



# Year 11 Examination Information Evening

We will begin shortly



## Agenda:

- When and why students are expected to be in school during their examination period.
- Expectations of students during the examination period.
- How to revise and support revision effectively.
- How to support wellbeing across the examination period.



11 school days!

5 weeks

There is time to make a difference



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*THE KEY TO  
SUCCESS IS  
HARD WORK AND  
DETERMINATION!*

# Increased 10+ grades in March mocks

Jasmine Donovan

Hadya Saidzai

Dua Arshia

Hafsa Iqbal

Hannah Smith

Shirin Shahidi

Nikiska Uthayakumar

Naomi Bentley

Mikaela Dankyi

Daisy Lowe

Scarlett Bridges

Maisie Smith

Amtul Varisha

Erin Boyle

Shanuya Karuneswaran

Rhemayah Edwards



# Meeting and exceeding target grades in all subjects

Rithika Mohnaraj

Gabriella Terry

Annabelle Bullock

Sofia Chabrier

Molly Jamieson Cairns





- Examinations begin Thursday 8<sup>th</sup> May
- Thursday 8th May – Friday 23rd May students will attend school 8.30-2.35pm.
- Core PE lessons will be used for revision.
- There are 7 core and 20 non-core examinations in this period.
- Lessons will be a mix of taught revision and independent revision dependent on when the examination is for that subject



- Students enter through the main gates and sign in outside Mrs Devaney's office by 8.30am.
- Students go to the canteen during morning registration instead of form rooms.
- Tutor and subject specialists on hand to support each day during morning registration.
- Silent student line up in the plaza with Head of Department pep talk.

- From Tuesday 6th May – Friday 23rd May, Year 11 will have lunch 12.40-1.10pm in the snack shack.
- At the end of lunch, students with afternoon examinations will line up.
- Students without examinations will return for the second half of period 4.
- Students will be dismissed at 2.35pm if they do not have an examination.
- Form tutors will be available 2.35-3pm each day to support students.

- On Friday 23rd May, students will sit their English Language exam in the morning.
- There will be a farewell assembly at 12pm.
- Students will be dismissed after this at approximately 1pm.



# Devices

- Students may bring laptops or ipads to support revision from 8th-23rd May. No phones may be used for revision.
- Parents will need to sign a consent form for this by Wednesday 7th May. The school takes no responsibility for loss or damage.
- Students will be able to use devices for a maximum of 25 minutes in independent revision periods. This is to avoid passive revision.
- Listening to music is not permitted.



- Monday 2nd June – Wednesday 25th June students will only attend school for examinations.
- Each subject will run a one-hour Teams revision session for students at 3.10/4pm the day before a morning exam or at 11.15am for an afternoon exam.
- A revision space will be available for students who wish to continue to revise in school at this time. Students must sign up in advance to use this.
- Revision guide and uniform hand in after final core exam – Physics – Monday 16th June.



- Students continue to enter through the main gates and sign in outside Mrs Devaney's office by 8.30am/1.10pm.
- Students are expected to leave site straight after an exam unless
  - They are staying to use the silent revision space.
  - They have a period 3 revision session.
- If a student has both a morning and afternoon examination, they may leave site after their period 3 revision session and return by 1.10pm They must sign in and out if they leave site.
- Students are still expected to follow all school rules while on site for examinations and revision.



## Uniform

- All students **must** wear full correct uniform throughout the examination period.
- Uniform puts us in the mindset of school and high expectations.
- Accepted jewellery continues to be one single stud and religious necklace.
- Students will be given spare shoes/uniform if incorrect and parents called.
- Bag boxes available for students.
- Leaver's hoodies are not allowed to be worn at any time at school.
- Mobile phones and smart watches must be locked away and not in pockets – risk of zero mark. Wands will be used for spot checks.



# Equipment

## All Exams

- Clear water bottle
- Clear pencil case
- 3x black pens (not gel)
- Highlighter
- Pencil
- Rubber
- Sharpener
- Ruler

## Subject specific exams

- Calculator
- Compass
- Protractor



**Carshalton High School for Girls**

Excellence: everywhere, every day.

# Revision



# The best learning happens not when we push information “in” to memory, but when we pull information OUT of memory.

**We call this “retrieval practice”** – any form of testing, quizzing, basically any time you’re trying to reach into long-term memory and pull out (retrieve) what’s in there, you’re doing retrieval practice. You may also know this as “active recall”.

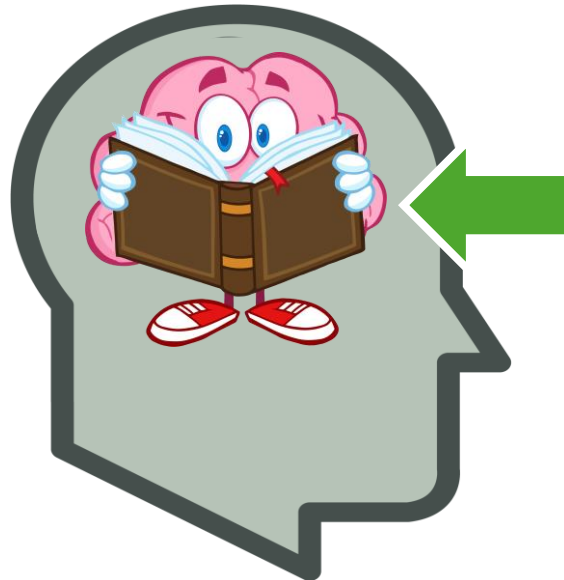
Students pull out what they know with **retrieval** practice





# Not all learning techniques are equally effective...

“Long way” techniques

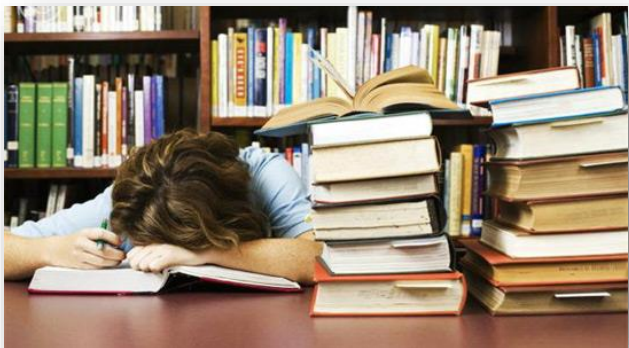




# Ineffective Study Techniques

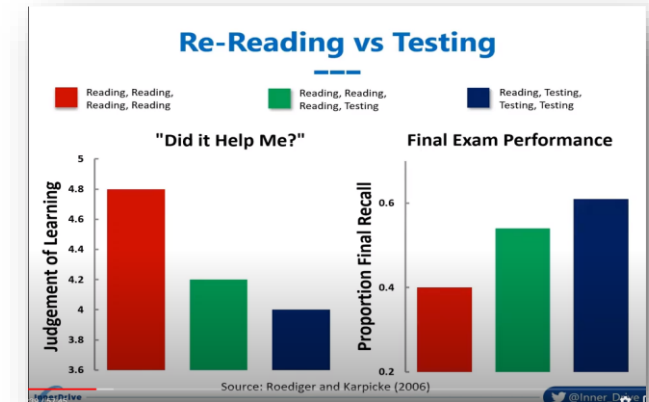
## Cramming

Many students rely on cramming in hours of revision the day before an exam in a last ditch attempt to try and prepare themselves. However, cramming should not be relied upon; and whilst it might make you feel as though you're learning more, this is an illusion. Instead, cramming can make you feel stressed, an emotion which is not ideal for exam preparation.



## Re-reading

Recent research found that 84% of students re-read their notes when revising, whilst 55% claimed this was their number one strategy. Such results make for worrying reading, as countless studies have proven the ineffectiveness of re-reading, showing that when students employ this strategy, they simply skim read the text. This means that the information is neither considered nor processed and does not become embedded in the long-term memory.



## Distractions

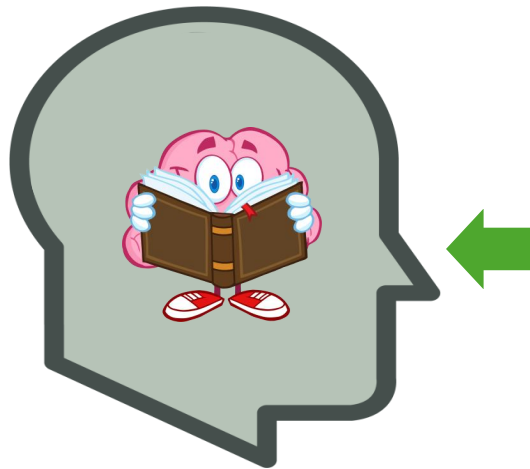
Multi-tasking is a myth. Revising with your phone next to you just doesn't lead to better learning. Research has found that simply having a mobile phone out whilst revising causes a decrease in concentration and a reduction of 20% in performance. Similarly, revising with music on can distract students, with recent research showing that a quiet environment is preferable and leads to an exam performance that is 60% better than those who revise whilst listening to music with lyrics.



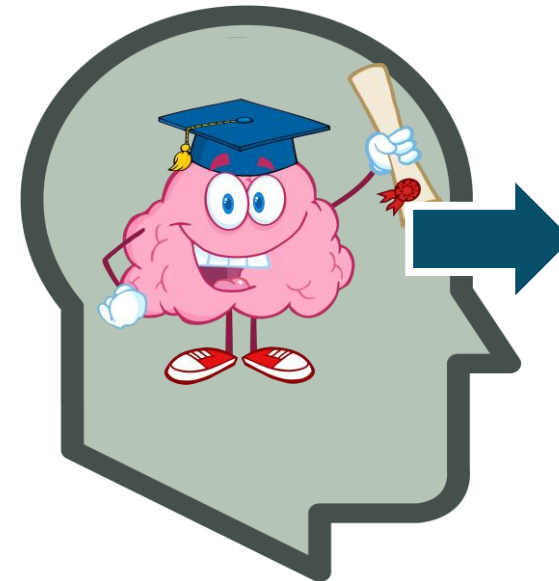


# Not all learning techniques are equally effective...

“Long way” techniques



“Smart way” techniques

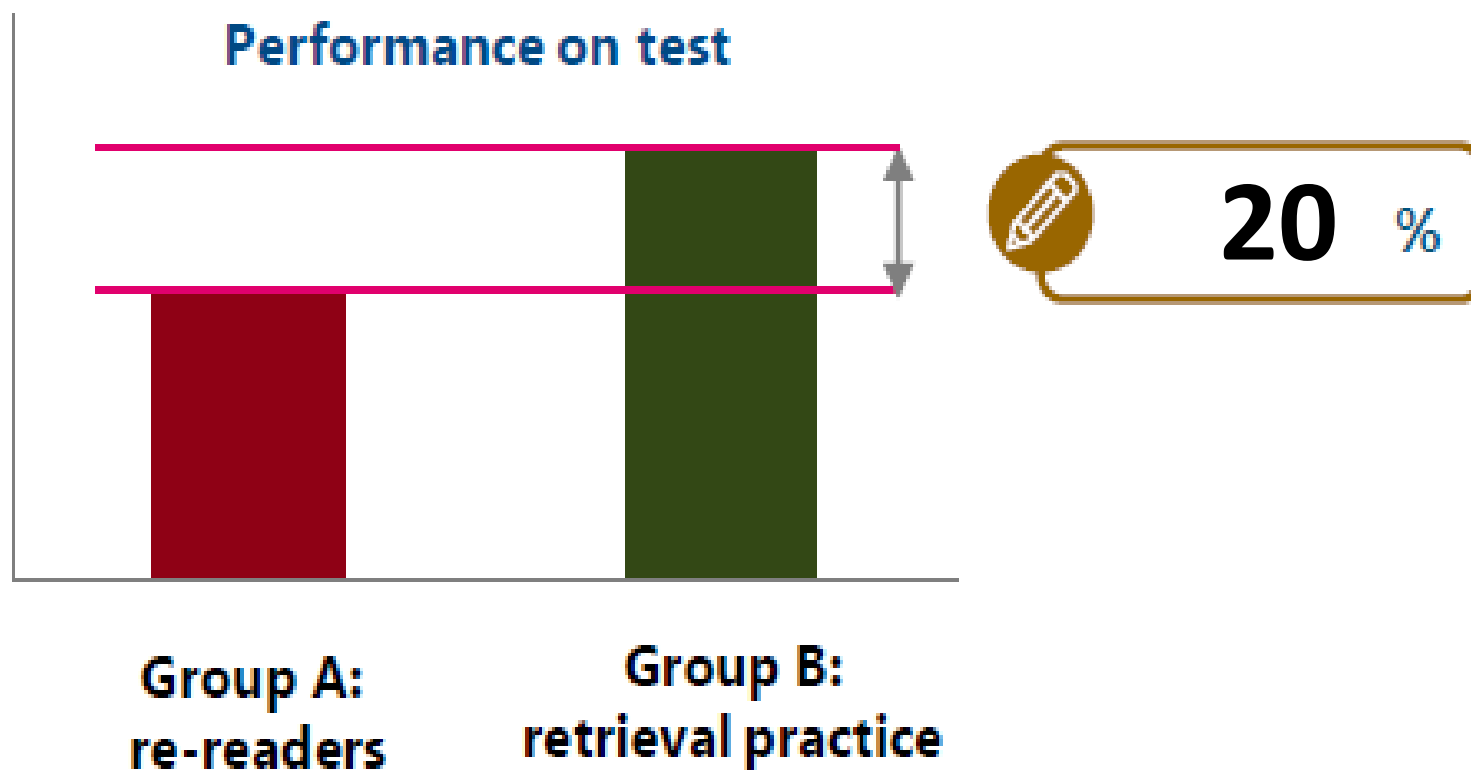


Retrieval practice: testing yourself



## 1. Retrieval practice is really powerful

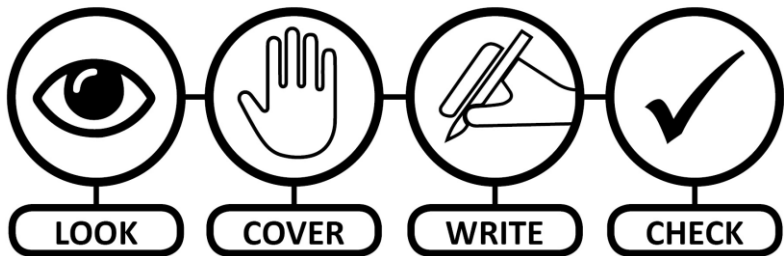
One famous study (by researchers Roediger & Karpicke, in 2006) found a big jump in grade when students used retrieval practice to study vs if they used re-reading:





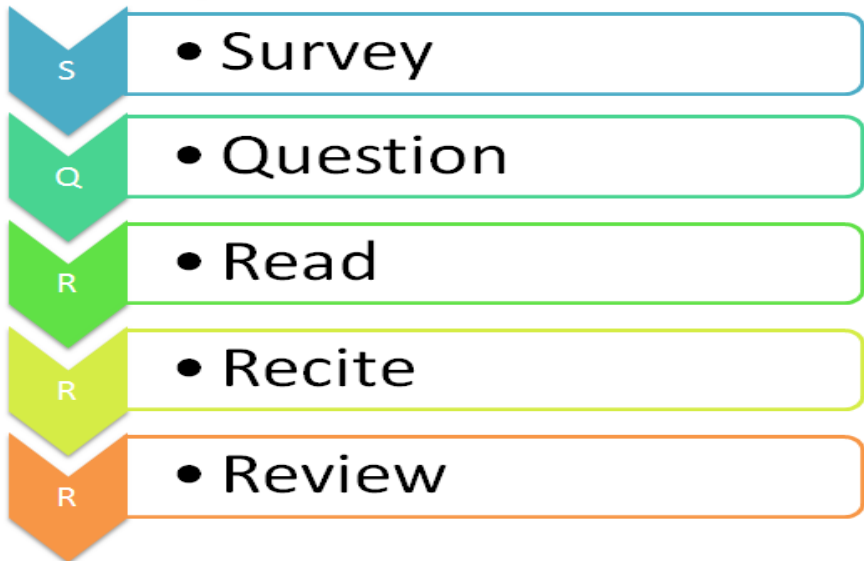
# Effective revision strategies:

Self-Quizzing



Flash cards

## SQ3R



Mind-mapping



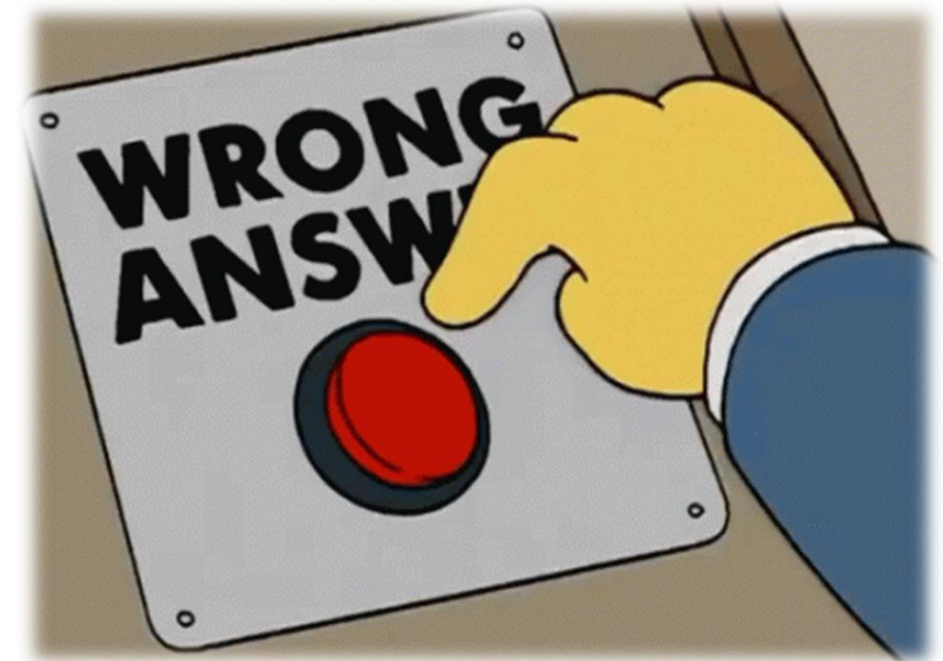


## 2. “Wrong answers are part of the process

Retrieval practice is about the process of TRYING to remember, not about getting every answer right.

Whether you get an answer right or wrong, it’s all helpful!

Making mistakes or forgetting things is part of the process. Embrace it – you’ll learn from any mistakes you do make.





You should be studying for a **minimum** of 2 hours per day or 10 hours per week during school weeks until examinations start.

**Achievement takes hard work and effort.**

4x25 minute cycles with a 5 minute break in between.

Before you start your revision session, pick your topics for the day.

Revision must be a mix of learning/embedding the knowledge + applying it.

**PRACTICE QUESTIONS ARE KEY!**

## Pomodoro 1 – 25 minutes drilling knowledge on a topic

e.g.

Creating/reading flashcards and mind maps.

Look, cover, write, check

Look at excellent exam answers.

## Pomodoro 2 – 25 minutes

Application of knowledge to short or long answer questions.

Use the mark scheme to check or give responses to your teacher for feedback.

## THE POMODORO TECHNIQUE<sup>®</sup>

A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS

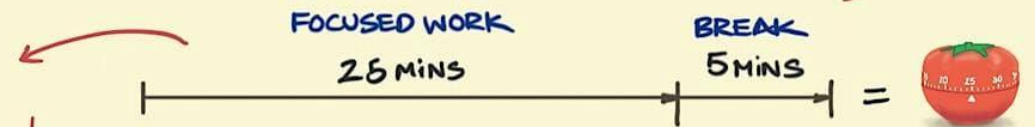


1 PLAN YOUR TASKS  
How many pomodoros might you need?

2 DO 1 POMODORO  
Time for 25 mins then take a 5 min break

NO SNEAKY WORKING!

PROTECT YOUR POMODORO!



3 REPEAT x 4 POMODOROS  
Then take a longer break





- Over the Easter holidays and May Half Term, split your day in 3 – work 2 parts.
- Plan in some rest days (2 per week)

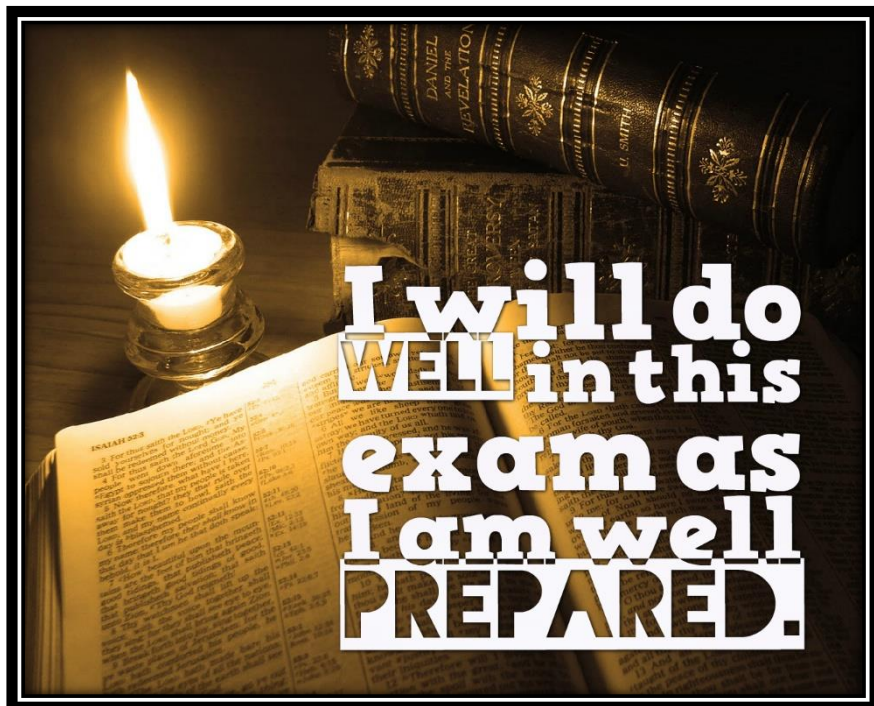
	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Monday</b>	Revision	Revision	Cinema
<b>Tuesday</b>	Lie in/run	Revision	Revision
<b>Wednesday</b>	Revision	See friends	Revision

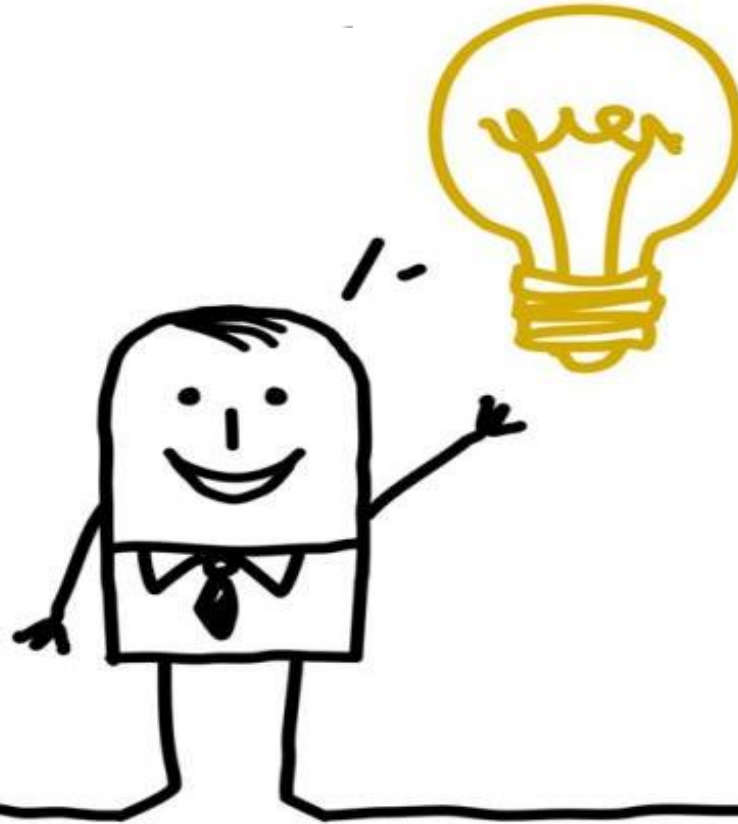


# Wellbeing

Reward yourself with one thing after each exam.

Positive affirmations each day!





# Top 10 tips to support your child through their exams



# How can you help your daughter and prepare her to perform?

1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period

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# Next Steps

After the meeting, we will send you:

- A recording of this meeting.
- Revision space sign up form.
- Ipad/laptop consent form.

Keep in touch – we are here to support you.

CHSG sixth form induction days 7th-8th July