



Blue Coat
Church of England School
& Music College

Y11 Careers, Mocks, Exams & Revision

Wednesday 1st February 2023



This lesson...

1. Careers
2. Mocks & Drop Downs
3. Why mocks matter
4. Exams – Rules to Remember
5. Planning your time & revision timetables
6. How do I revise?
7. Dealing with exam stress
8. How to make it stick

Careers ADVICE

- You are all entitled to a 1-1 careers session
- These are being booked in across the year
- Lots of appointments are being missed
- Discuss options after school



COVENTRY
COLLEGE



T-LEVELS
THE NEXT LEVEL QUALIFICATION

**6TH
FORMS**


Traineeships


Apprenticeships



Prince's Trust

NWSLC
NORTH WARWICKSHIRE & SOUTH LEICESTERSHIRE COLLEGE

BTEC

HOET
Heart of England Training Ltd


WARWICKSHIRE
COLLEGE
GROUP

 **mgts**
midland group training services ltd

Careers ADVICE

Colleges are
offering their
places now

Most of the 6th
form will offer
their places after
Feb half term .
That's two weeks
away!!!

Apply
Now



Impartial

Friendly 

Careers
ADVICE

Kind

FREE



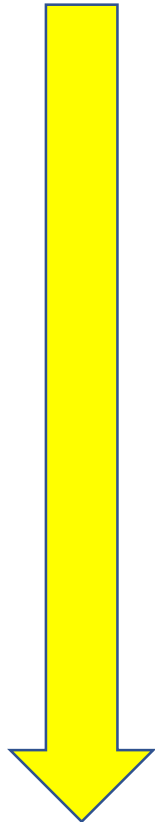


Mocks & Drop Downs

1. Mock exams will be held between WC 06.02 & WC 13.02
2. We will only be completing core subject mocks for:
 1. English Lit – 1 paper
 2. Maths – 2 papers
 3. Science – 3 papers – 1 of Bio/Chem/Phys
3. These core mocks will take place in the morning only with students in normal lessons during P3/4/5. This will prevent the need for disruption to lunch/break times or duties.
4. Alongside core mocks we will have three days of option drop downs



Mocks



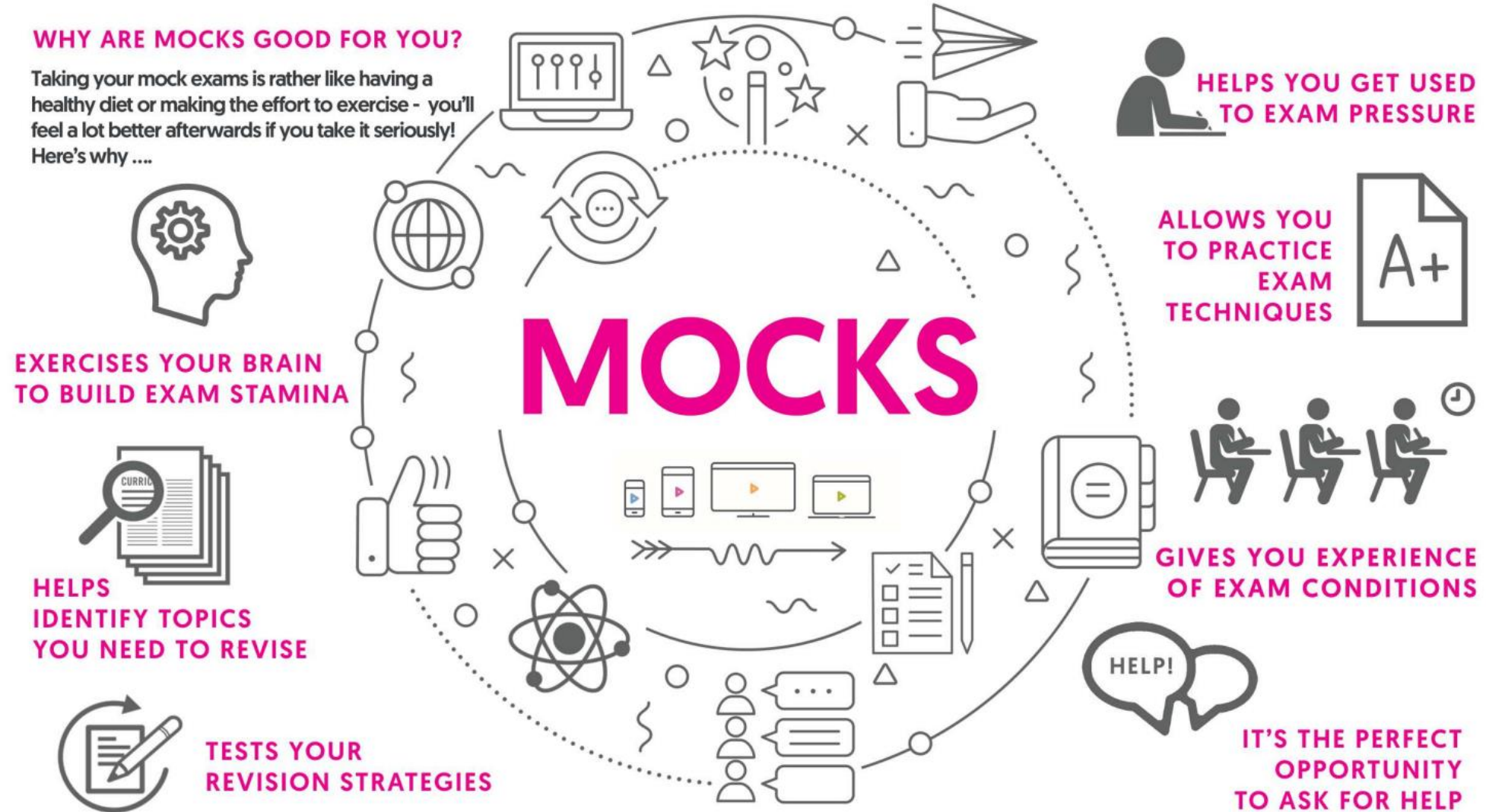
Monday 6th Feb	Biology
Tuesday 7th Feb	English Lit.
Wednesday 8th Feb	Maths Paper 1
Thursday 9th Feb	Chemistry
Friday 10th Feb	Drop Down Option B
Monday 13th Feb	Drop Down Option A
Tuesday 14th Feb	None
Wednesday 15th Feb	Physics
Thursday 16th Feb	Maths Paper 2
Friday 17th Feb	Drop Down Option C



Why mocks matter

WHY ARE MOCKS GOOD FOR YOU?

Taking your mock exams is rather like having a healthy diet or making the effort to exercise - you'll feel a lot better afterwards if you take it seriously! Here's why



**EXERCISES YOUR BRAIN
TO BUILD EXAM STAMINA**

**HELPS
IDENTIFY TOPICS
YOU NEED TO REVISE**

**TESTS YOUR
REVISION STRATEGIES**

MOCKS

**ALLOWS YOU
TO PRACTICE
EXAM
TECHNIQUES**

**GIVES YOU EXPERIENCE
OF EXAM CONDITIONS**

**IT'S THE PERFECT
OPPORTUNITY
TO ASK FOR HELP**

**HELPS YOU GET USED
TO EXAM PRESSURE**



Exams – Rules to remember

- Equipment – Black pen, pencil, rubber, ruler & calculator where allowed
- Exam conduct:
 - Students **must not talk** in the examination room
 - Mobile phones **must be switched off** in pupil bags
 - **No headphones** – pupils with head coverings will need to be checked
 - All **watches** switched off and in bag or given to the invigilator
 - No labels on water bottles
 - Follow all invigilator instructions
 - No doodling on the exam paper





Online Revision

← → ↻ bluecoatschool.com/students/remote-learning/

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Weduc Parentpay

ABOUT US ADMISSIONS CURRICULUM **STUDENTS** PARENTS WORSHIP SIXTH FORM VACANCIES CONTACT

- Catch Up Premiums
- Enrichment
- Online Safety
- House System
- Pupil Premium Arrangements
- Remote Learning**
- Safeguarding our Students
- Supporting our SEND Students
- Year 6 to Year 7 Transition

Remote Learning

[Blue Coat School](#) > [Students](#) > Remote Learning

What Online resources are available for me to use? Click on the buttons below to access the resource pages :



In This Section

Pupil Premium Arrangements

Catch Up Premiums

Remote Learning

Safeguarding our Students

Supporting our SEND Students

House System

Year 6 to Year 7 Transition



Online Revision – Seneca Learning





Online Revision



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GCSE Bi
8461

Specifi

Introducti

Specifi

What to do with the information?

1. **RAG** rate the **specification** and pick areas to prioritise
2. Download/**complete** past papers and **self-assess** using the **mark schemes** - prioritise those areas you struggle on
3. Read the **examiners reports** to find out what others did not do so well that year



Download

Published 21 September 2015 | PDF |

Paper 1



Online Revision – GCSE Pod





Planning your time



START IN PLENTY OF TIME

Whether you are revising for PPE's, Mocks or Resits; it is important to identify your exam start dates and plan ahead. Planning and long-term thinking will be invaluable during exam periods.



PERFECT A REVISION ROUTINE

Find what works best for you! Take the chance to perfect your best revision strategies and learn what works for you.



DON'T UNDERESTIMATE

Let's be honest, exam periods can be stressful! But panic and stress will be a much smaller issue if you recognise the importance of all your exams and tackle them head on.



SET REALISTIC TARGETS

Your ability and knowledge will change throughout an academic year so make sure your expectations in attainment match this! Talk to teachers and parents to make sure you are all working towards a goal that works best for you!



USE YOUR RESOURCES

At GCSEPod we have provided some great pods and resources for you to use; your exam periods are about doing the best you possibly can, so use every resource you can!



USE THE OPPORTUNITY

Exams are not designed to catch you out! They're a great opportunity for you to show off and maximise everything you can do by testing your knowledge.



ARRANGE FEEDBACK SESSIONS

Speak to your teachers, friends and parents to track your progression and revision before and after your exams. Speaking and sharing ideas prevents panic!



DON'T PANIC!

Most importantly, don't panic! Use our tips and speak to as many people as possible to stay up to date, prepared and motivated! You CAN do this!



Revision Timetable

1. Plan the topics you need to prioritise
2. Stick to short/sharp chunks of revision
3. 30-45 minutes at most per time
4. Plan rest breaks that are active not watching TV or social media
5. Focus on recap, application & assessment

GCSEPod Revision Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am	Your text goes in this box						
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							



Dealing with Exam Stress



BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.



TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling, it will help them to relieve any stress and worrying they maybe experiencing.



OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher or revising on GCSEPod.



EAT RIGHT

Ensure you are eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!



EXERCISE

A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and keep them relaxed.



KEEP THINGS IN PERSPECTIVE

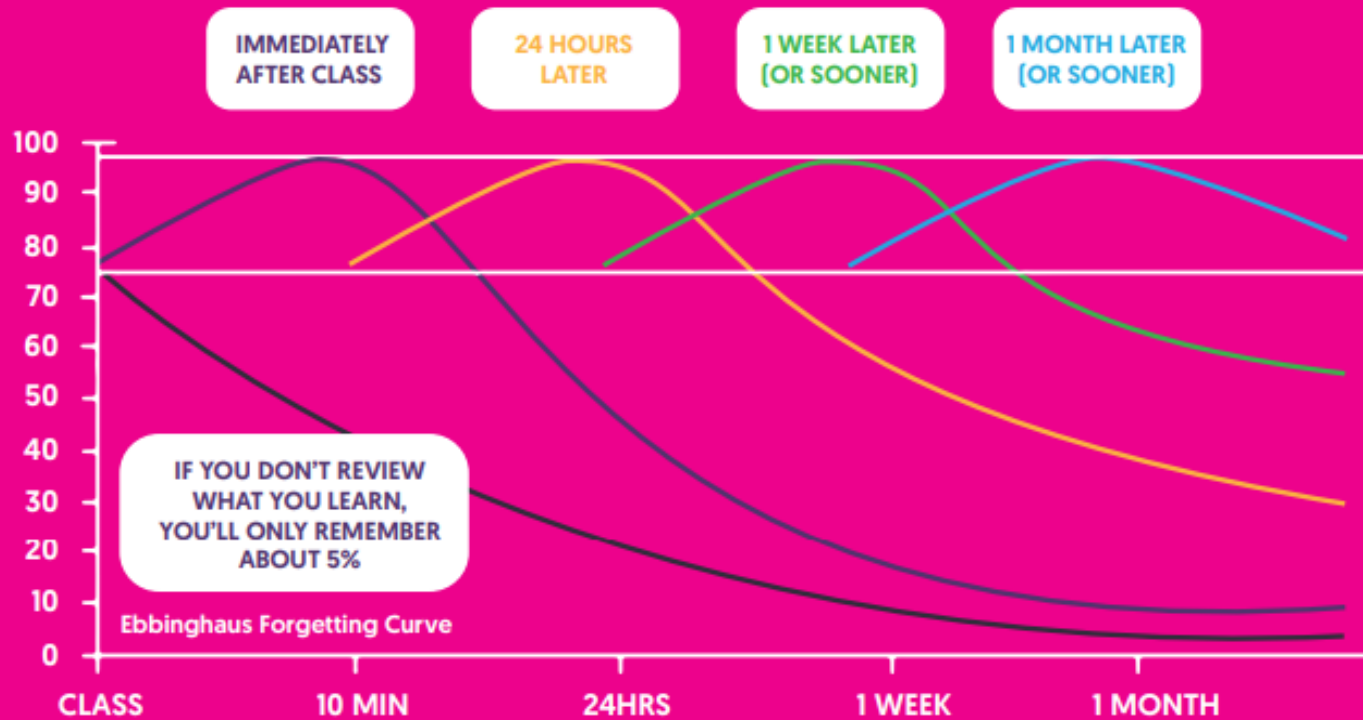
Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them, they can only do their best and that's enough!



How to Make it Stick

YOU'LL FORGET THIS IN 24 HOURS!

Did you know that you forget 80% of what you learn in the first 24 hours?
This is why cramming for exams doesn't work!



It is proven that by reviewing what you've learnt at regular intervals, you can reduce how much you forget to just 10%

Review your work 4 times within a month and you'll remember nearly 100%



How to Make it Stick

HOW TO REVIEW

Vary your activities to maximise your memory's power.

Immediately After Class

Mind Mapping

Watch GCSEPod and write down all the key words. Now from memory, fill in as much information as you can remember.

4 Hours Later

Review Maps

Cover your mind map and see how much you can remember. Highlight the information you couldn't remember and revise it.

1 Week Later

Memory Cards

With a friend, create your own question cards with answers on the reverse and then test each other's knowledge.

1 Month Later

Past Papers

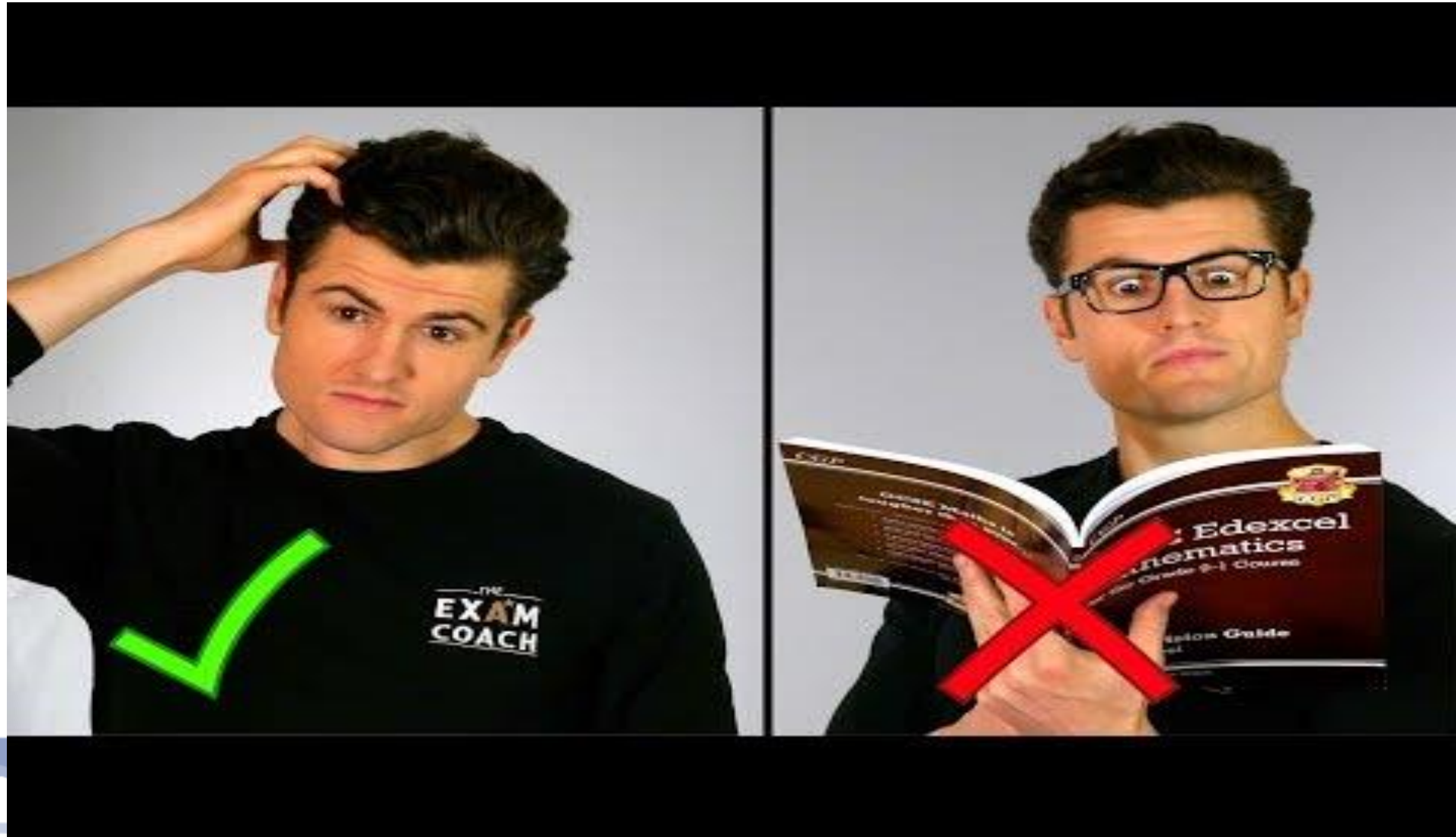
Watch GCSEPod again and practice past paper questions.



GCSEPod videos are perfect for reviewing your knowledge.
They're short, fun and can be watched anywhere.



How to Make it Stick





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Any questions?



How do I revise?

The graphic features a central white box with four circular icons: a calendar, a play button, a circle with the text 'Add any missing information', and a circle with the text 'Set a date to repeat the test'. A horizontal line with a central oval containing the text 'Free recall' connects the top and bottom icons. To the right of this box, the text 'Study Smart' is written in white on a pink background, followed by 'GCSEPod and Retrieval Practice' in a larger white font. A copyright symbol is located in the top right corner of the pink area.

Study Smart
GCSEPod and Retrieval Practice

Free recall

Add any missing information


Set a date to repeat the test







How do I revise?

Select the information to revise


Language techniques

Study Plan  = study

	am	pm
Mon		
Tues		
Wed		
Thurs		

Study Smart

Spaced Practice with GCSEPod





How do I revise?

The graphic features a pink background with a white box on the left containing three instructional panels. The top panel shows a video player with a 'Pause at any time' button. The middle panel shows a star icon with a hand cursor and the text 'Favourite to watch it again'. The bottom panel contains the text 'Re-watching later will boost your knowledge retention'. To the right of the white box, the text 'Study Smart' is written in white, followed by a copyright symbol and a play button icon. Below this, 'GCSEPod and Interleaved Practice' is written in large white font. The entire graphic is framed by a black border at the top and bottom.

Pause at any time

Favourite to watch it again

Re-watching later will boost your knowledge retention

Study Smart ©

GCSEPod and Interleaved Practice