



# Y10 Exams Information Evening



# Y10 GCSE Preparation Evening

1. Exam regulations
2. Reviewing and revision techniques
3. Reducing exam stress



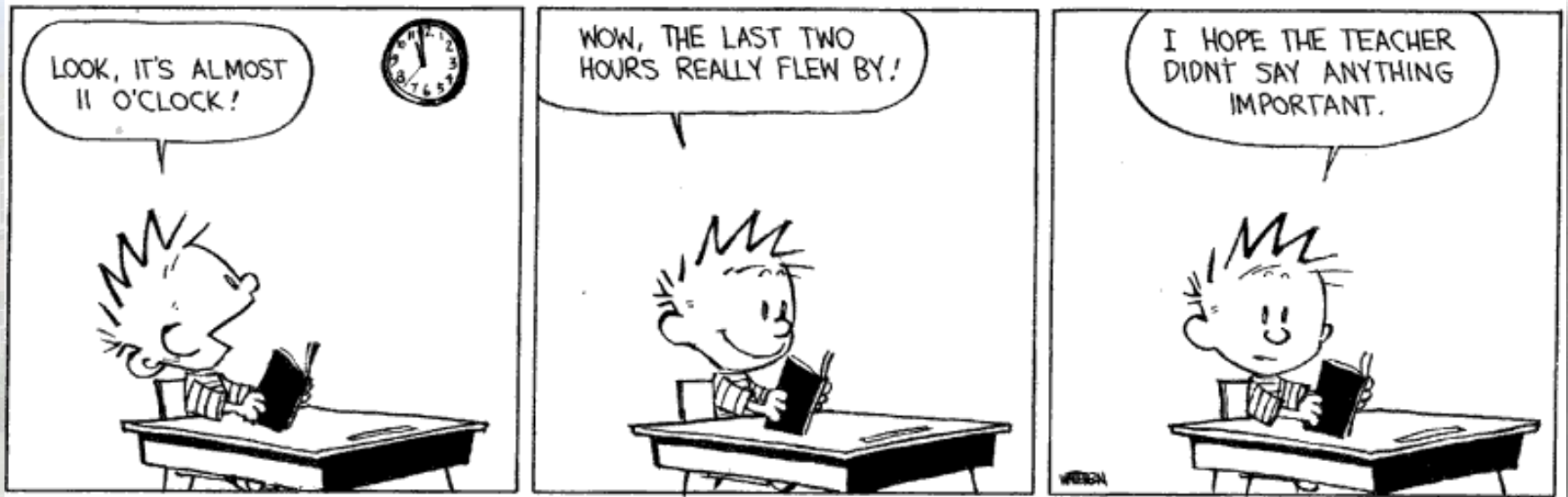
# Important Dates



<b>Y10 Practice Exams</b>	<b>Wed 21<sup>st</sup> – Fri 30<sup>th</sup> June</b>
<b>Reports</b>	<b>Wed 12<sup>th</sup> July</b>
<b>Work-ready day including Careers Fair</b>	<b>Autumn Term – Oct/Nov 2023 Dates correct March 2023</b>



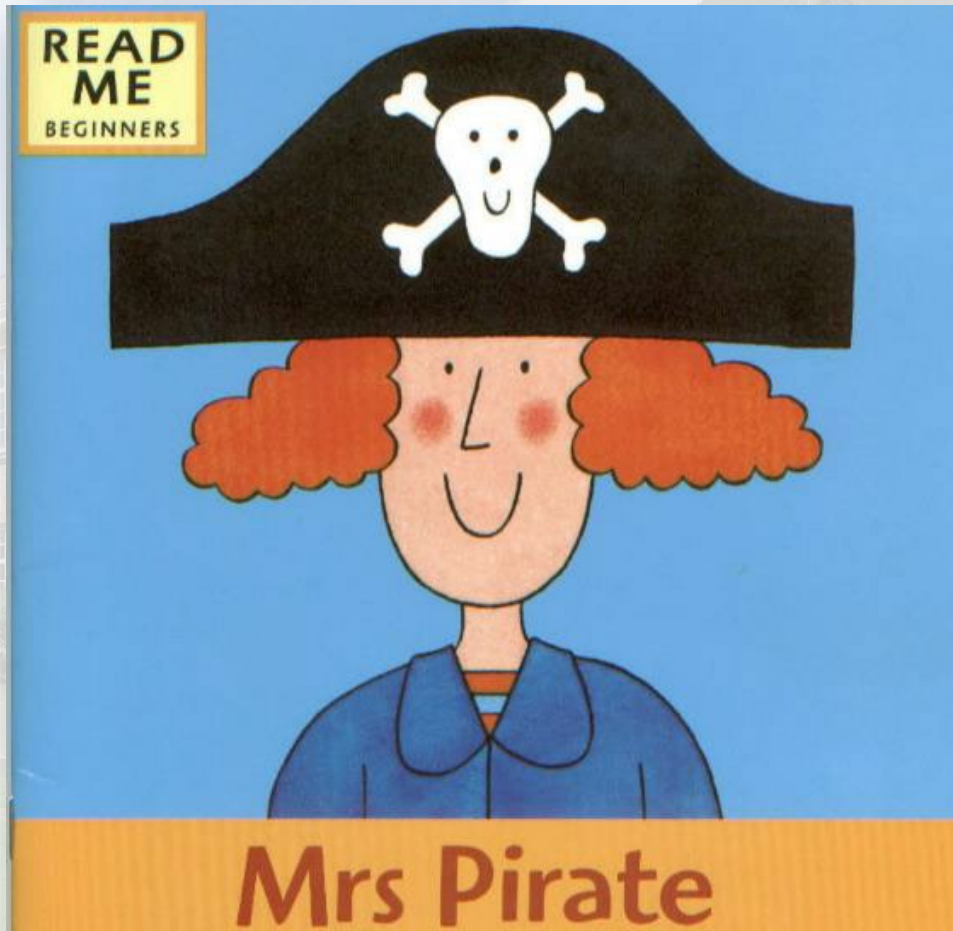
# Memory and Learning







# Mrs Pirate



How much  
can you  
remember?

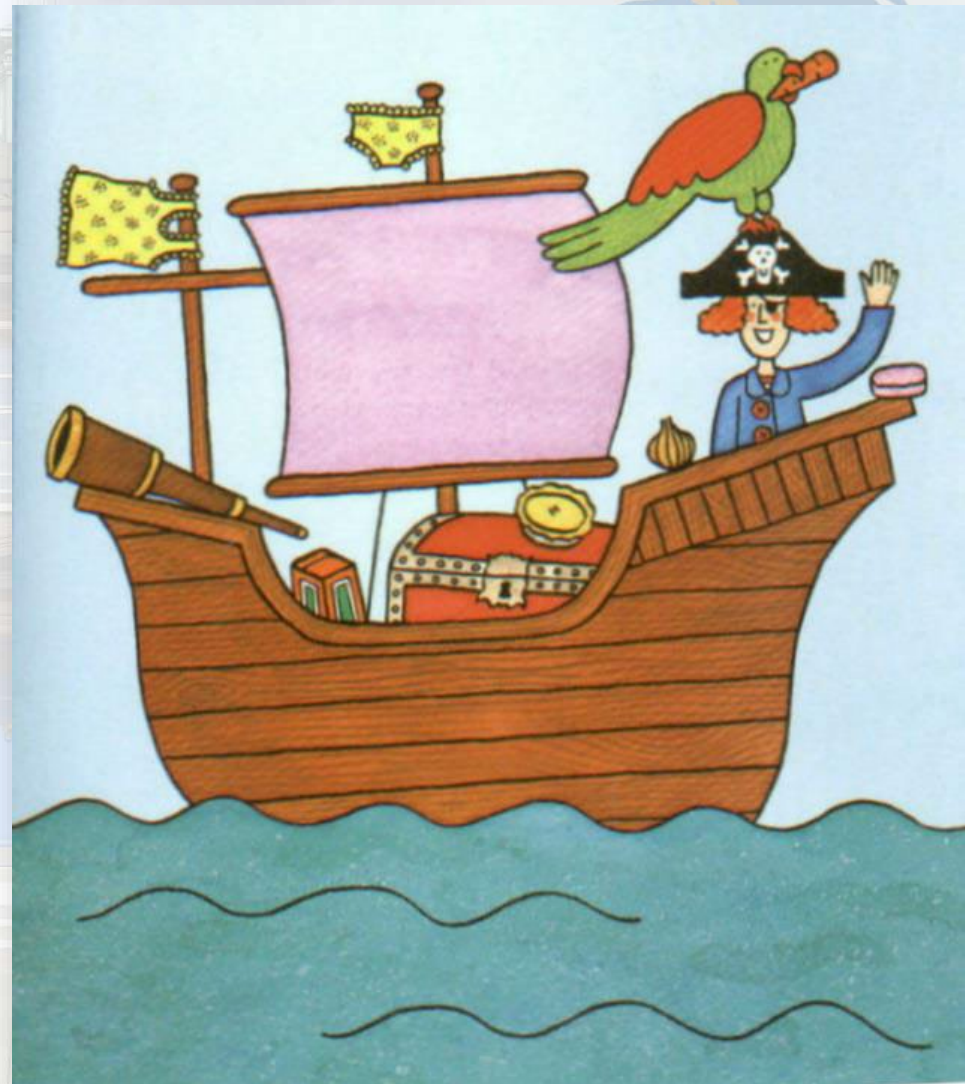


# Mrs Pirate

by Nick Sharratt

When Mrs Pirate went shopping...

She bought an apple pie,  
And a patch for her eye;  
A bar of soap, and a telescope;  
An onion and a carrot,  
And a red & green parrot;  
Some knickers and a vest,  
And an old treasure chest;  
Some buttons for her coat,  
And a great big sailing boat;  
A packet of tea,  
And some sea!







# Y10 Exam Week



## Wednesday 21<sup>st</sup> – Friday 30<sup>th</sup> June

<https://www.uvhs.uk/exams/timetable>

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**ULVERSTON VICTOR  
HIGH SCHOOL**

STUDENTS LINKS

STAFF LINKS

**EXAMS**

EXAM TECHNIQUES &  
INFORMATION

EMPLOYABILITY

BLOGS

E-SAFETY

MICROSOFT TEAMS

UVHS VIRTUAL LIBRARY





Start Time: 9.00AM		1.30PM	
DATE			
Wednesday 21st June	A Level Exam	GCSE Geography - Papers 1 & 2 - 1GA0/Mock	1 hour
Thursday 22nd June	<b>WHOLE YEAR</b> GCSE English Language - Paper 1 - 8700/1 1 hour 45mins	GCSE Music - Understanding Music - 8271/W GCSE Dance - Component 2: Dance Appreciation - 8236/W GCSE Spanish - Reading and Writing 8698/WH or WF 1 hour 1 hour 30mins 1 hour 30mins	
Friday 23rd June	A Level Exam	GCSE Food Preparation & Nutrition - 8585/W GCSE Spanish - 8698WH or WF (Students also taking Music & Dance) 1 hour 30mins 1 hour 30mins	
Weekend		Weekend	
Monday 26th June	<b>WHOLE YEAR</b> GCSE Maths: Higher Calculator Paper - 1MA1/H GCSE Maths: Foundation Calculator Paper - 1MA1/F 1 hour 30mins 1 hour 30mins	A Level Exam	
Tuesday 27th June	<b>WHOLE YEAR</b> GCSE Biology - Separate Science - Paper 1 Higher - 8461/1H GCSE Biology - Separate Science - Paper 1 Foundation - 8461/1F GCSE Combined Science Trilogy - Biology - Paper 1 Higher - 8464/B/1H GCSE Combined Science Trilogy - Biology - Paper 1 Foundation - 8464/B/1F 1 hour 45mins 1 hour 45mins 1 hour 15mins 1 hour 15mins	<b>WHOLE YEAR</b> GCSE Religious Studies A - 8062/Mock 1 hour	
Wednesday 28th June	<b>WHOLE YEAR</b> GCSE Chemistry - Separate Science - Higher - 8462/H GCSE Chemistry - Separate Science - Foundation - 8462/F GCSE Combined Science Trilogy - Chemistry - Higher - 8464/C/H GCSE Combined Science Trilogy - Chemistry - Foundation - 8464/C/F 1 hour 45mins 1 hour 45mins 1 hour 15mins 1 hour 15mins	GCSE Computer Science - Computer Systems & Computational Thinking - J276/01/02 GCSE German - Reading & Writing - H&F combined - 8668/RW GCSE Drama - Component 3: Theatre Makers in Practice - 1DR0/03 1 hour 30mins 1 hour 30mins 1 hour	
Thursday 29th June	<b>WHOLE YEAR</b> GCSE Physics - Separate Science - Higher - 8463/H GCSE Physics - Separate Science - Foundation - 8463/F GCSE Combined Science - Trilogy Physics - Higher - 8464/P/H GCSE Combined Science - Trilogy Physics - Foundation - 8464/P/F 1 hour 45mins 1 hour 45mins 1 hour 15mins 1 hour 15mins	GCSE History - Paper 1: Germany 1890-1945 Democracy & Dictatorship - 8145/1A/B 1 hour	
Friday 30th June	Cambridge National Creative iMedia GCSE French - Reading & Writing - H&F combined - 8658/RW Cambridge National Health and Social Care - R032 1 hour 15mins 1 hour 30mins 1 hour	GCSE Design and Technology Cambridge National Health & Social Care - R032 (students taking iMedia & French) 1 hour 1 hour	

When students do not have exams, they will attend their usual lessons.





Blank revision timetable

Week beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 <sup>th</sup> May							
15 <sup>th</sup> May							
22 <sup>nd</sup> May							
29 <sup>th</sup> May (half term)							
5 <sup>th</sup> June							
12 <sup>th</sup> June							
19 <sup>th</sup> June Exams start 21 <sup>st</sup> June)			Geography (pm)	English (am)  Music (pm)			
26 <sup>th</sup> June (Exams continued)	Maths (am)	Biology (am)  RS (pm)					



# Year 10 Practice Exams

- Familiarisation of the environment and conditions in which external exams take place.
- Motivating students to start revision early and practising effective revision strategies.
- Improving subject knowledge and identifying topics that need attention.



# Exam Regulations – Understanding the rules

- Pupils must be on time for all their exams.
- Pupils must not communicate with any other students taking the exam as soon as they enter the exam room.





# Exam Regulations – Understanding the rules

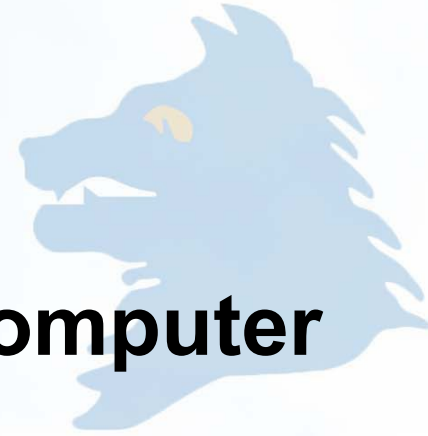
The following **MUST NOT** be taken into the exam room:

- notes/paper/timetables
- calculator lids
- drinks bottles with labels
- potential technological/**web enabled** sources of information such as a **mobile phone**, a MP3/4 player, a smartwatch.
- a watch



# Exam Regulations – Understanding the rules

- Drinks bottles must be transparent, with no labels or volume markers and placed on the floor.
- Any pencil cases taken into the exam room must be transparent.
- Pupils **must** write in **BLACK** ink. Coloured pencils or inks may only be used for diagrams, maps, charts, etc. unless the instructions printed on the front of the question paper state otherwise.



# Calculators, Dictionaries and Computer Spell-checkers

- Must not be used unless they are told otherwise.
- Pupils must bring their own equipment with them and know how to use it.
- Equipment for the exams are available in school

**£2.50 exam pack - reception**

**£8.50 calculator - Parentpay**





# Exam Information – the basics for pupils

- Know the dates and times of all exams.
- Arrive at least 20 minutes before the start of each exam.

<https://www.uvhs.uk/exams/timetable>



# Mrs Pirate

## How much can you remember?



- Soap
- Tea
- Carrot
- Buttons (for coat)
- Treasure chest
- Onion
- Telescope
- Eye patch
- Vest
- Apple Pie
- Knickers
- Sailing boat
- Sea
- Parrot (red & green)





# Revision





## Top 10 revision tips for students

- Start early – don't keep putting it off
- Find the right place to revise
- Try different revision techniques
- Take short breaks
- Eat healthily
- Take regular exercise
- Get enough sleep
- Use revision guides
- Don't just read your notes – write things down
- Do lots of practice papers





# Ways to revise...



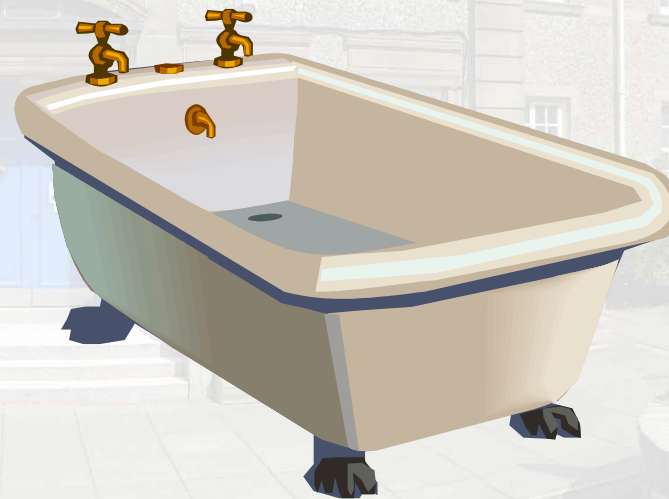
- Mindmaps
- Index/flash cards
- Past papers
- Memory skills
- Look/cover/write/check
- Posters
- Record
- Games and quizzes
- Websites
- Group revision
- Video/audio
- Become a teacher



# Reviewing



Trying to learn without reviewing is like trying to fill the bath without putting the plug in





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# Key Terms – Languages

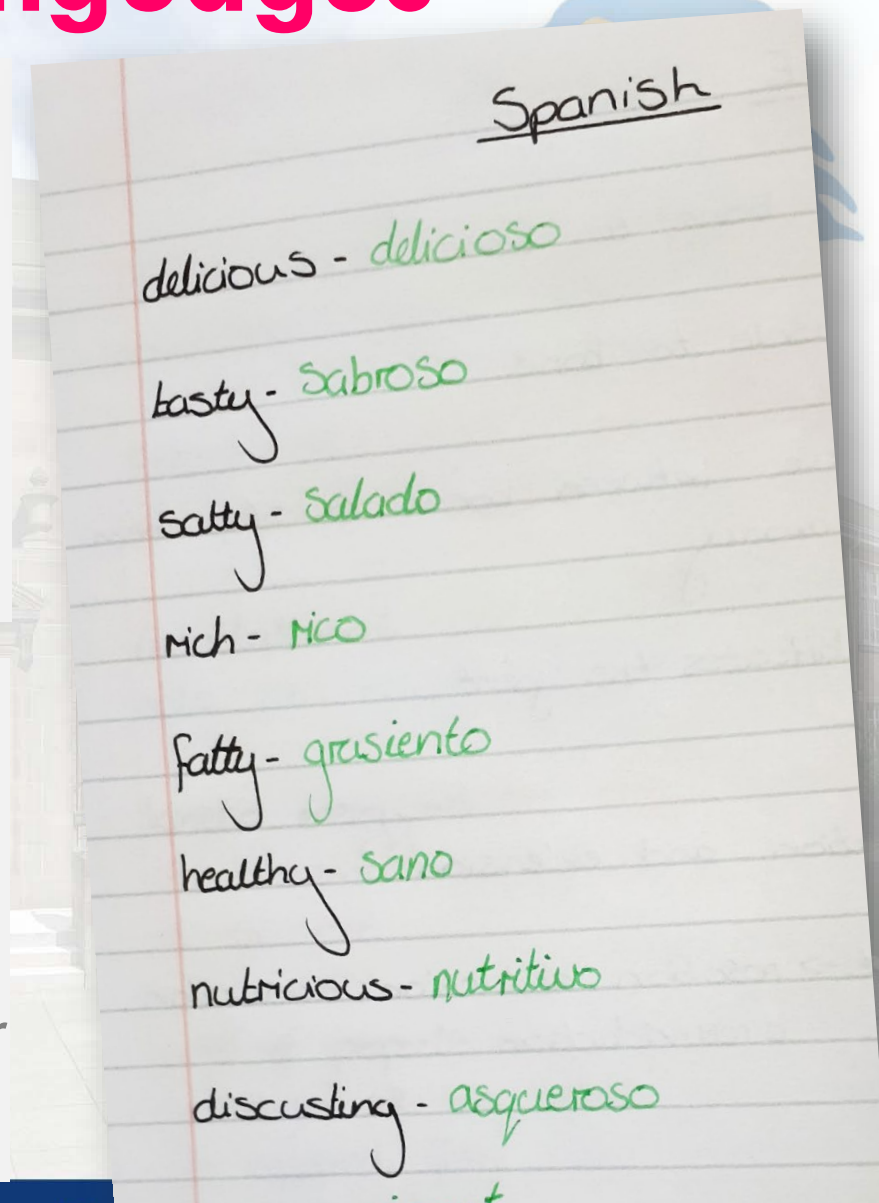
## What?

For students doing languages, making a simple vocab list helps learn new words and gives you a resource for reviewing in the future.

## How Use?

Just list the English language word and the 'foreign' equivalent.

Later, you can fold the page to cover up the answers & check your recall.





# Split Page

## What?

Help your brain get to grips with an 'old' topic by dividing it up to compare key ideas & write simple summaries to help points stick in your mind.

## How Use?

Just draw a line down the middle of a page & add clear headings.

Then write simple points using as few words as possible.

Aerobic ↓ Oxygen	Anaerobic ↓ Anti oxygen
- Oxygen <u>present</u>	- Oxygen <u>absent</u>
- Release <u>more</u> energy (38 molecules of ATP) or 2898kJ	- Release <u>less</u> energy (2 molecules of ATP or 150kJ (muscle cells), 210kJ (yeast))
- Produces <u>carbon dioxide, water &amp; energy</u>	- Produces <u>lactic acid &amp; energy (muscle cells)</u> or <u>ethanol, carbon dioxide &amp; energy (yeast)</u>
- Glucose <u>completely broken down</u>	- Glucose <u>NOT</u> completely broken down
- Occurs in <u>mitochondria</u>	- Occurs in <u>cytoplasm</u>

Fiction	Fact
Talk (Make Believe)	Talk (True Information)
Read to ENJOY	* Read to LEARN
Read in order	* Can read in almost any order
Have a theme, moral or lesson for the reader	* Can inform the reader or teach "How to" do something
Always give the information (must infer/ conclusions)	* The information is usually given directly to the reader
Based on true events!	* Based on real events/ information
Elements: plot, theme, character, conflict	* Uses text features: table of contents, index, charts, glossary, graphs, lists, pictures, illustrations, diagrams, apphons, timelines, labels, bold, italicized words, etc.
Purpose: Entertain	Purpose: Inform

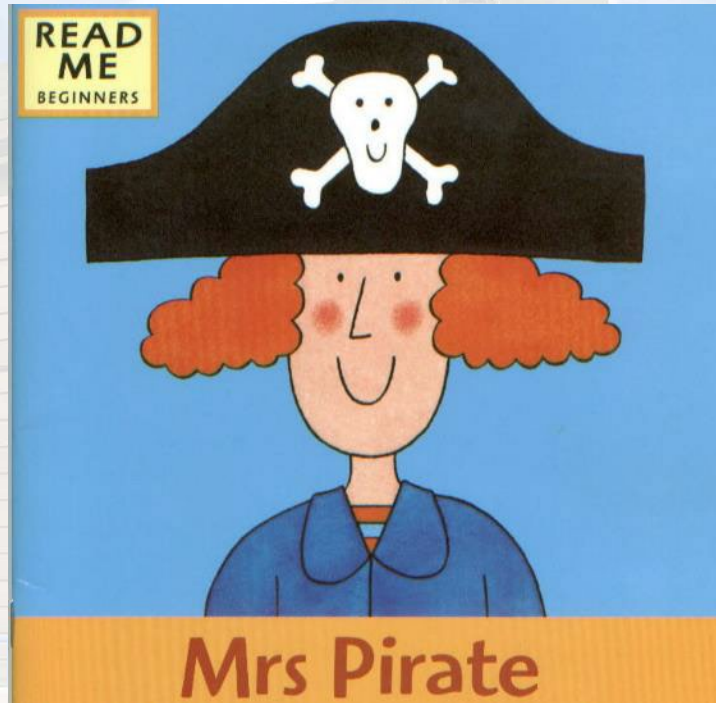
Formal Language	inform@L Language
• Proper	• Casual
• Use when talking to adult or person of authority	• Use when talking to friends (text messages)
• Correct spelling and punctuation	• Can use numbers in place of letters; incorrect spelling
Grandfather, Thank you for taking me fishing I had a great time. Love, Alan	U R sooooo cool!!
Dear Mrs Williams, Can we set up a meeting to discuss Sally's grades? Sincerely, Mrs. Stevens	i can't w8t for the party!!!
The store will be closed today due to inclement weather. We will reopen February 7 <sup>th</sup> , 2009	C u l8er!
Anna said, "Mr James, may I please go to the restroom?"	thx gurl!!
	Allie said, "Yo, girl! We can't go to the park today. It's way too hot!"

Myths	Legends
Used to explain something is the way it is	Based on the life of a <u>real person</u>
• have trunks	• exaggerated characters or events
• gods or goddesses	• focuses on individuals and their accomplishments
• gods have human feelings	• stories that are linked to a historical time or event
• teach a lesson	Examples: - Robin Hood - King Arthur - Mulan
• have magic come from different cultures	Examples: - Pandora's Box - Zeus





# Mrs Pirate



How much can you remember?



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# Poster Tour

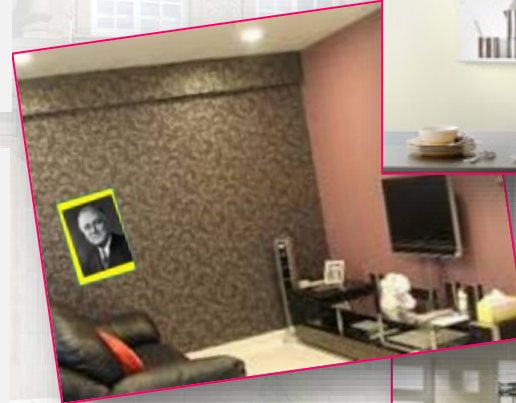
## What?

Give your brain some 'surprise' stimulation by asking someone to put posters/post-its in random places in your home to create extra 'memory hooks'.

## How Use?

The element of 'surprise' can be what your memory recalls first.

That then 'unlocks' the words or images that link to a key topic.





# 14 Index Cards

## What?

Index cards simply carry information and are a great way to make 'bitesize' notes about any kind of topic, using words & labelled diagrams

## How Use?

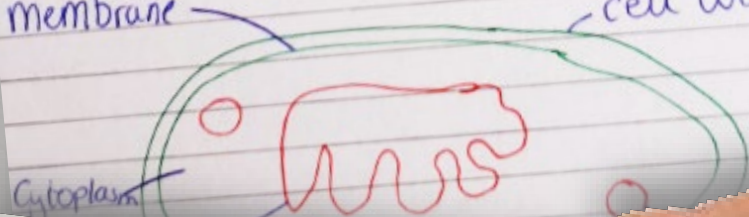
First write a clear heading, then keep things clear – don't cram!

But over weeks & months, keep reading them to refresh your recall

### Animal Cells

- Nucleus** - contains genetic material
- Cytoplasm** - gel-like substance where most chemical reactions happen. Contains enzymes.
- Cell membrane** - Controls what enters & leaves.
- Mitochondria** - aerobic
- Ribosomes**

### Bacteria Cell

- Bacteria cells are much smaller. They are prokaryotes
  - Cell membrane**
  - cell wall**
  - Cytoplasm**
- 

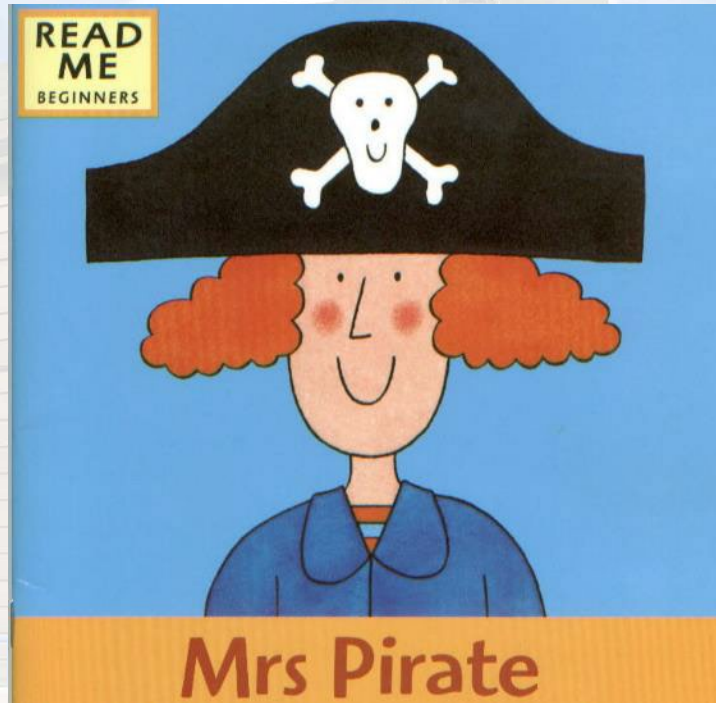
### Plant Cells

- Cell Wall** - made of cellulose - supports cell.
  - Permanent vacuole** - contains cell sap
  - Chloroplasts** - contains green chlorophyll for photosynthesis
- Plant cells also contain All properties of an animal cell.





# Mrs Pirate



How much can you remember?



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# Walk & Talk

## What?

When stuck in a revision rut, a 'study walk' can break the boredom & stimulate your brain.

## How Use?

Speaking, rather than writing, works better for some people.

So pick a topic & explain it to your walking buddy.

You could even do it when you're walking the dog but maybe not too loud!





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# Get Moving

## What?

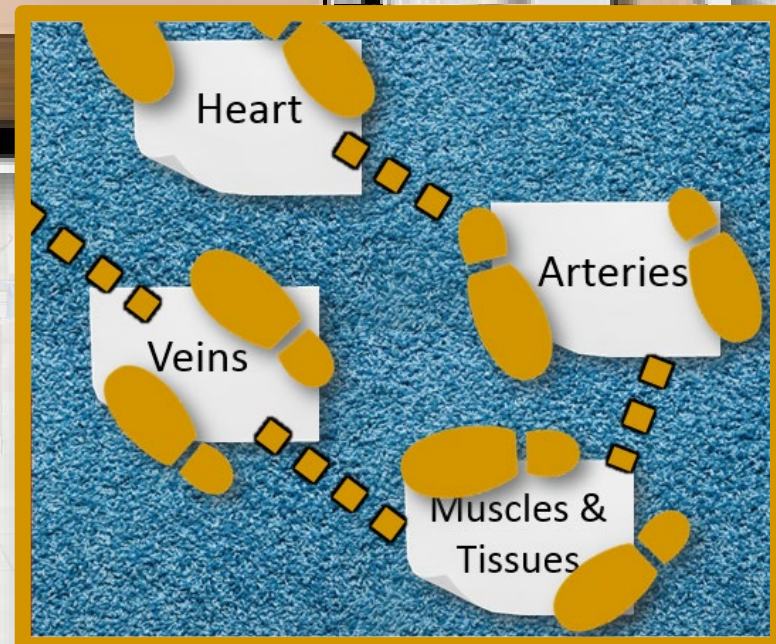
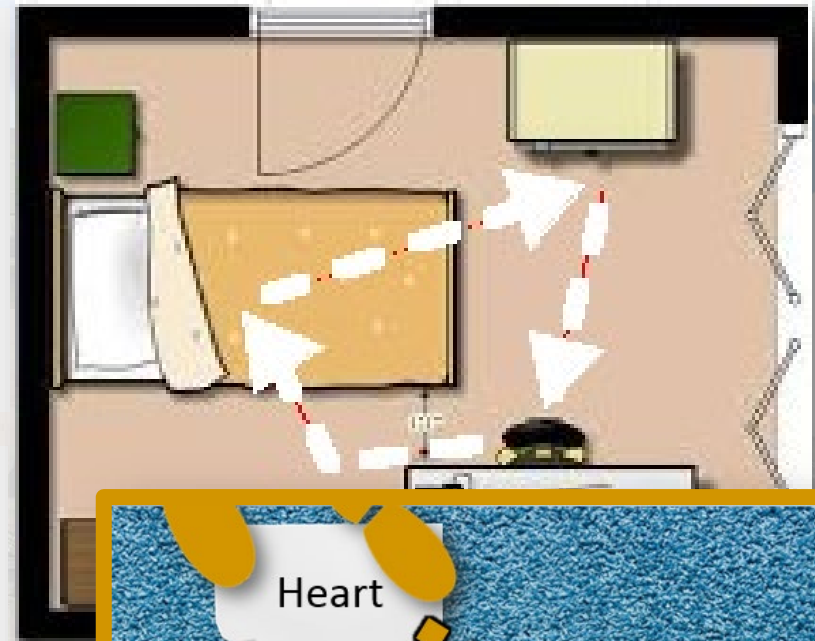
Use your room as a way to link actions with ideas to help you remember better.

## How Use?

Write key terms on A4 sheets, or post-its & place round room.

Jump, walk or dance (!) between the words and say each out loud.

Movement can help ideas 'stick' & it becomes a 'hook' for recall later.







# STRESS

Is easier to  
prevent than  
to cure.

**Be kind to  
yourself.**

Exercise



Have a soak in  
the bath.



Do something  
you know will  
make you laugh





# How you can help reduce exam stress/fears....



- Its normal to feel anxious and stressed about exams. We all deal with stress in different ways.
- Keeping talking – make time for them to talk
- Possibly expect mood swings and outbursts
- Contact school with any issues how ever big or small
- Help them keep things in perspective.
- Be flexible

# Food & Drink

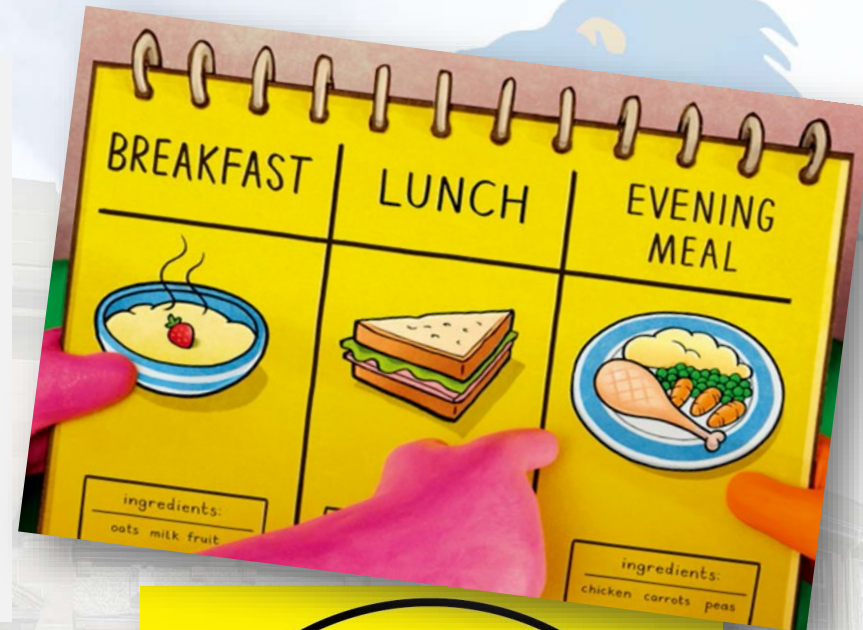
## What?

Study habits are important for learning – but your wellbeing is the most important thing so it's vital to eat & drink healthily

## How Use?

It's all about having a balanced diet, such as having '5 A Day'

And it's crucial to stay hydrated by drinking enough water.







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# Regular exercise

## What?

Being physically active is a huge part of staying mentally active, so that means getting involved in some kind of exercise at school or home

## How Use?

It doesn't have to be sport – just getting out and about is good!

It's all part of having a healthy work/life balance





# Sleep Hygiene

## What?

Research reveals that during sleep, the brain finds patterns in our memories from the day and makes them stronger and more permanent.

## How Use?

So healthy 'sleep hygiene' habits are essential for your wellbeing

Have a regular bedtime & avoid using your phone before bedtime

