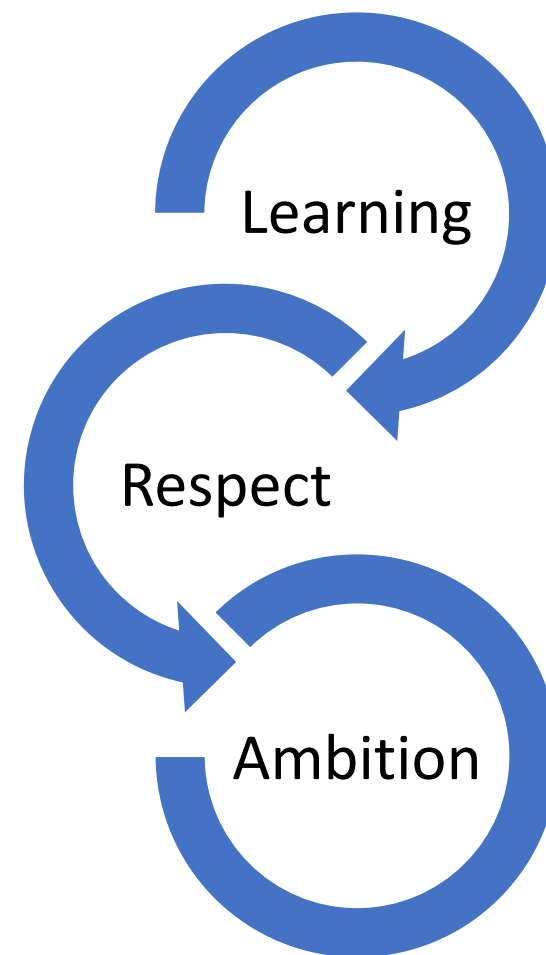




Revision and Exam Support

Our vision for learning is....

At Croesyceiliog School, we strive to provide enriching and engaging learning opportunities, in and out of the classroom, to develop the skills, knowledge and attributes needed to lead successful lives. We learn together to become kind citizens that respect others and make positive choices. Our ambition is to ignite a passion for lifelong learning.





Summer 2024 Series Dates

The Summer GCSE Series

- Wednesday 8th May up until Wednesday 26th June
- Students must be available for these dates in the event that an exam needs to be moved
- Exam results are published on Thursday 22nd August. You will need your hwb email address to access results.

Welsh Oral Dates

22/04/2024 – 24/04/2024 Year 11



Exam Timetables

- Students have received their final timetable which includes the exam title, dates/times, venue and seat number

Individual candidate timetable for Bloggs, Joe

Generated on: 01/03/2022 12:08:59

Season: PPE 2022
Name: Bloggs, Joe Year: 11
Candidate Number: 7000 Reg Group: 11MS

Date	Start	Duration	Board	Level	Element	Component	Room	Seat
Thu 17/03/2022	8:45AM	1h 30m	DOM	GCSE/9FC	Mathematics Foundation	Maths Foundation Paper 1	Sports Hall	A1
Thu 17/03/2022	11:30AM	1h 30m	DOM	GCSE/FC	Eng Lang Paper 1	English Language Paper 1	Sports Hall	B1
Thu 17/03/2022	1:45PM	1h 00m	DOM	GCSE/9FC	Welsh	Welsh	Sports Hall	C1
Fri 18/03/2022	8:45AM	1h 30m	DOM	GCSE/9DA	DA Chemistry Foundation	Double Award Chemistry Foundation Yr 11	Sports Hall	D1
Fri 18/03/2022	11:30AM	1h 30m	DOM	GCSE/9FC	Mathematics Foundation	Maths Foundation Paper 2	A2	E1
Fri 18/03/2022	1:45PM	1h 00m	DOM	GCSE/9DA	DA Biology Higher	Double Award Biology Higher Yr 11	Sports Hall	F1
Wed 23/03/2022	8:45AM	1h 30m	DOM	GCSE/9DA	DA Physics Foundation Cohort 1	Double Award Physics Foundation Cohort 1 Yr 11	Hall	G1



JCQ Examination Rules

- Students must be **silent** when they enter the venue until they leave
- **Mobile phones, watches, earphones/pods** and any other **electrical items** are not prohibited these must be switched off and left in the students bags
- Pencil cases must be clear with only the equipment required inside
- **Black ballpoint pens** are required for all exams
- Calculators must have the front cover removed and the memory erased
- Water bottles must be clear and any labels removed
- Follow all instructions given by the Invigilators
- Be respectful of Invigilators at all times



Malpractice



Malpractice is the term used when rules are broken during examinations

- If a student disturbs any other candidates or are caught attempting to communicate with other students during an exam this is classed as malpractice.
- If students are found to have a mobile phone, earphones/pods, watches or other electronic devices on them during the exam this is malpractice
- Leaving the exam room without being chaperoned by an invigilator is classed as malpractice.
- Turning around, looking at other candidate papers or having unauthorised material (i.e. revision notes etc) on you during the exam is classed as malpractice.



Malpractice Sanctions



Awarding bodies may, at their discretion, impose the following sanctions:

1. Warning - The candidate is issued with a warning that if he/she commits malpractice within a set period of time, further specified sanctions will be applied.
2. Loss of all marks for a section or Unit - The candidate loses all the marks gained for the section/unit of work.
3. Disqualification from a unit - The candidate is disqualified from the unit.
4. Disqualification from a whole qualification - The candidate is disqualified from the whole qualification taken in that series or academic year.
5. Disqualification from all qualifications taken in that series.
6. Candidate debarment - The candidate is barred from entering for one or more examinations for a set period of time.

JCQ Forms M1

JCQ/M1



Suspected candidate malpractice

Confidential

This form is to be used by centres to report instances of suspected candidate malpractice.

For guidance on how to complete this form please see page 7.

Awarding body

Date of incident Time (AM/PM session)

Centre number Centre name and address

Head of centre's e-mail address Head of centre's telephone number

Candidate number(s) Candidate name(s)



Exam Reminder

- Attend school in full school uniform – you will **not** be allowed to wear any non uniform items during exams.
- For all **9am** exam starts students must go straight to the venue **NOT** to registration first. Students must be lined up by 8:50am.
- For all **1pm** exam starts students will have lunch at **12.20pm.** Students must be lined up by 12:50pm.
- Students need to bring all the correct equipment with them, most importantly a **black ballpoint pen and scientific calculator**
- Phones must be off and not on silent, and in bags not in pockets
- Exam seating plans will be on the PE window/ door of the venue the morning of the examinations.
- **Unwell on the day of an exam** – The school must be informed by parent/guardian via School Gateway as early as possible. We will need a doctors note to be able to apply for special consideration.



A parent's role in revision

You don't have to be an expert in any of the subjects your child studies to be able to make a real difference.

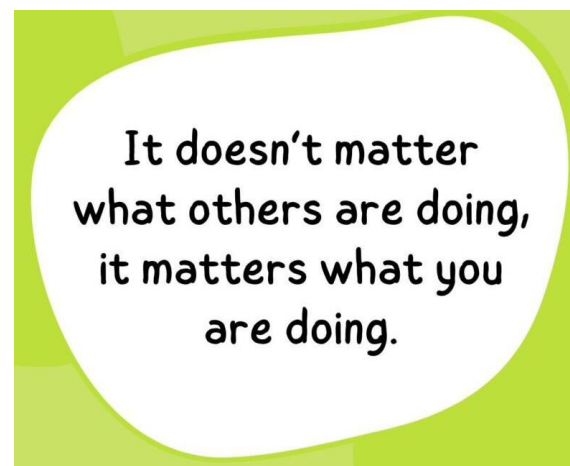
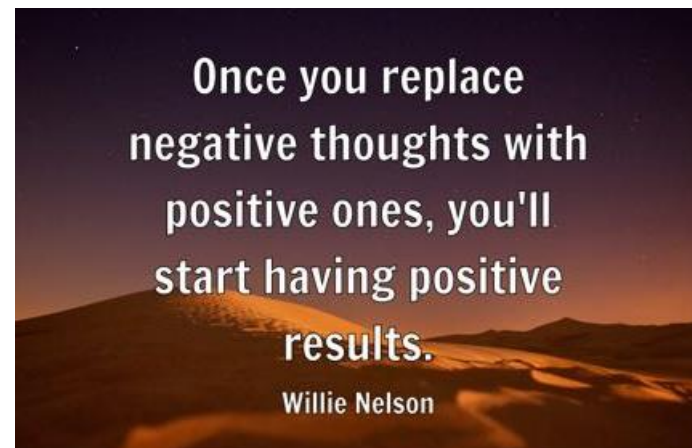
You just need to know how best to spend the time you do have to support your child.



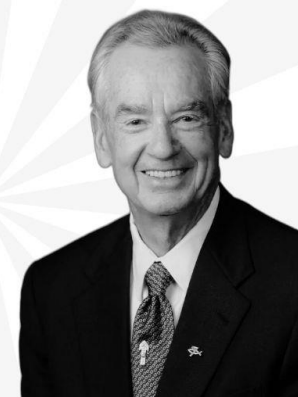


■ Embrace a positive mindset.

The time leading up to examinations can be overwhelming and stressful. Recognise that some days may be harder than others and that it is okay to feel worried, stressed, anxious, overwhelmed by revision and examinations.



"Positive thinking will let you do everything better than negative thinking will." - Zig Ziglar





A parent's role in revision

- Your child needs to know you will still love them even if they don't achieve their best results**so that they are not afraid of the risk of failure.**
- They need to believe that revision will make a difference **(it will).**
- They need to believe they can be **successful.**
- They must **start** somewhere and actually get started.
- They need **encouragement** to keep going even if it seems hard.
- They need to know **they are not alone** in this task and can get help from their teachers and friends and support from you.



Create an action plan

- Make sure you know your areas of strength, improvement and weakness.
- Use mock papers, topic lists, classwork assignments and teacher feedback to evaluate your current position.
- Set specific goals; clear and achievable.
- Priorities areas of improvement and weakness
- Diversify revision methods
- Create a revision timetable
- Get some support





Exam calendar - overview

- Step 1: Mark onto your calendar dates of your exams including the time (9am/1pm).
- Step 2: Record any drop down revision sessions for your subjects.
- Step 3: Record any events/clubs that you attend.
- Step 4: Loosely map which subject(s) you will revise on each day.

monthly planner

MONTH: _____ YEAR: _____						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

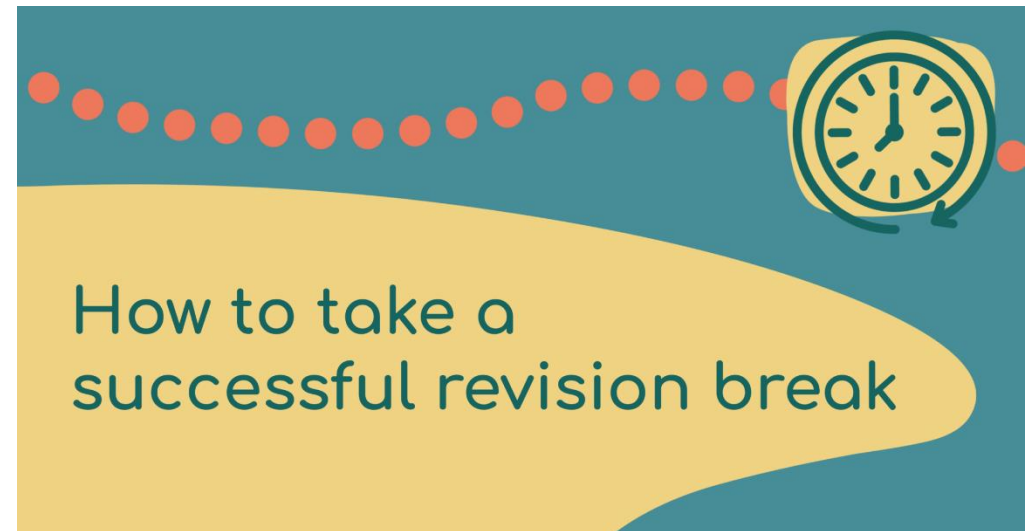


Revision techniques

■ Break it up

Cramming doesn't work. Revision is most effective when it is spaced out, with breaks in between. This allows the brain to consolidate what you have revised, and also helps keep a healthy balance between revision and relaxation.

Take fifteen minutes off for every hour of revision completed – it'll help you remember what you've learned, and stop you going stir-crazy.





Revision techniques

■ Diversify revision methods

If you're struggling with your revision, it might be time to **switch up your revision strategy**. There are lots of different revision techniques available, including flashcards, mind maps, blurting, teaching others, and mnemonics. Experiment and figure out which ones work best for you! Using a **combination of several techniques** will keep your study routine engaging and likely give you the best results.





Exam calendar – weekly/daily

- Step 1: Block out any non negotiable time, e.g sports training, exam, school revision session
- Step 2: Refer to your evaluation of strengths, improvements and weaknesses to prioritise focus areas
- Step 3: Record subject for revision with specific focus

<https://www.101planners.com/free-editable-calendar-templates/>

REVISION TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9AM					
10AM					
11AM					
12PM					
1PM					
2PM					
3PM					
4PM					



Revision techniques

■ Make your brain work hard

In order to remember something, you really have to think about it. Passive activities will not help you to remember information; reading through notes, watching a revision video on YouTube, or listening to a recording of the key information.

For information to stick, you need to **actively** do something with it – turn the information you’ve read, watched or listened to into something else.

Taking information from a source, processing it, and turning it into something else will help you to recall it better. After a proper 45-minute revision session, you should feel tired – you will need that break!





Revision techniques

■ Retrieval practice

Retrieval practice is recalling information to mind from your memory without notes or reminders.

- List of key words – write down the definitions/meanings,
- Specific quote – write down what it implies, demonstrates or illustrates,
- Topic title – write down everything you can/ create a mindmap
- Doing past paper question



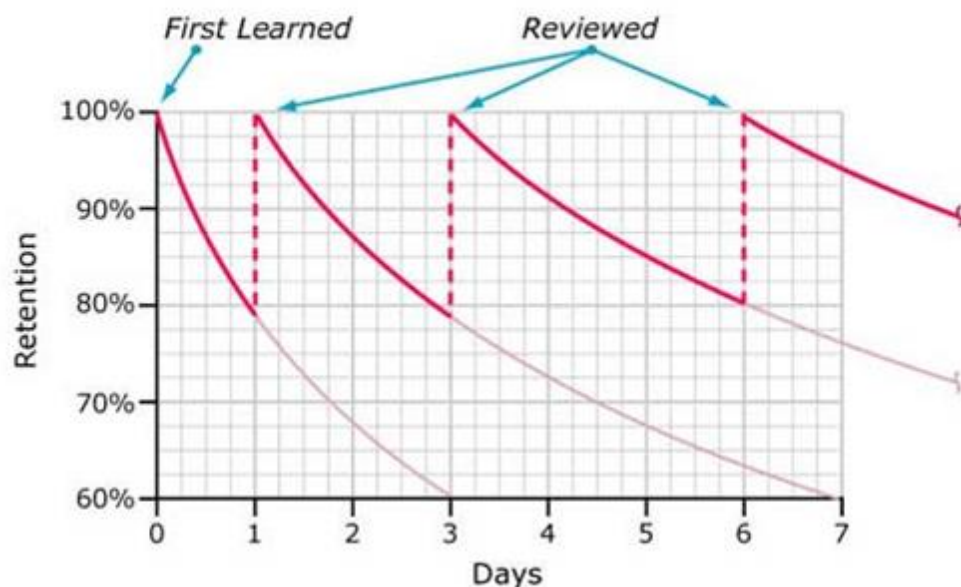
After any retrieval practice, it's really important to go back to your notes/answers to check what you were able to remember correctly, and what you got wrong or missed.



Revision techniques

■ Spaced practice

Typical Forgetting Curve for Newly Learned Information



Spacing out your revision so that you revisit your material again and again over time. Spaced practice needs planning give yourself time to go over what you've learned in the previous week. It doesn't need to be long – just a few minutes to make sure you've remembered what you've studied during the week. If you have to remind yourself of things that you've forgotten – don't worry! Re-learning and reminding yourself of things you've forgotten actually makes the retention rate better.



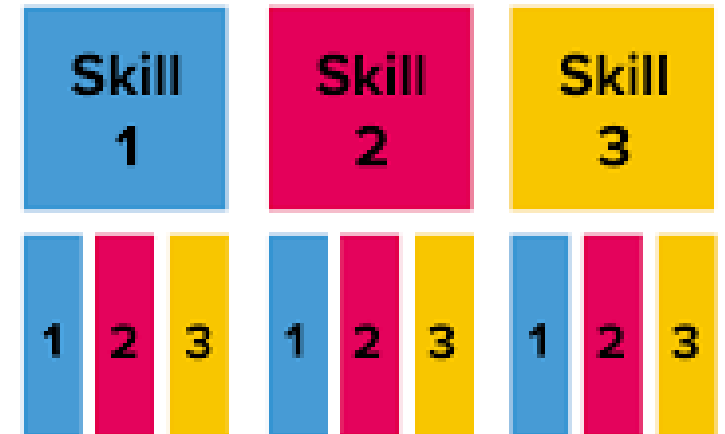
Revision techniques

■ Interleaving revision

Interleaving is when you switch between different topics in your revision sessions. It's more effective to revise one topic for a short time, making sure you have a good grasp of it, then switch to another topic. When you come back to the topics review them in a different order. However, don't switch too often – you'll get confused!

Three separate topics in one revision session is usually about the right balance. Don't switch too quickly – make sure you fully understand what you're studying before you move on to the next topic.

Blocked practice



Interleaving



■ Summarising

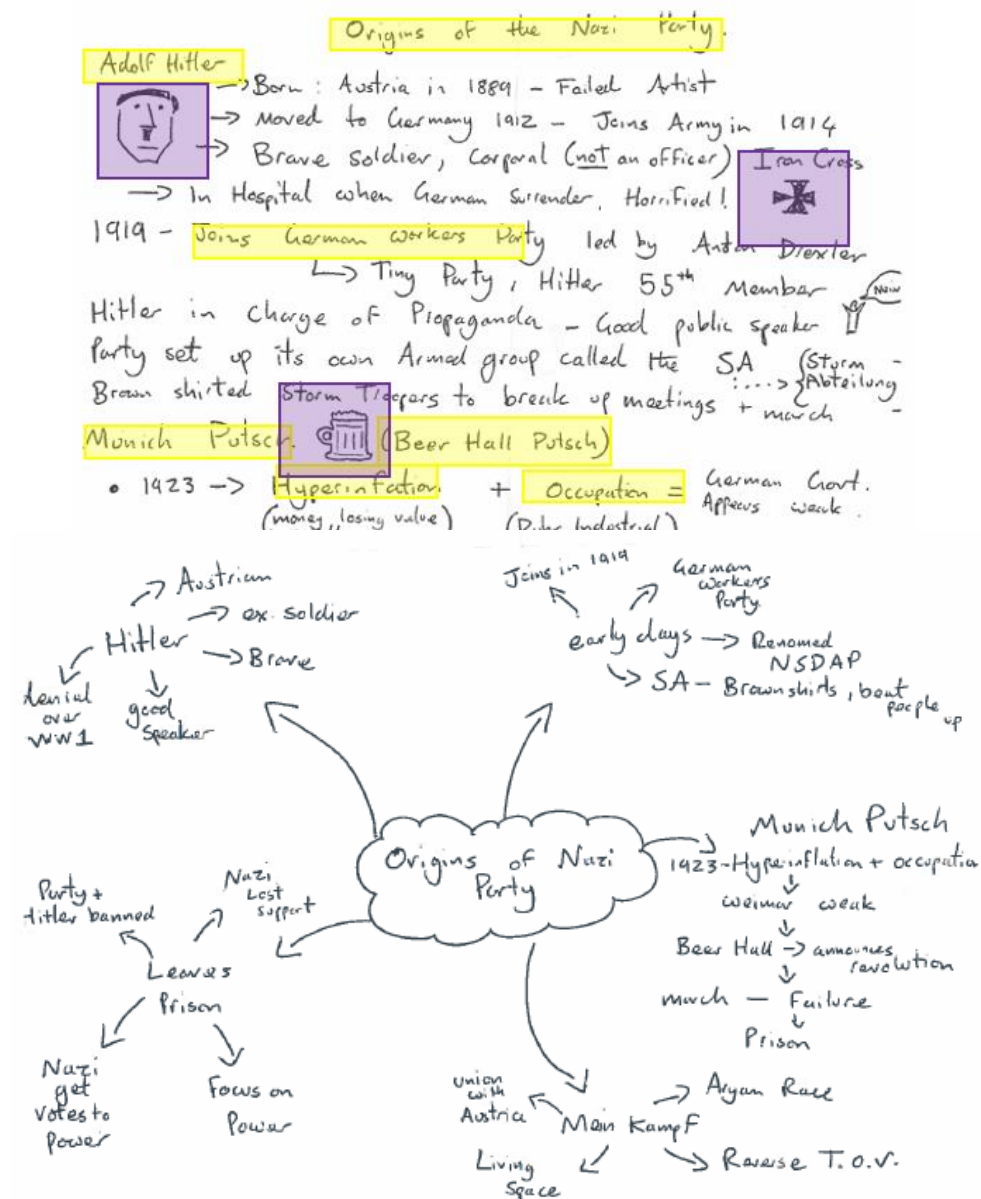
Step 1: Make detailed revision notes about a topic on one side of A4 paper.

Make sure to use lots of keywords

Add pictures where appropriate

Step 2: Fold over the sheet of paper

Using the keywords you have highlighted, create a spider diagram of the information.





Revision techniques

■ **Elaboration**

- When you are elaborating, you are explaining and describing what you are revising with as many details as possible. You are looking for connections between the material and things you know. These details and connections create “hooks” to help you remember the material you are revising.

■ **Dual coding**

Dual coding is when you use a combination of pictures/visuals and words to help you learn material.

When you are revising, draw visuals to go along with each section of your written notes. This could be a timeline, a diagram, a flow-chart, a mind-map, an illustration, an infographic or whatever you want!

Processing the information from one code (visual) to another (words) helps you to recall it later. Dual coding works well with retrieval practice.

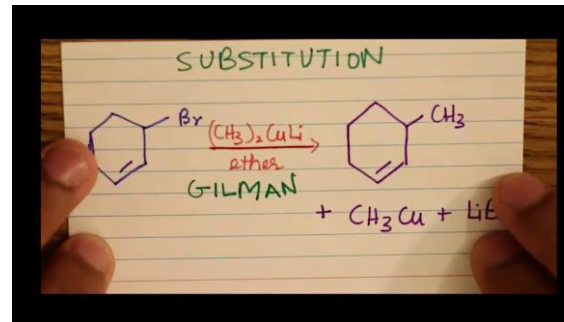
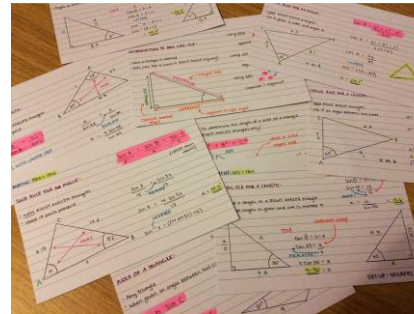
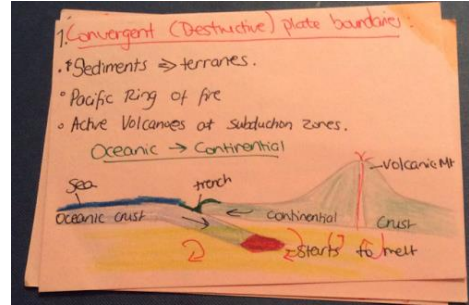


Revision techniques

■ Flashcards

Useful for:

- Important events in history
- Diagrams in geography
- Formulas in maths
- Case-studies in geography
- Vocabulary in MFL
- Key techniques in English
- Key words and definitions



Important to create two sides to a flashcard:

Side 1: a question

Side 2: the answer

The flashcard must work the memory, so the action of using them forces you to find the info in your long-term memory- this is called retrieval practice.



Revision techniques

- **Practice makes perfect**

As we approach the final weeks one of the best preparation methods will be to practice exactly what you will have to do in the real exam.

Practice questions, completed from memory to the same timings as the exam, will not only sharpen up your exam technique but will also help you remember what you've learned because they are a form of retrieval practice.





Revision techniques

■ Past papers

One of the most effective ways to revise is by using past papers. Past papers give you an idea of the type of questions you can expect in your exams and provide an opportunity to practice answering them. By revising with past papers, you can identify your strengths and weaknesses, improve your exam technique, and boost your confidence.

Most past papers will also come with previous marking schemes. This will have the answers to the questions on the exam and will also likely come with the examiner's report, which gives insight into why questions are marked in a certain way or what sort of answers the exam board typically looks for.

GCSE
3300U50-1
MONDAY, 14 NOVEMBER 2022 – MORNING
MATHEMATICS
UNIT 1: NON-CALCULATOR
HIGHER TIER
1 hour 45 minutes

For Examiner's use only

Question	Maximum Mark	Mark Awarded
1.	5	
2.	3	
3.	3	
4.	6	
5.	8	
6.	3	
7.	4	
8.	2	
9.	4	
10.	6	
11.	6	
12.	3	
13.	3	
14.	3	
15.	4	
16.	3	
17.	3	
18.	4	
19.	3	
20.	2	
21.	5	
Total	80	

ADDITIONAL MATERIALS
The use of a calculator is not permitted in this examination. A ruler, a protractor and a pair of compasses may be required.

INSTRUCTIONS TO CANDIDATES
Use black ink or black ball-point pen. Do not use gel pen or correction fluid.
You may use a pencil for graphs and diagrams only.
Write your name, centre number and candidate number in the spaces at the top of this page.
Answer all the questions in the spaces provided.
If you run out of space, use the additional page at the back of the booklet. Question numbers must be given for all work written on the additional page.
Take π as 3.14.

INFORMATION FOR CANDIDATES
You should give details of your method of solution when appropriate.
Unless stated, diagrams are not drawn to scale.
Scale drawing solutions will not be acceptable where you are asked to calculate.
The number of marks is given in brackets at the end of each question or part-question.
In question 10, the assessment will take into account the quality of your organisation, communication and accuracy in writing.

NOV223300U50101

wjec
cbac

GCE EXAMINERS' REPORTS

GCE
ENGLISH LITERATURE
AS/Advanced

SUMMER 2022



Revision ⌚ POWER HOUR

STEP
01

Choose a past
paper question

Google your subject,
level and exam board
e.g. "Geography A-Level
Past Papers AQA"



STEP
02



Revise

Spend 20 minutes
revising what you need
to know to answer your
chosen question

STEP
03



Do the question

Set a timer for 20
minutes and answer the
past paper question you
chose

STEP
04



Get feedback

Show your teacher your
work. Ask them whether
your marking is accurate
and how you could
improve your answers



Mark your answer

Using the mark scheme
for the past paper mark
your answer. This will
help you to think like an
examiner *



STEP
05

lifemoreextraordinary.com



Revision techniques

■ Group/partner revision

- Everyone in the group prepares on a different topic and “teaches” it to the rest of the group.
 - Everyone in the group revises the same topic and then test each other by asking questions
 - Picking a common weakness and working on it together.
 - Sometimes it is just about company; using the library after school, going to someone else's home, meeting at a café.
 - Revising individually but finding motivation in the company.
- Group revision can provide a boost but it's no substitute for solo efforts





Wellbeing during exams





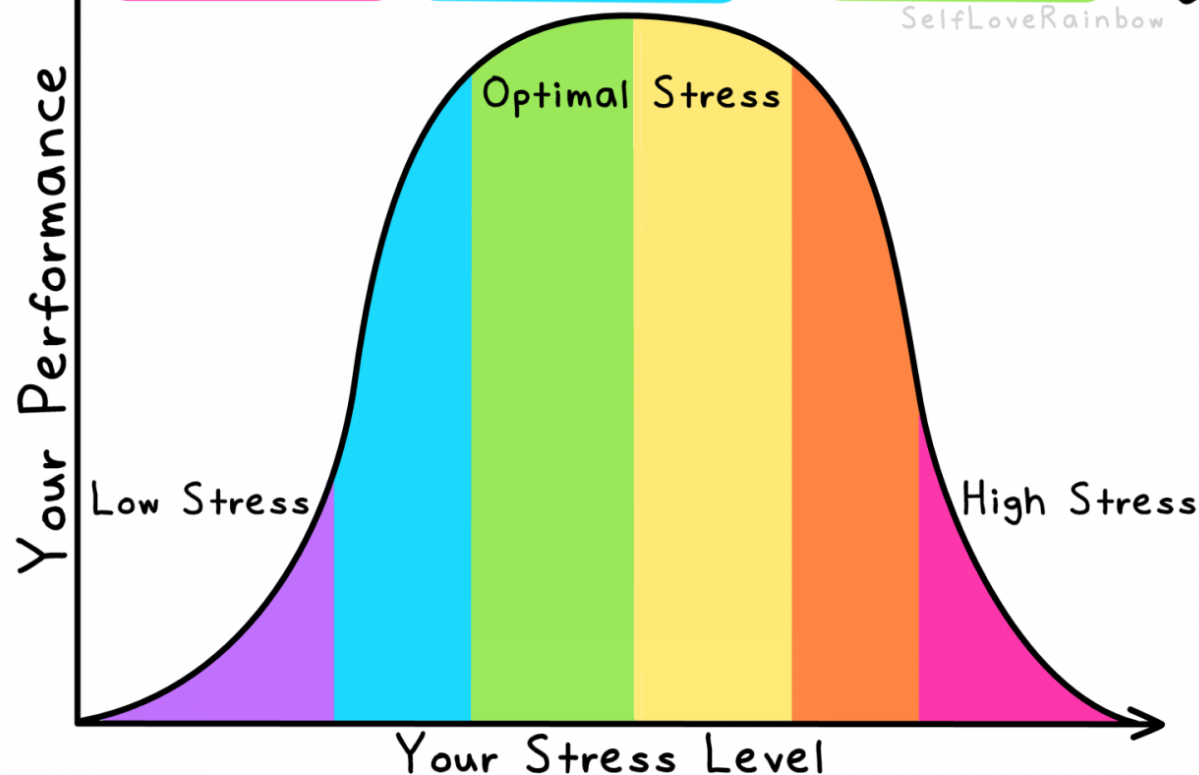
Stress v's anxiety





Stress Performance Curve

♥ Check in with your stress levels! Are you feeling **over-stressed**, **under-stressed**, or **in the middle**. ♥
SelfLoveRainbow



Under-Stressed		Optimal Stress		Over-Stressed	
Bored	Unmotivated	Creative	Productive	Overwhelm	Burnout
Inactive	Listless	Focused	Motivated	Exhaustion	Anxiety
Relaxed	Laid Back	Engaged	In the Zone	Breakdown	Panic

- Stress is a good thing
- Stress can make you work more efficient, focused and alert
- Stress is something that will be present throughout your life, make friends with it

(Based on Yerkes-Dodson Law)



STRESS

First, recognize stress:

- Stress symptoms include mental, social, and physical :
- Exhaustion
- Loss of/increased appetite
- Headaches
- Crying
- Sleeplessness, and oversleeping.
- Escape through alcohol, drugs, or other compulsive behaviour are often indications.
- Feelings of alarm, frustration, or apathy may accompany stress.





Make friends with stress

- Stress is helpful!
- **Make friends with stress.** Stress is a natural human response to life but having too much of it can cause problems. Exam nerves are necessary for most people. Do fear the exam a little, as it tells you that it matters to you, but get to know what frightens, take control and learn how to calm down a little.



Too Much Stress

- Can block thoughts
- Create a negative frame of mind
- Lead to panic
- Poor exam performance
- Being positive helps us to cope with stressful situations.





Anxiety management techniques

- **STOP** negative thoughts
- **Give yourself positive messages** rather than how horrible everything is going to be
- **Distract yourself** from being negative
- **Don't sweat the small stuff:** Try to prioritize a few truly important things and let the rest slide
- **Learn how to relax :** Meditation and breathing exercises have been proven to be very effective in controlling stress.
Practice clearing your mind of disturbing thoughts.





Stay Healthy

Healthy body = Healthy mind

- **8 hours sleep**
- **Eat well** (fruit, veg, carbs & avoid sugar)
- **Exercise** (stretching, walking, swimming, running...)
- **Watch less** rubbish on television
- **Go outside** every day, the fresh air will clear your mind
- **Keep on top of things**; don't let them pile up
- **Be nice** to people
- **Smile** (it releases happy hormones!)
- **Don't worry**, just do your best





Manage your study work load

- Teaching staff have already prepared you for these exams.
- You have your study timetable and have prioritised your workload
- Now you just need to keep healthy!



In the Exams



- Be prepared
- Get a good nights sleep
- Have a good breakfast
- Drink plenty of fluids and bring a drink with you
- Relax in your seat, take a deep breath in and a longer breath out
- As you read through the paper, if you start to feel panicky concentrate on deep breathing
- Stay focused and positive





In the Exam...

1. **Sometimes the first question might be the toughest** or most difficult, and it can throw a student off balance
2. **Don't spend too much time on a question** you don't know the answer; go to the ones you can answer first then return to the more difficult ones later. Sometimes, the answer to a particular question may be found in another question!!
3. **Unpick the key word**; find what the question is asking? Often there are 3 questions in 1.

E.g Compare and contrast the differences between animal and plant cells. What does comparing mean, and what does contrasting mean?





After the Exam

- Relax
- Review how it went practically
- Dwelling on an exam after it is over is just a waste of energy, now concentrate on your next one.
- Reward yourself!
- Remember you have the summer to look forward to when all the exams are over.





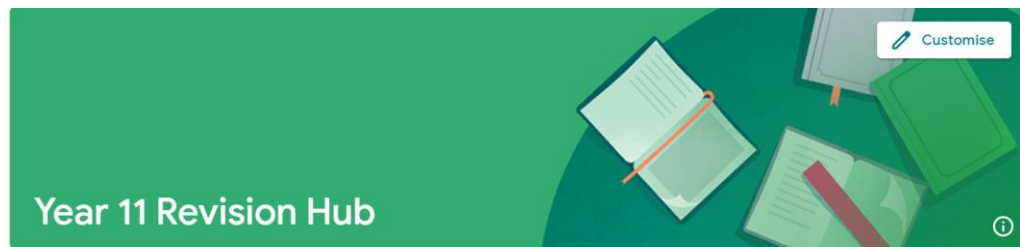
Revision/ support timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Break	Drama A11	Drama A11	Drama A11		Drama A11
Lunch	Welsh Bac. A4	Welsh Bac. A4	Media B8	Welsh Bac. A4	
	Drama A11	Maths B34	Welsh Bac. A4	Maths B34	
		Drama A11	Drama A11	Drama A11	
			Maths (Intermediate) B39		
After school	English Literature (with book)B4	English Language B5		Maths (Intermediate) B39	Maths (int. and found.) B34
	Drama A11	Geography (after Easter) C29		Drama (need to book) A11	History (C5)
	RE (The Yr 11 course) C7	Drama A11		French C1	
	Maths (Higher tier) B43	History C6		Spanish C2	
	Music A12			Music - Coursework deadline A12	
	Digital Technology C27	Digital Technology C27			

**HARD WORK
BEATS TALENT
WHEN TALENT
DOESN'T WORK
HARD**



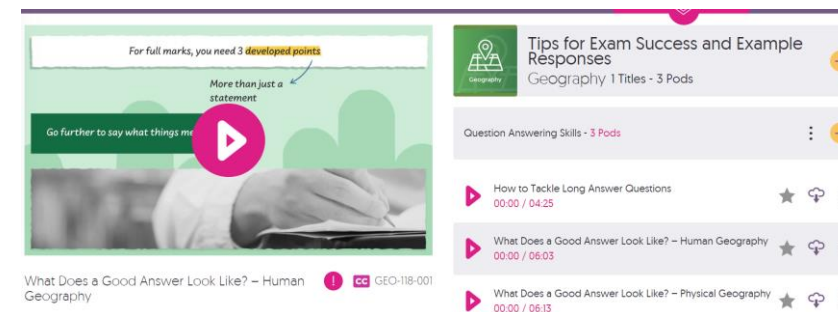
School Support



Google Classroom
Year 11 Revision Hub



After school
study club
and revision
classes



Websites; GCSEPod,
Mathswatch, Educake



Assemblies
and tutor
time



How can parents help?

- Good sleep habits
- A nutritious breakfast/meals
- Minimising distractions
- Combatting procrastination
- Reminding them of techniques
- High expectations – attainable
- Motivation – praise and encouragement
- Making outdoor exercise a habit
- Balancing work and play

