

Autumn 2021 Exam Support Seminar



In the fast approaching 2022 exams, your children, our students, will ultimately be on their own. How best can we support them in preparing for these critically important events?

- *Overview of exam situation*
- *Autumn 2021 mock exam timeline*
- *The timeline to the 25th August, 2022*
 - *Why are mock exams important?*
 - *Actions and advice*

Leader of Learning & SL Geography- Jonathan Wood

An overview of the current exam situation

- We know that this academic year will see further disruption
- We know the two previous school years have negatively impacted too of course
- We know students have missed aspects of courses to varying degrees
- **The Autumn Mock exam schedule at THS will go ahead as planned**
- We know from Ofqual that there will be final exams in 2022 (unlike last year)
- All schools have received guidance about how the 2022 exams will be altered in recognition of the impact of Covid-19 has had on teaching and learning
- As a school, we have adjusted our delivery of all qualifications accordingly, and are prepared to make further changes as and when required should further information be forthcoming from Ofqual and the exam boards
- **We need students to be exam ready**
- **We need students to continue to do their best**
- We know some students are struggling
- We are doing everything we can to support students



Autumn Mock Exam Timeline

**MOCK
EXAMS**

Start
SOON



WEEK	W/C DATE	EVENT
5	04.10.21	Mock Intro Information
6	11.10.21	Planning revision
7	18.10.21	Rev techniques and myth busting Parent Evening Seminar on Tuesday 19th – two session available – book online using the Parents Evening Booking System
October Half term		
8	01.11.21	Mock Prep - revision and commands
9	08.11.21	Mock Prep - command words
10	15.11.21	MOCKS
11	22.11.21	MOCKS
12	29.11.21	
13	06.12.21	
14	13.12.21	Mock Results Day – Tuesday 14th!



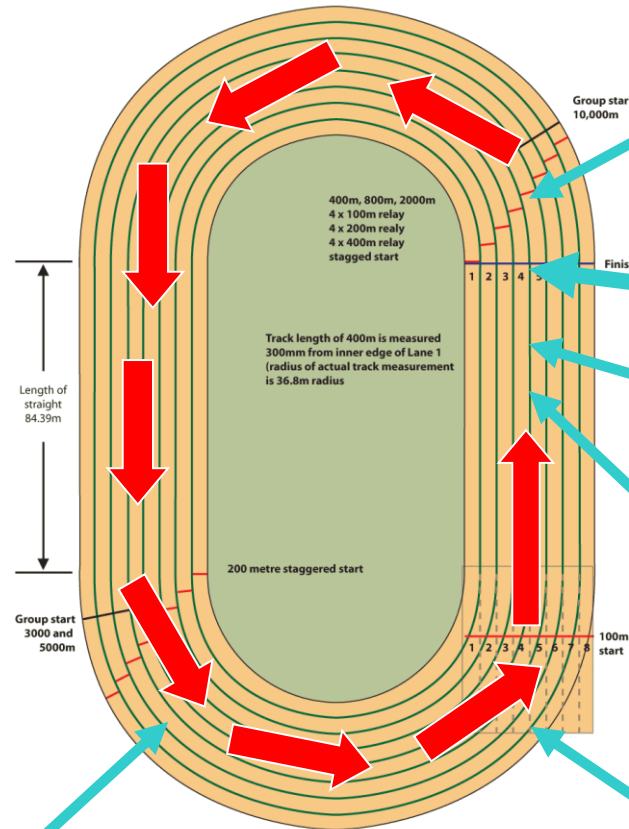
Academic Year Timeline

Final Results
day:
Thursday
25th
August

Weeks	Month	Event
This week	October	Mock Exam Preparation
1 week	October	Half Term
2 weeks	November	Mock revision
2 weeks	November	Mocks
2 weeks	November/December	Courses continue
1 week	December	Mock results day Tuesday 14th December
2 Weeks	December	Christmas Holidays
1 week	Jan	Mock Exam Reflection
6 weeks	January/ February	Intense weeks of finishing courses
1 week	February	Half term
6 weeks	March/ April	2nd mocks exams for some subjects
2 weeks	April	Easter
3 weeks	May	Exam Prep
2 weeks	May	Exams
1 week	June	Half term
3 weeks	June	Exams
1 week	July	Prom

The broader timeline of education

*If your child's
11 years of
education
were a 400m
running track...*



■ They started at THS about here in 2017.

■ They started GCSEs here in 2019.

■ They started Primary School here back in 2010

■ **Their GCSE finals** are here in Summer 2022

■ They do your Mocks here 2021!

■ You are here now in Autumn 2021!

Why are mock exams important?



In 2022, it's not up to your teachers' professional evidence-based judgement as to what grade you get. It's time to prove to a complete stranger - who happens to be your examiner, what you know and can do; this means doing exams.

MOCK EXAMS



What does a 'mock' mean anyway?

Verb: make a replica or imitation of something.

Adjective: not authentic or real, but without the intention to deceive.

Daniel Foster

DENIAL?

ANXIETY?



STRESSED?

WORRIED?



SUCCESS AT THE HEART OF OUR COMMUNITY

Why are mocks important?

study

(verb)

The act of texting, eating
and watching TV with an
open textbook nearby.



- ✓ Planning experience
- ✓ Challenge yourself
- ✓ Practice procedure
- ✓ Time management
- ✓ Writing stamina
- ✓ Stress management
- ✓ Silent independent working
- ✓ Confirms what you know
- ✓ Confirms what you don't!
- ✓ Prepares you for next time



MOCK EXAMS

“Nah, I’m just gonna wing-it!”

- Confirms what you did know
- Make a lot of mistakes
- You’ll learn where your base level attainment is
- Lose an opportunity
- **You’ll still be inexperienced in a real exam season!**

“I’m going to do this properly!”

- Raised awareness of what **you didn’t know**
- Identify certain areas of knowledge or types of questions you find hard
- You learn what your realistic level of achievement could be...
- **You will have experienced the task commitment and effort needed in a full exam season.**

Exams should not surprise you; get the basics right

- **Learn exactly what to expect of yourself and the exam process**
- Which parts of each subject's course are in the mocks.
 - This information has been physically given to students in tutor time and emailed out
- Have the correct **equipment specific to the subject**
- **Respond to each question** – you must try every question you are supposed to do; no attempt equals guaranteed no marks.
- Engage with RAP time when you get you mock papers back. You will need to identify your weaknesses and **learn from your mistakes**.

AVOID!!!
Fail

Revision = Planning



Time management is an adult skill that is not explicitly taught; yet suddenly, we are asking them to be suddenly very good at it!

They need you as parents and adults, and us teachers, as a moral compass.

***Parents...
is there one
of these
in your house?***



Work/Life Balance and Revision

As a general guide...

Students should be revising for up to an additional **2 hours per night** some may choose to extend this.

This should be in around **30 minute blocks**.

You could do 2:1 ratio of nights on/off in the earlier weeks. BUT, cover the same time allocation. **Find the balance.**

Don't go for more than **40 minutes** without a break.

At the weekends up to an additional **5 hours**.

Do plan in the rewards, incentives and fun stuff; we *all* need motivating!

REST AND RECUPERATION ARE AS IMPORTANT AS THE REVISION


Revision Planning

Year 11 students have been busy planning out their own personal revision calendar and checklist in tutor time over the last two weeks.

The next phase (w/c 01/11/21) is on exam command word comprehension.

SUBJECT MOCK REVISION CHECK LIST - AUTUMN 2021
Mock exam season is upon you; face it head-on! You will be very busy for the next few weeks of your life. It's a **small sacrifice** considering how important these mock might prove to be when considering what happen to the year groups ahead of you... these mocks could, in fact, impact on **the rest of your life** as an evidence base that your teachers draw upon. This revision checklist will enable you to make sure you are allocating your valuable time effectively across all of your subject areas, in order to **achieve your very best**.

Subject and Exams	AUTUMN REVISION SESSIONS			EXAM DATE (am/pm)
	Big session A	Big session B	Final session C	
Eng. Lit				
Eng. Lang				
Maths Non-calc.				
Maths Calc.				
Sci. Biology				
Sci. Chemistry				
Sci. Physics				



Tutor: _____

Name: _____

2021 Autumn Mock Exam Revision Calendar

Use this calendar to PLAN the next couple of weeks of your life. Add on the following: your revision sessions C, B and A (per exam) from the date of the exam, working back to towards the present. Perhaps add (very briefly) what revision you plan on doing in those sessions. Add how you are going to reward yourself around revision and exams to keep your stresses under control, and maintain a balanced life.

Date	Exam - am	Exam - pm	Revision session	Revision session	Leisure
Oct 11					
Tue 12					
Wed 13					
Thurs 14					
Fri 15					
Sat 16					
Sun 17					
Mon 18					
Tue 19					
Wed 20					
Thurs 21					
Fri 22					
Sat 23					
Sun 24					
Mon 25					
Tue 26					
Wed 27					
Thurs 28					
Fri 29					
Sat 30					
Sun 31					
Nov 1					
Tue 2					
Wed 3					
Thurs 4					
Fri 5					
Sat 6					
Sun 7					
Mon 8					
Tue 9					
Wed 10					
Thurs 11					
Fri 12					
Sat 13					
Sun 14					
Mon 15					
Tue 16			English Lit		
Wed 17			History		
Thurs 18			Chemistry		
Fri 19			Physics		
Sat 20					
Sun 21					
Mon 22			Computer Science		
Tue 23			Maths Non-calc		
Wed 24			Maths Calc		
Thurs 25			Physics		
Fri 26			Chemistry		
Sat 27					
Sun 28					

Mock Results day = Tuesday 14th December

SUCCESS AT THE HEART OF OUR COMMUNITY

Command words in exams

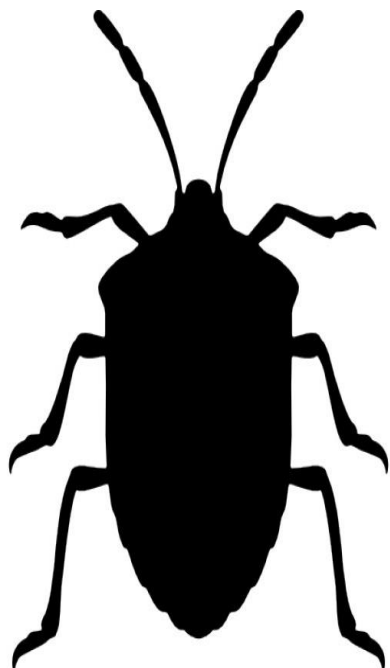
You cannot underestimate just how important it is to know how to respond to different commands in exams.

Every command word fundamentally dictates how you write your answer.

CURRICULUM COMMAND WORDS			
Knowing how to respond to a question, in any subject, is absolutely critical to successfully demonstrate your knowledge! Listed below, are the equally important but less frequent command words that you are likely to face from across your subjects. It is important to know that quite often, a single question can have multiple commands embedded—which will all need your attention in your work.			
Command	How do I respond in my writing ?	Command	How do I respond in my writing ?
Acknowledge	Music: To give credit for, recognise, and highlight something, such as a selected source or the work of others.	Explore	Music: To investigate, examine and look into with an open mind about what might be found and developed.
Apply	Music: To use knowledge, skills and understanding and to employ appropriate techniques when developing and progressing ideas.	Express	Maths: Re-write in another form, some working may be needed.
Arrange	History: Put the factors in an order and then justify your choices	Factorise	Maths: Insert brackets by taking out common factors.
Change	Maths: Usually convert from one unit to another; either using known metric unit conversions or the use of a conversion graph.	Factorise fully	Maths: Insert brackets by taking out all the common factors.
Collate	Gather and organise your ideas logically	Find	Maths: Some working will be needed to get to the final answer.
Comment	Write an informed opinion	Give	Typically a very short, undeveloped answer Synonyms: state, name and identify.
Consider	To think through, review, reflect on, and respond to given information	Give a reason	Maths: Must be clear and accurate reasons. If the reasons are geometrical then make sure you provide a reason for each stage of working (if required), use correct geometric terminology
Convert	Computing: change the form, character or function of something	How far do you agree...	History: Examine the evidence and form a detailed opinion
Demonstrate	Music: To show, exhibit, prove or express such things as subject specific knowledge, understanding and skills.	How important was...	History: Judge the importance of the factor and then compare relative to others
Design	Computing: produce a plan, simulation or model	Identify	Provide an answer from a number of possibilities
Determine	Science: Use given data or information to obtain an answer	Interpret	Dance: Translate information into recognisable form. Other subjects: examine information for patterns and causation
Develop	Music: To take forward, change, improve or build on an idea, theme or starting point.	List	Provide the information in a list rather than continuous writing
Draw	Produce a diagram or picture. Note: this command is often linked with 'label' or 'annotate'.	Match	Link or pair-up a definition to the a key term
Estimate	Science: Assign an approximate value	Plan	Science: Write a method used extended bullet point method—unique to writing in Science!
Evidence	To show, prove, support and make clear or verify something.	Predict	Science: Suggest the most likely outcome
Expand	Maths: Remove brackets	Present	Music: To give a response to an idea, theme or starting point that shows a personal, meaningful and organised fulfilment of intentions.
Expand and simplify	Maths: Remove brackets and the collect like terms.	Produce	D&T: Draw or design an isometric or orthographic drawing
Command	How do I respond in my writing ?	Command	How do I respond in my writing ?
Produce	D&T: Draw or design an isometric or orthographic drawing	Prove	Maths: More formal than 'show', all steps must be present. In the case of a geometrical proof, reasons must be given.
Prove	Maths: More formal than 'show', all steps must be present. In the case of a geometrical proof, reasons must be given.	Prove algebraically	Maths: Use algebra in the proof.
Realise	Music: To achieve, attain and/or accomplish your intentions.	Recommend	Put forward or suggest an answer that is suitable for the question
Record	Music: To document ideas, thoughts, insights and responses to starting points in visual and written annotated form.	Refine	Music: To improve, enhance and change elements of your work for the better.
Research	Music: To study in detail, discover and find information about.	Respond	Music: To produce personal work generated by a subject, theme, starting point, or design brief.
Review	Review is to explain/evaluate e.g. write about and assess the importance, quality or value of the topic	Show	Show structured steps or evidence or all workings needed to get to a given answer
Simplify	Maths: Simplify the given expression	Simplify fully	Maths: Simplify the given expression. Answer must be given in its simplest form
Solve	Maths: Find the solution of an equation or inequality. Computing: Obtain the answer(s) using algebraic/numeric/graphical methods.	State	Music: To express clearly and briefly your intentions.
Tick	Put a mark to indicate that something is correct	Use	Answer must be based on or include the information given within the question
What	Suggest a suitable idea		

Tutors will be working through these with some activities in tutor time w/c 01/10-21

This is a critical skill emphasised by every teacher across the curriculum to focus students in on the question



BUGS

Box around the command word

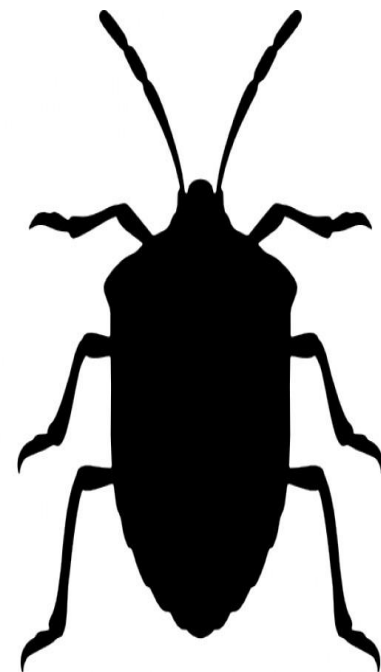
Underline the key words

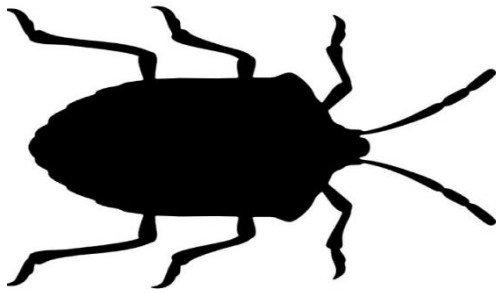
Go over the question again

Sacrifice time/line for planning

This is an essential technique
for writing good answers to
suit the question being asked!

Miss-answering due to
responding in the wrong way
is disastrous!





BUGS

Box around the command word

Underline the key words

Go over the question again

Spare a line or time for planning

Q: Describe Germ Theory by Pasteur in 1861

Pasteur used microscopes to prove germs cause wine to go off

NO REASON NEEDED

Q: Explain why Germ Theory in 1861 was important

Germ theory was important because it paved the way for others to identify specific germs that people could then treat

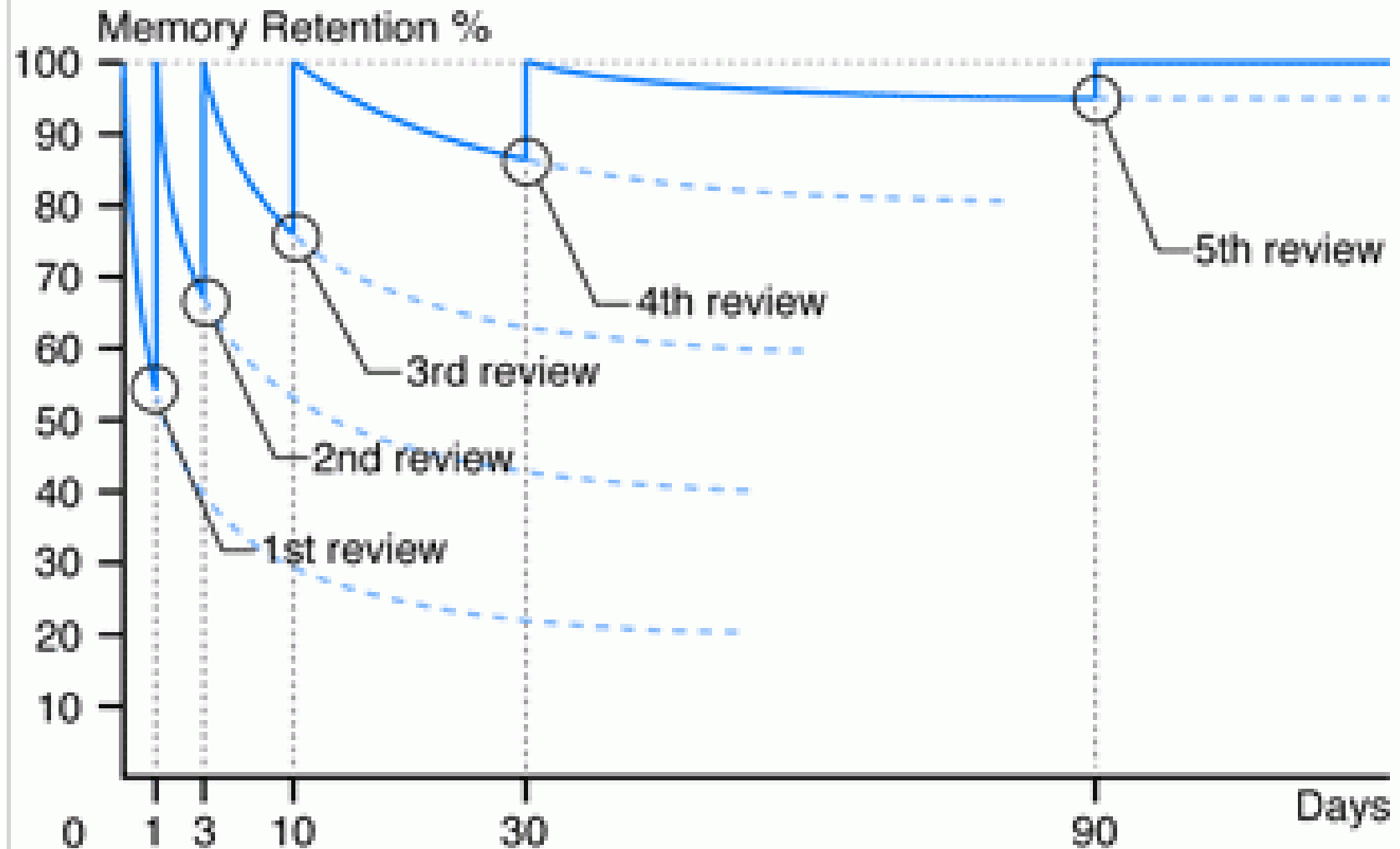
There are a lot of command words; practise this technique with your children in general conversation or with revision

Revision = Thinking



The more you revisit memories, events and thoughts, the more likely you are to embed them into your long-term memory.

The Forgetting Curve



Traditional vs Modern

US

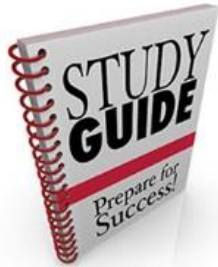
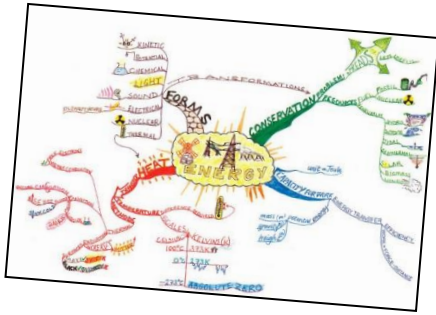


THEM

When I went to school in the 1980/90 s
we didn't have any of the technology
available nowadays...

Are young people in a more fortunate
position?

Traditional vs Modern



The most success revision combines both: traditional techniques are tried and tested, yet considered by many pupils as dull. New technology can add speed and enhanced engagement with learning. Used in combination, they are awesome!

Revise the right way FOR YOU: **myths** of memory

Input modality



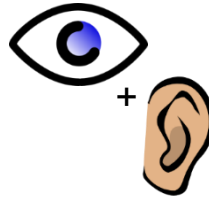
We only learn
10 % of what
we **read**



We only learn
20% of what
we **hear**



We learn
30% of
what we
see



We learn
50% of
what we
**see and
hear**



We learn
70% of
what we
discuss
with others

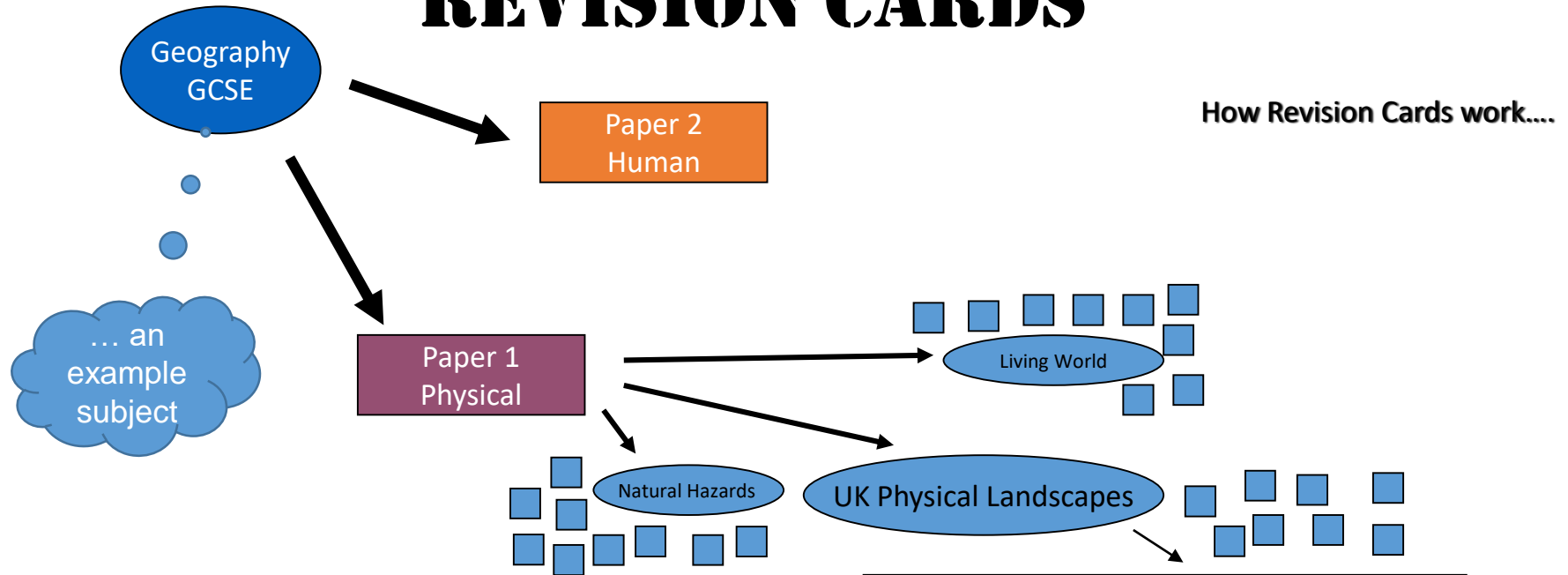


We learn
80% of what
we
**physically
experience**

It actually depends on how much you think about each of the modes at the time. The ordering of the activities may roughly correspond—you will definitely think about material carefully if you discuss it with others—but the ordering could easily change.

DO ANY OF THE TECHNIQUES ABOVE; IT DEPENDS WHAT WORKS FOR YOU!

REVISION CARDS



Revision cards are like the leaves on a tree; main trunk to branches, twigs to leaves. The geography example above splits the course into two, the physical geography branch into three and then each topic into a set of cards.

Revision cards work by condensing down large amounts of information into small, concentrated fact files, full of colour, diagrams and key terms. They strengthen memory recall and deepen understanding when being made.



Dawlish Warren Example

Rare coastal habitat
 Sand Dune (succession over time)
 Salt Marsh and Mud flats
 Marram Grass/Cord Grass = salt tolerant
 With web-like root systems for anchorage
 Species succession

ACTIVE

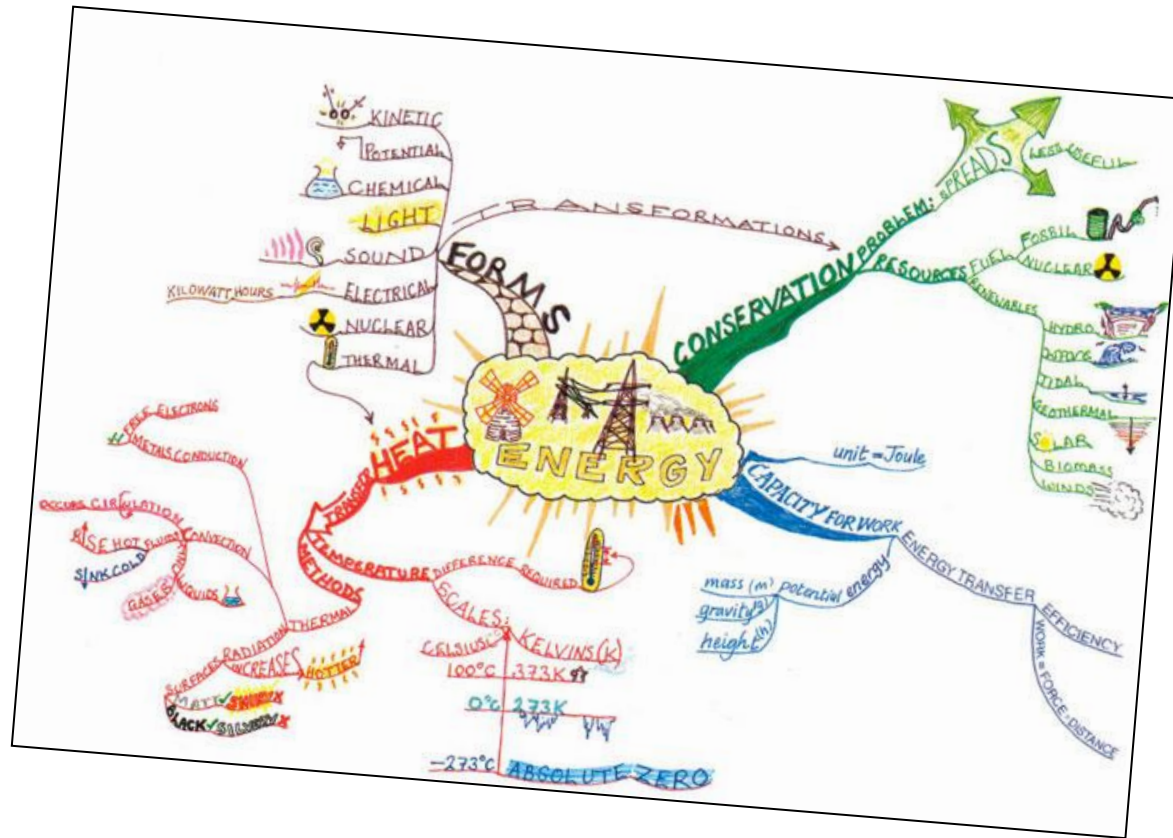
Fencing/Signs
 Wardens
 Laws/designations

Management:

PASSIVE
 Boardwalks
 No bins
 Condense tourism

MIND MAPS

Use **colour**, and different *writing*
styles and *pictures* to 'hook' or
'cue' the memories into recall



استخدام اللون،
وأساليب الكتابة
المختلفة والصور
لـ "هوك" أو "جديلة"
الذكريات إلى التذكير.

Can't read this? Writing is just shaped lines organised into a diagrammatic code. Turn your work into diagrams to work to your brain's strength!

(Note :The Arabic is a translation of the text at the top)

RECORD YOUR NOTES



They must be awake
when listening back!

You won't be able to
access stimuli that
are outside of
awareness!

Massively useful for
linguists or learning
quotations in English

- **LOOK – COVER - COPY**

Works well if you are on your own, good for key vocabulary, acronyms and mnemonics and lists.

You spend 5 mins looking at your notes, then cover and see how much you can copy. More effective than just straight copying of notes...helps build memory pathways.

- **BIG PAPER - BIG IDEAS**

Works well in groups. Good for case studies or topic overviews and sets of questions.

Good way to test exam questions. Make a 60 second answer plan (BUGS)

Don't include all information, use cartoons, and bold key terms. Isolate the command words.

- **MIND MAPS/KNOWLEDGE ORGANISERS**

Works in pairs and alone. Good for whole topics.

Big graphics and bold colours help massively. Once drawn, you trace each pathway with your finger and say each word out loud. Builds memory pathways, creates visual map in your mind.

These are great for handing to someone else to test you on.

- **MAPS FROM MEMORY**

Work in groups, good for **diagrammatic/schematic concepts .**

You look at the diagram for 1 min, you teach it to someone else and they draw it, another person takes a go.



• TEACH IT



Get together, take a topic each, revise it then teach others your topic.



Good for understanding tricky concepts, catching up on missed notes and case studies.

USE TECHNOLOGY + AND APPS



• GET TESTED

Good for key terms, case study cards.

Give your list of terms, mind maps etc. to someone else (parent / friend / sibling) and get them to test your knowledge.

Good for random quick revision over evening meals, on car journeys or even in the advert breaks on TV.



• READ ALOUD / LOOK-COVER- SAY

- Find somewhere private and then read aloud to make the reading more effective...even better try and remember it and say it out loud....think of all that memory being accessed.



Using Apps and Websites

www.quizlet.com (great for learning quick definitions/terms/dates)

www.memrise.com (as above but also supports memory techniques)

www.gcsepod.com (comprehensive range of specific revision podcasts)

www.ankisrs.net (great for developed knowledge and using diagrams)

www.senecalearning.com (excellent exam-board specific self-assessing)

www.bbc.co.uk/bitesize/secondary (updated, exam board specific resources)



Managing stressed teenagers

- Learn about stress
- Teach your children about stress
- Embrace mistakes
- Don't pass the pressure on
- Mindfulness
- Work/Life Balance
- Tell them you are proud

http://www.youngminds.org.uk/for_children_young_people



<http://www.nhs.uk>
search "improve mental wellbeing"



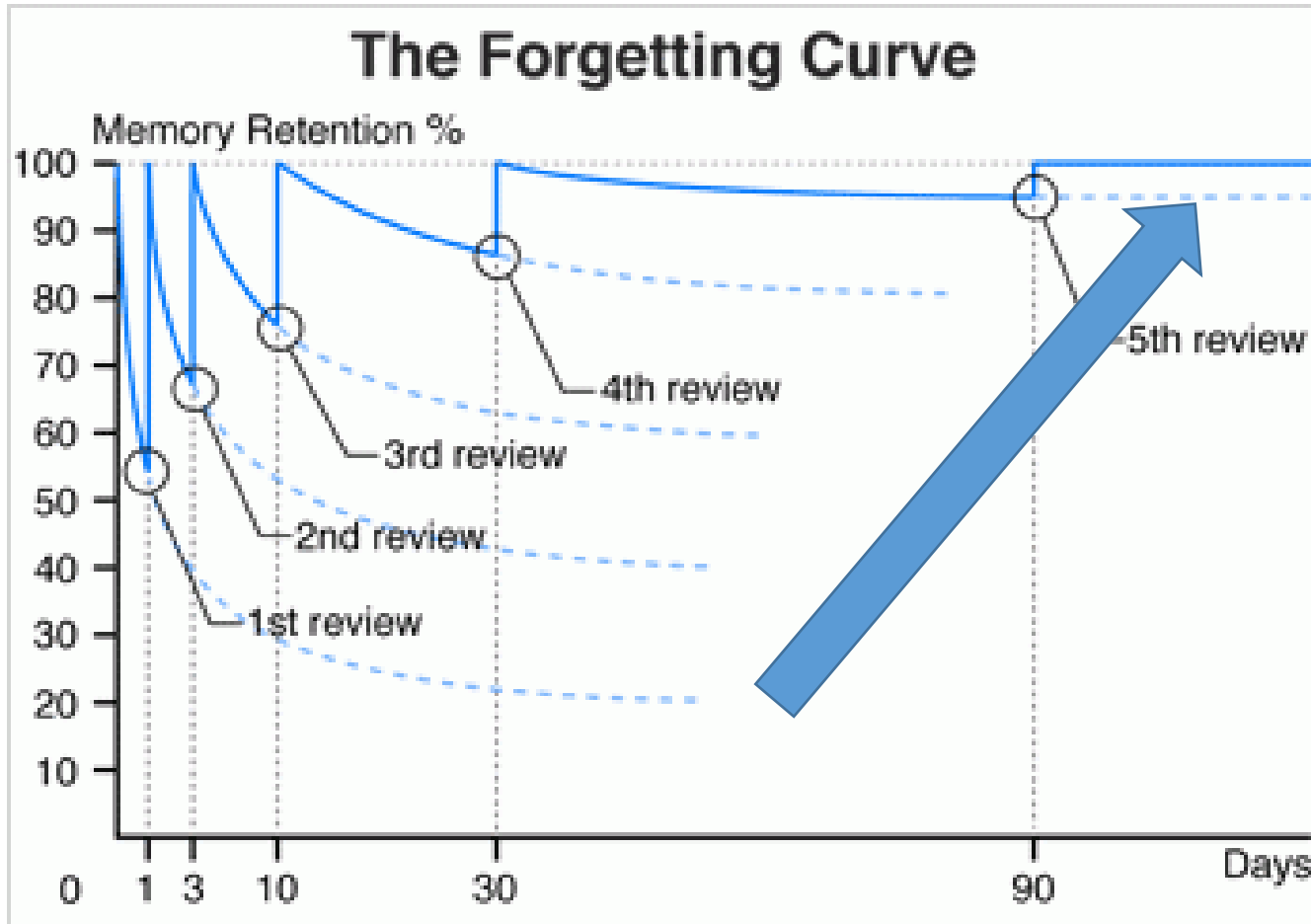
<http://www.mind.org.uk/>
search "dealing with pressure"



<http://www.healthtalk.org/young-peoples-experiences/depression-and-low-mood/self-help-and-coping-strategies>



REMEMBER



Find the time.
Find what works
for you.
Find out how
much better
you'll do in your
exams...

“You make your own luck.” Discuss



Thank you for your time and engagement

Please email the tutor of your child if you've any questions.