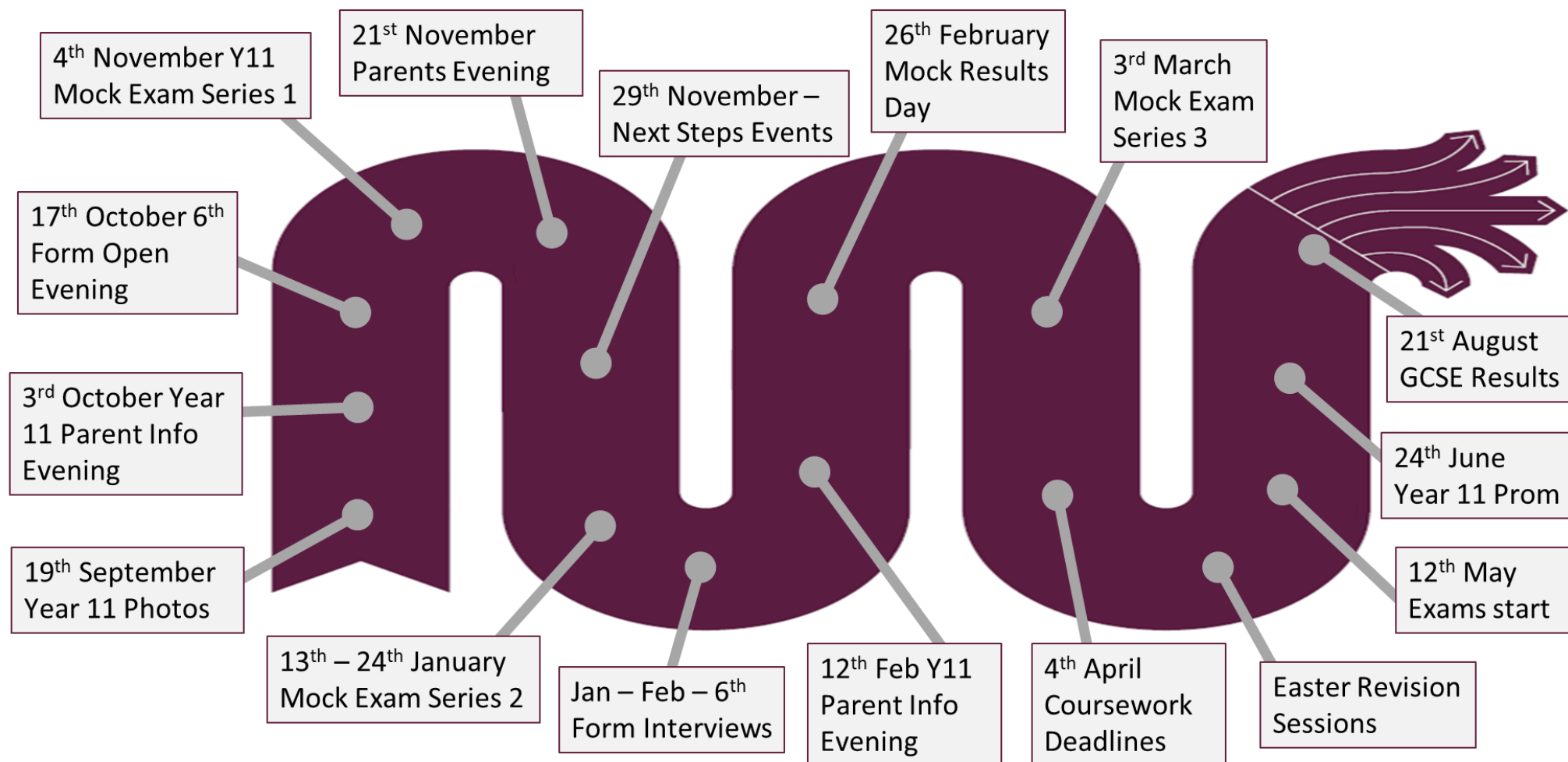


REMEMBER Feeling stress and anxiety is understandable.

You're not alone if you're struggling – make sure you talk to your family or support network to help you. Visit aqa.org.uk/exam-stress for tips and techniques to guide you through this time.



The Year 11 Journey 2024-25



Revision timetable:

Copies of this revision timetable sheet will be available from student reception or can be printed off the school website by going to the 'Year Group' tab and then into 'Year 11' and clicking on revision.



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SCHOOL

Year 11 Revision Timetable													
Guideline for no. of hours of revision per week					March		15 hours	Apr		20 hours	May onwards		25 hours
	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													
Subject colour coding – in the spaces below write in your subjects and give each a colour. Use these colours to shade the time blocks above to highlight when you will be focusing on this subject. Also set some specific time aside for testing your revision / completing exam questions.													
										Testing / exam questions			