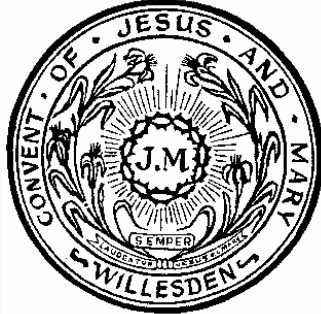


CONVENT OF JESUS AND MARY LANGUAGE COLLEGE



11 Nicholas

11 Adrian

PREPARING FOR GCSE  
EXAMINATIONS 2009

11 Victor



11

*Benedict*

YEAR 11

11 Gregory

11 Sylvester

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# INTRODUCTION

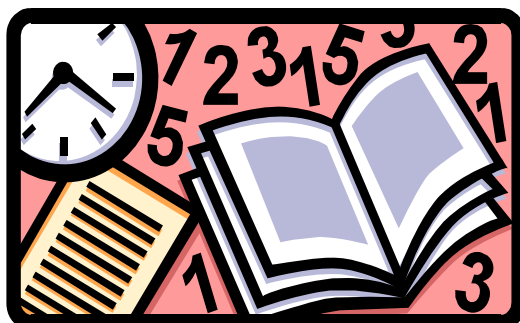
This booklet is designed to inform you of all the opportunities available to you in order to support you through the stages of your GCSE examinations. The tips included will keep turning the minefield of preparation into a calm, productive session with a minimum of fuss and stress. Tips on how to help with revision and examinations are incorporated.

Many of you made significant progress in your Year 9 SATs and will have already achieved some GCSEs. Well done

Modular exam dates have already been distributed. These must be noted if you are to have an organised approach to your studies. Some departments have set early deadline dates for coursework and by missing these, you will find yourself overloaded with coursework to be handed in by the final date and consequently will fail to produce work which reflects your true ability. Coursework marks make a significant contribution towards the final grade at GCSE.

During the summer term last year and this term winter term, you sat your Year 10 end of year exams. Most of you have been involved in coursework completion this term, this week it was the turn of Maths GCSE, next week it is science modular exams. Now is the time to get to learn from these experiences and identify the best ways of achieving good results with careful and planned revision.

The key factors for success in examinations are hard work and determination. Proper revision cannot be done in just the few nights directly before the exams! It is something that you should constantly be doing in some way.



## Effective Learning and Revision

Do you have good study habits?

Do you organise yourself well?

Do you make sure that you have the right books, notes and equipment?

Do you study at reasonable times of the day?

Do you study in a quiet place, away from distractions?

Do you make clear notes which you properly understand?

Do you re-organise your work, underlining key words and ideas?

Do you break large pieces of work into smaller units?

Do you summarise the main points from long pieces of writing?

The following shows you how you might improve your learning and revision techniques:

- ❑ Plan your work carefully and stick to your plans
- ❑ Set yourself challenging yet realistic targets and check on your progress
- ❑ Use a variety of study methods to help you concentrate
- ❑ Try to become interested in your subjects
- ❑ Always fully understand your work before trying to memorise it
- ❑ Use active methods of learning
- ❑ Work through essays, notes and past papers
- ❑ Use your knowledge as often as you can
- ❑ Talk about your work to your teachers and tutor

This will work much better than any last minute panic!

# ATTENDANCE

Government Statistics show there is a link between attendance and punctuality and results at GCSE. We ask, therefore, for your support in ensuring that your daughter attends school regularly and is punctual.

The Local Education Authority is responsible by law, for making sure that registered pupils of compulsory school age attend their school regularly. The Education Welfare Officer, employed by Brent Education Authority, visits the Convent of Jesus and Mary Language College every week to meet with senior staff to monitor pupils with poor attendance and to help parents meet their responsibilities.

The Education Welfare Officer may make a home visit or invite the parent in to school to discuss the reason for their daughter's poor attendance. It is important that parents co-operate with the Education Welfare Officer to make sure their daughter overcomes her attendance problems and gets a proper education. Pupils who live in neighbouring boroughs will be referred to their own Education Welfare Service. If parents do not do everything they can to co-operate with the Education Welfare Officer, Brent Education Authority can prosecute parents in the magistrate's court. This could result in both parents being fined up to £2,500 for each child who is not going to school.

If your child is ill you can help staff by ringing on the first day of absence and sending a note in with your daughter on her return. If your daughter has a medical appointment during the school day she should show the appointment card to her form teacher the day before.

Pupil's who are off school for no good reason are at risk of becoming victims of crime and may even be drawn into criminal behaviour themselves. Parents should encourage their daughter's good attendance at all times.

Our results show that poor attendance significantly impacts attainment. Every day lost in attendance reduces you daughter's chance of achieving at her best. Below shows the impact of days lost both at the school and nationally.

**Attendance and achievement 2006**

% Attendance	% of cohort on this attendance attaining 5+ grade A*-C at the Convent	% of cohort on this attendance attaining 5+ grade A*-C nationally	Number of days missed
97	73	84	7.5 or less
95	66	68	10 or less
93	66	57	15 or less
90	62	28	20 or less
88	58	Not available	21 Or less

95% attendance might sound good but impacts significantly on your daughter's chances of achieving well! Every day counts!

# HOLIDAYS IN TERM TIME

Holidays in term time should be avoided as an unnecessary absence. If there is an important reason why you want to take your daughter out of school you must seek the permission of the Headteacher. However be prepared to have your request turned down.

Any pupil taken out of school without permission will have the absences recorded in the register as unauthorised and the parent may have to re-apply for a place. It is important to remember that employers and colleges look at a pupil's school attendance record when they are considering an application.



# LATENESS

The school day consists of two sessions, morning and afternoon. Each session begins with a registration period. Late pupils are marked absent in the register because they miss the registration period. Late pupils must sign the late book in reception and take a late slip. This must be given to their form teacher at afternoon registration. The form teacher will then mark the pupil as late in the morning and present for the afternoon.

Pupils who fail to sign the late book or give a late slip to their form teacher at afternoon registration remain unregistered for the morning session. For health and safety reason it is important that school staff know how many people are on the school premises. If pupils follow the school's procedures for lateness the attendance officer will not have to ring parents to find out where they are unnecessarily. Parents should encourage their daughter's good punctuality at all times.

# PROGRESS EXPECTED

## REALISTIC GRADES

The results you obtained at the end of Year 9 provide an indication as to what you might reasonably be expected to achieve at GCSE. The levels equate approximately to GCSE Grades in the following way: -

Level 8	=	A*	Level 5	=	C
Level 7	=	A	Level 4	=	C/D
Level 6	=	B	Level 3 & below	=	D/E

However if you work hard and are focused in your approach to your GCSE studies, you can achieve a higher grade than your previous achievement might indicate.

## TIPS FOR SUCCESS AT GCSE!

Listed below are the tips for success from last year's successful candidates at GCSE.

- Be realistic with yourself by tackling the subjects you find difficult, e.g. first, e.g. Maths, Science, etc, and seeking support.
- Follow your homework timetable, which will allocate the most appropriate time for each subjects, e.g. In addition, you must set aside extra time for completion of coursework.
- Follow the timetable and take regular breaks.
- Plan a Revision Schedule. Cramming only allows you to remember things for a short time. You should be preparing for your End of Year and Modular Exams NOW and using half term to revise. The grades achieved in these exams will be used as predictions.
- Continuously test yourself with past question papers. (Get these from your teachers).
- Find a quiet and comfortable place to work.
- Eat and drink well to keep up your energy.
- Get appropriate amounts of rest and go to bed at sensible times, and don't work too late.
- Most importantly, be confident with yourself and believe that you can and will get the grades you want.
- AND DO NOT STRESS!

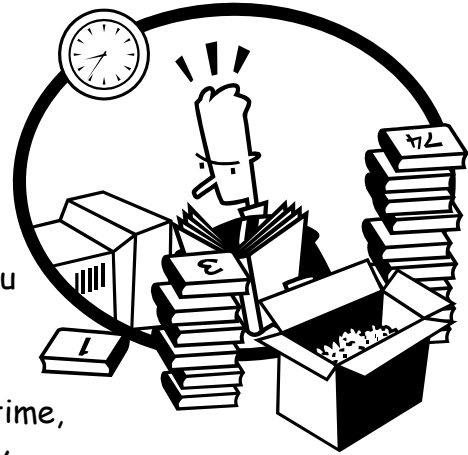
# Planning your revisions

## Where to revise?

Everybody needs to work out where and how they work best.

Don't fool yourself that you can work in front of the TV!!! You can't!!!!

Some people find it useful to work in the same place all the time, every time. Others find it useful to have a change of scenery, working somewhere else each time.



## For how long?

Remember that your concentration span is limited!  
Have a timed break - but make sure that you start again!  
Don't get caught up in some terrible TV show!



### Planning Your Revision Time

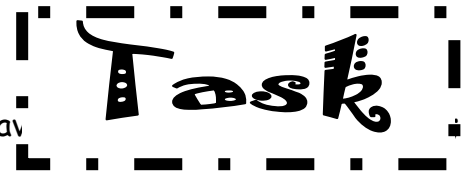
Do you have trouble settling to your work?

Do you rush your work to meet deadlines?

Do you seem to run out of time?

Are your study/revision sessions as well planned and effective as you would like?

Sound Familiar? Then try this:



First you need to look at how you spend you time now. Leav

- Homework/Revision
- Activities/Commitments (*sports, clubs, household jobs, etc.*)
- Free Time

Complete this study week planer as honestly as you can;

	7:00 – 8:30 AM		4:00 – 5:00 PM	5:00 – 7:00 PM	7:00 – 9:00PM
Mon		LESSONS			
Tues					
Wed					
Thurs					
Fri					

### What about the weekend?

You could do the same sort of exercise for a typical weekend. So how do you spend your time on Saturday and Sunday?

	7:00 – 9:00am	9:00 – 11:00am	11:00 – 1:00pm	1:00 – 3:00 pm	3:00 – 5:00 pm	5:00 – 7:00 pm	7:00 – 9:00 pm
Saturday							
Sunday							

## Your Personal Planning Chart

You really need to plan how to spend the months leading up to your exams. A last minute rush will leave you panicky and tired. You need to fit in relaxation time as well as revision.

You may not have many months left, or your schedule may have gone wrong. Don't worry! The main idea - of planning the use of the time that does remain – is still a good one.

*Later in the booklet you will find a planning chart to help you prepare for you Mocks and another for the summer exams – but you can adjust it to suit you and you will find a copy of this on the VLE.*

enter your examinations and other key dates such as revision days/sessions or critical classes. Some dates have already been entered. Then work back towards the present with a realistic revision schedule for each subject. Tick off what you manage to achieve – it'll make you feel good! If you do not achieve something then re-schedule a bit and ask yourself why you couldn't keep to the schedule; Unrealistic target? Laziness? Unexpected visitors? etc.

## I haven't got enough time!

*Now ask yourself the question:*

**“Am I making the best use of my time?”**

When you realise just how near the exams are, you may feel that you just have not got enough time. If you do feel that way, now is the time to be very honest with yourself. Where does your time go to?



Most people have difficulty in saying where the time went. You don't need to become a complete slave to revision – in fact having time to relax and to socialise can be a very helpful diversion that will give your mind time to refresh itself. You probably waste a lot of your time at present, where you could use that half hour before tea or between lessons doing a little revision or writing up notes. Half an hour may not seem like a long time, but, over the course of the week it can soon add up to two or three hours – which could leave you with an extra evening to go out with.

Perhaps you should plan your week differently to allow for more effective study and revision!

A well thought out study timetable will

- ✓ Give you a target to aim for
- ✓ Spread your study throughout the week
- ✓ Save time in decision making, and lets you get down to things
- ✓ Help you to establish a routine for study
- ✓ Encourage you to keep up with your work



**Don't panic**

**Don't give up**

# A typical GCSE revision schedule

## February

Review your performance in the winter mock exams and identify your weaker areas.

Respond to points made by your teachers in your report and on parent's evening. Discuss all of these with your teachers and plan action to make sure of improvements.

Complete all coursework.



some

*Time is catching up!*

## March

Check details of the time, date, content and organisation of your final GCSE exams. Enter times and dates on your planning chart.

Discuss problem areas with your teacher.

List areas needing attention and make time to attend to them.

Fill in your study week planner.

Review all of your work and rewrite poor sections. Read as much as you can about all topics and add extra information to your notes.

## March/April

Make notes and lists of key facts and points for each section of work in each subject.

Plan and begin a comprehensive learning/revision programme and enter this on your planning chart.

Attend Easter Revisions classes

Start the revision programme.

## April/May

Test yourself on different types of questions in exam conditions. Practice your timing. Continue to talk to your teachers!

## May/June

Get plenty of sleep. Know what to expect in each paper. Be properly equipped. Get to school in good

## Revision Notes and Practice

Whatever the present state of your notes, it is important that you make revision notes.

Though they can sometimes be bought, it is much better to make your own notes - just making the notes is a great way of revising. You have to actually read through your work!!

You can make sure that **your** notes help **you** revise. You can use colours, symbols and abbreviations that are meaningful to **you**.

People differ about how they can remember things and how to write notes, BUT, however you make your notes, make sure you include questions from past papers amongst all the information. That way your revision is always heading in the right direction.



Make a collection of revision cards with key information. It will take a long time to do for all your subjects, so don't leave it until the last week or two before an exam!

You can use the cards to quickly check up on a definition or ideas, not just facts.

**Remember** to include vital **diagrams** or **formulae**.

### You are not a machine!

When you read your notes you need to have a focus. Don't just go through every word without taking any of it in! Be aware of past papers, and the type of questions you might be asked.

Have copies of past questions on the topic that you are revising at hand, so you have a specific question in your head **before** you start reading notes

Check through your various subjects, listing the various major topics and their parts. Refer to past papers so that you know how questions will be asked on each section and topic; Do the examiners want:

- Essays?
- Shorts answers?
- One-word answers?

List those topics or parts, which you feel unhappy about - which need more attention than others. Don't give all topics equal importance. By mixing subjects and topics which give you difficulty with those which are easier and/or interest you more, you will be able to plan a varied programme of revision so that you don't get bored by doing too much of one subject, or depressed by doing things which you find very difficult.

## **Getting the Timing Right!**

Most teachers will give you some practice answering past papers against the clock. You need to try this as much as possible so that you can feel comfortable in the real exam!

This practice should help you

- ❖ Plan your use of time - REMEMBER: You need to be able to complete all of the questions that you are asked to in the real exam.
- ❖ Plan each answer - five minutes' thought without writing anything or jotting brief notes is worth thirty minutes' waffle!
- ❖ Use your memory of revision cards and notes to remind you of key ideas and facts

## **What you need to revise**

Some are beginning to feel the pressure of this final step in your preparation for your GCSE Exams.

## Examination Questions

*Will all the examination questions require the same  
type of answer?*

*Do you find some questions more difficult than others?*

You will have to answer many different types of exam questions in your various GCSE subjects. To answer these successfully you will need to make sure you apply the right techniques to the appropriate question.

The following guidelines should help you to think more carefully about the different types of questions and help you to improve your skills in being able to tackle them all.



- 1) Produce a list of all the different types of exam paper and question you will come across in each subject paper.
- 2) Discuss your strengths and weaknesses in relation to each type of question with your subject teacher
- 3) Plan and follow a programme to improve on your areas of weakness, including plenty of practice questions.

# SUBJECT TIPS FOR REVISION

<p><b><i>Science</i></b></p> <ul style="list-style-type: none"> <li>▪ Learn keywords and definitions and USE them in your answers.</li> <li>▪ When drawing graphs choose appropriate scales, label axes, include units and plot points accurately.</li> <li>▪ Be able to manipulate equations and show all working out. Always include units with your answers.</li> <li>▪ Learn the difference between DESCRIBING and EXPLAINING. Describing means you say what you see, for example the gradient is increasing. Explaining means you give a scientific reason to what is happening, for example explain WHY the graph is increasing.</li> <li>▪ Read questions carefully, underlining keywords to ensure you have understood exactly what the question has asked and extracted important information.</li> </ul>	<p><b><i>Geography</i></b></p> <ul style="list-style-type: none"> <li>▪ Practise your Key Map skills for section A:4 and 6 figure grid references, compass points-directions, use of scale – measuring distance, using symbols. Use the Revision book to help you.</li> <li>▪ Read over your past exam questions and practise doing them again in a times quiet environment. (Be sure of the meaning of the command words).</li> <li>▪ Divide up your revision into manageable topics: Plate Tectonics (Earthquakes and Volcanoes), Rock and Landscape, Coastal Processes and Coastal Management. Plan your revision to include time for each topic.</li> <li>▪ Before going into the exam make sure you know which questions to answer in section B.</li> <li>▪ Remember to learn examples and case studies to support your answer. Use cards to note down key information about each case study.</li> </ul>
<p><b><i>Music</i></b></p> <ul style="list-style-type: none"> <li>▪ Practice on your instrument/ voice for a minimum of 30 minutes every day and much longer in the weekends.</li> <li>▪ Start your practice with warm- ups or scales and then play your pieces slowly at first.</li> <li>▪ Always add appropriate phrase marks and dynamics.</li> <li>▪ Listen to as much music as possible and music of different styles.</li> <li>▪ Try to describe the pieces you hear using the vocabulary given to you.</li> </ul>	<p><b><i>History</i></b></p> <ul style="list-style-type: none"> <li>▪ Always check the Nature / Origin / Purpose of each source before you answer the questions.</li> <li>▪ Make sure you structure your answers as essays (introduction / middle / conclusion).</li> <li>▪ Always read each question at least twice and underline the key points before you attempt an answer.</li> <li>▪ Allow time at the end to proof your answers.</li> <li>▪ Make sure you annotate and thoroughly analyse each source before an answer is attempted.</li> </ul>
<p><b><i>RE</i></b></p> <ul style="list-style-type: none"> <li>▪ Learn all keywords.</li> <li>▪ Use mind map poster flash cards for revision.</li> <li>▪ Always include a bible passage where relevant.</li> <li>▪ Practice exam questions.</li> <li>▪ Make sure that you have included enough point and explain them to get the marks.</li> </ul>	<p><b><i>ICT / Business studies</i></b></p> <ul style="list-style-type: none"> <li>▪ Meet deadlines, especially coursework.</li> <li>▪ Plan main tasks and sub tasks.</li> <li>▪ Build in monitoring to your plan</li> <li>▪ Include primary sources.</li> <li>▪ Get permission to use Copyrighted images.</li> <li>▪ Be creative!</li> <li>▪ Experiment with ideas.</li> </ul>

<p style="text-align: center;"><b><i>Sociology</i></b></p> <ul style="list-style-type: none"> <li>▪ Practice questions under timed conditions</li> <li>▪ Revise with a 'buddy' to discuss/ provide evidence for and against for the 'How far do you agree...' questions.</li> <li>▪ Maintain and revise glossary of Key terms – (show, cover, tell!)</li> <li>▪ Make use of IT Resources – student access and recommended revision websites.</li> <li>▪ Use revision strategies/tools (that best suits you) to ensure thorough revision e.g. diagrams, mind map, highlighting etc.</li> </ul>	<p style="text-align: center;"><b><i>MFL</i></b></p> <ul style="list-style-type: none"> <li>▪ Revise vocabulary on a regular basis for short periods of time. E.g. 10-15 minutes 3 times a week.</li> <li>▪ Make sure you know how to use and recognise the past, present and future tense.</li> <li>▪ Always give lots of opinions in your speaking and writing exams. Be able to recognise them too!</li> <li>▪ Learn while you think! Record your speaking presentations onto a MP3 player and listen to it on the way into or home from school! You will start to subconsciously remember them.</li> <li>▪ Have a complete set of revision notes for each topic. On a card write a list of the main vocabulary /structures/verbs and adjectives.</li> </ul>
<p style="text-align: center;"><b><i>Drama</i></b></p> <p><i>e portfolio:</i></p> <ul style="list-style-type: none"> <li>▪ Keep rehearsal notes in your logbook. This will help you to write your portfolio.</li> <li>▪ Always justify your opinions. E.g. "the lighting was effective at this moment because..."</li> <li>▪ Refer to the theories of practitioners such as Stanislavski, Brecht and Artaud in your portfolio.</li> <li>▪ Always say <u>why</u> you have chosen to do something, or what you were trying to communicate.</li> <li>▪ Meet deadlines – this will allow your teacher to help you to improve your work.</li> <li>▪</li> </ul> <p><i>e Paper 2 Exam:</i></p> <ul style="list-style-type: none"> <li>▪ Work with those who bring out your best qualities.</li> <li>▪ Build ideas from practitioners, playwrights and different genres into your own work.</li> <li>▪ Be sure to attend every lesson and rehearsal without fail – be respectful towards your group.</li> <li>▪ Make the most of the time you have in the studio with your teacher to explore ideas practically, and get the most out of the process.</li> <li>▪ Use the Elements of Drama and the Drama Medium as well as any Explorative Strategies that might be useful.</li> </ul>	<p style="text-align: center;"><b><i>Maths</i></b></p> <ul style="list-style-type: none"> <li>▪ Ensure your coursework is completed to a good standard - that is, try to gain a minimum of 15 marks for each piece – by January 11<sup>th</sup> 2008.</li> <li>▪ Do as many questions as possible from past papers –             <ol style="list-style-type: none"> <li>1. visit. <a href="http://www.gcsemathspastpapers.com">www.gcsemathspastpapers.com</a> – always show step-by-step calculations and check that your answers are correct.</li> <li>2. in the last month or two, time yourself – do a paper without interruption – about 3 papers per week.</li> <li>3. explain answers fully using correct mathematical language.</li> </ol> </li> <li>▪ Put formulae, rules and key concepts/words on cards and stick in your rooms so that you can see them often and learn them. (Draw a diagram for each so that you know what it relates to.)</li> <li>▪ When using formulae, write them down every time so that you can learn them.</li> <li>▪ Make a timetable for topics that you need to cover and do as many exam style questions as possible within each topic.</li> <li>▪</li> </ul> <p>As a bonus, attend all revision sessions, study with friends and always ask a teacher for help when you need it.</p> <p>Other useful websites: <a href="http://www.emaths.com">www.emaths.com</a>  <a href="http://www.mymaths.co.uk">www.mymaths.co.uk</a>  <a href="http://www.livemaths.co.uk">www.livemaths.co.uk</a> –click on 'free samples' - listen &amp; watch  <a href="http://www.samlearning.com">www.samlearning.com</a></p>

<p style="text-align: center;"><b>English</b></p> <ul style="list-style-type: none"><li>▪ Remember to write <b>PQE</b> paragraphs:</li></ul> <p>Make a <b>P</b>oint</p> <p>Use a <b>Q</b>uote</p> <p>Explain what the quote shows</p> <ul style="list-style-type: none"><li>▪ Know how to quote properly (how to punctuate questions, how to format questions, how to reference questions).</li><li>▪ Use subjects specific Vocabulary for example, 'Alliteration', 'Devices', 'Metaphor', 'Structure' and Tension. Revise word list that have been given.</li></ul>	<ul style="list-style-type: none"><li>▪ Re-do old essay questions (exam questions, taking on board year teacher's comments and targets set from first time around. Go to <a href="http://AQA.org.uk/qual/index.php">AQA.org.uk/qual/index.php</a> and find your exam where you will find old exam papers to practice from previous years.</li><li>▪ Know your texts! Of Mice and Man needs to be read at best 3 times before it can be fully understood - you will return to it. Your Anthology needs to be fully annotated, and you need to know which poems can be compared or contrasted. Draw up a chart to compare themes across the poems.</li></ul>
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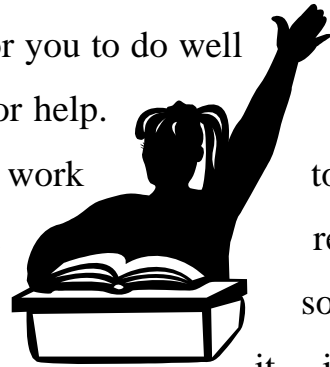
## GLOSSARY OF EXAM WORDS

<b>WORD</b>	<b>MEANING</b>
Compare	Are the things alike or are there important differences? Which do you think is best? Why?
Contrast	Look for differences
Criticise	Use the evidence to support your opinion on the value of merit of ideas, facts or views of others
Define	Give the meaning
Describe	Write in detail
Differentiate	Explain the difference
Discuss	Write about important aspects of the topic, are there two sides to the question? Consider the arguments for and against
Distinguish	Explain the difference
Evaluate	Judge the importance of success/failure
Evaluate (Maths)	Find the numerical answer to a problem
Explain	Make clear
Illustrate	Give examples which make the point clear
Interpret	Explain the meaning in your own words, for example you may have to interpret a graph
Justify	Give reasons to support and argument of action
Outline	Choose the most important aspects of a topic. Ignore the minor details
Relate	Show the connection between things
State	Write briefly the main point
Summarise	Bring together the main points

## Final Thoughts!

### “You are not on your own”

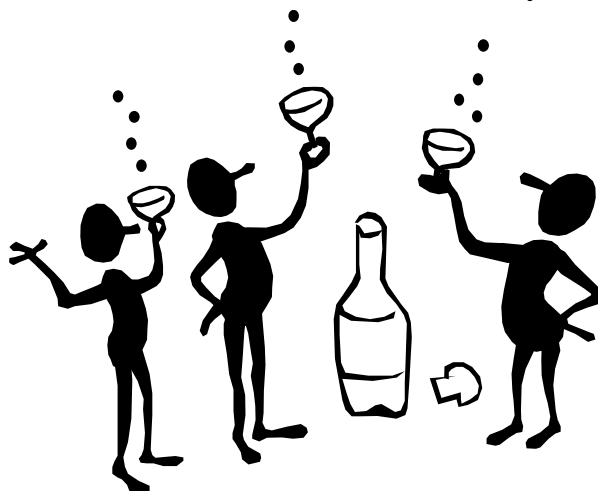
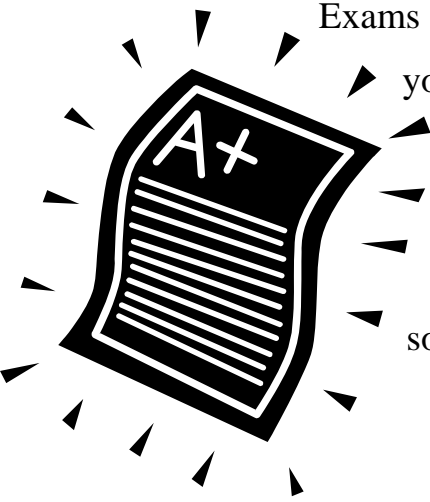
There are many people around you who are just as keen for you to do well as you are, so don't be afraid to ask teachers/tutors/parents for help. Your friends may well be taking the same exams – why not work together on the topics that bore you; share your thoughts about revision cards. Remember too that if you can explain something to someone else before the exam, the chances are that you can explain it in an exam as well.



Beware of other people who tell you either that they are doing very little or a great deal. The first lot may be lying to look cool; the second lot panic you into overworking! Think for yourself, don't let other people ruin your revision schedule.

Exams are not designed to catch you out, they are simply to find out what you know, what you understand and what you can do.

And remember, it's only a short time to sacrifice for something that you can be proud of forever. Once the exams are over, take some time to relax and celebrate your own achievements!



*Good  
Luck!*

# How parents can help

Your daughter will be supported with revision skills and strategies through the school programme. However your awareness and mentoring of her work at home will help to develop these skills. Listed below are some strategies, which you may find helpful.

## Planning Work Reduces Stress

- She should make a list of what they have to do.
- Find out the dates of the exams (including Modular and end of year exams, coursework and deadlines) and make an examination timetable.
- Draw up a timetable for revision for Modular and end of year exams now and for summer exams later. This will help your daughter to know what she needs to do and when to do it. It also helps her to enjoy life.
- Every subject should be included in her revision plan. Remember that some modular exams take place and these will contribute to the final GCSE grades.
- Get her into the habit of working and revising at set times.
- Encourage her to have regular 5 - 10 minutes breaks between revision sessions.
- Children work most effectively in a structured and quiet environment switch off the radio and TV as this will help concentration. Your daughter should not be disturbed until the revision period is finished.
- If it is not possible to find a quiet area to revise at home, the local library is an ideal place to go. There is also a homework club after school, each evening.
- Set aside time for relaxation, e.g. an hour each evening in the week and an evening at the weekend. Plan a treat for her at these times!
- Some girls have part-time jobs. It is vital that they give time to revision which will benefit them in the long term rather than work long hours in paid employment and make themselves too tired for their studies.

## **Avoiding Stress**

Public examinations are acknowledged as being a very stressful period in a young person's life. The reasons for stress are varied and include: loneliness, fear of failure, over work, pressure from Parents and others. Signs of stress are often shown when your daughter: -

- wants to be alone;
- has difficulties in sleeping;
- loses the ability to concentrate;
- becomes very emotional;
- loses self esteem and feels depressed;
- becomes invaluable and short tempered;
- suffers from headaches.

There are a number of strategies which can help your daughter cope with stress. You may suggest the following to help her feel more confident.

1. Establish a routine and stick to it.
2. Get plenty of exercise.
3. Take regular breaks.
4. Build variety into programme to avoid boredom.
5. Do practice past papers to build confidence.
6. Good attendance helps to secure success.
7. Research shows that simply talking to your daughter about her work can make a difference of 20% in exam results.

Above all good food, plenty of sleep, a sympathetic ear and a keen interest in what she is studying will help your daughter feel confident and supported as she faces the challenge of GCSE's.

## **Preparing for Exams**

- The week before the exam your daughter should get plenty of exercise and sleep.
- Refresh her memory on a few of the difficult and essential points.
- Do not overdo it.

## **The Night Before The Exam**

- It is important to check she has all essential equipment necessary for her exam, e.g. a pen (*and a spare*), pencils, rulers, calculator, etc.
- Make sure she has her candidate number and centre number.
- Check the exam timetable in order that she is certain of the exam subject and the time she is expected to be in school.
- Leave plenty of time for the journey; arriving in a rush will not help her to perform at her best.
- Have a warm bath.
- Try to get an early night.

**GOOD LUCK!**

# REVISION RESOURCES



So you have a computer at home. You are connected to the Internet. You want to help your daughter do well at school and get good grades in her exams but you don't know what to do. Here are one or two ideas to get you started. **There is an incredible amount out there if you care to look for it.** But ensure your daughter to actually using the site to study from and not just browsing the net or playing a game!

This is a how to look for sites using Yahoo: [www.yahoo.com](http://www.yahoo.com)

In the Yahoo search box type: **+GCSE +revision +online**

You will be told that it has found about 1000 links you can follow. Many of these sites are multi-subject sites where you can choose from a large number of subjects.

To narrow the search a little bit and make the results more manageable do this, for example: **+GCSE +revision +online + geography**

This reports 362 sites for geography. Many of these are once again multi-subject sites but there is less to look through and you may find some specialist sites on your own particular subject.

To give you a start I have given the addresses of multi-subject sites, specific sites and ICT based revision support below. You can try these as a starting point if you wish.

## HAPPY HUNTING

1. *'Letts GCSE CD Rom - Pack Four'*  
Maths, English, French, Science  
Published: Letts;
2. *'Letts - India Subject Guides'*  
Published: Letts;
3. *'Euro Express GCSE CD Rom'*  
English, Maths, Science  
Published: Euro Express;
4. BBC Bitesize Website: [www.bbc.co.uk/schools/gcsebitesize/](http://www.bbc.co.uk/schools/gcsebitesize/)
5. Sam Learning: [www.samlearning.com](http://www.samlearning.com)  
The school will provide password access.
6. Access to the London Grid for Learning (CLGFL) resources for students through the school Internet.

<a href="http://WWW.EDUCATE.CO.UK">WWW.EDUCATE.CO.UK</a>	<a href="http://www.gcse.com">www.gcse.com</a>
<a href="http://WWW.DAVIDSEMPORIUM.CO.UK">WWW.DAVIDSEMPORIUM.CO.UK</a>	<a href="http://www.markanderson.ndirect.co.uk">www.markanderson.ndirect.co.uk</a>
<a href="http://WWW.DULWICH.ORG.UK/GATEWAY/REVISION.HTML">WWW.DULWICH.ORG.UK/GATEWAY/REVISION.HTML</a>	<a href="http://www.historyonline.co.uk">www.historyonline.co.uk</a>
<a href="http://www.schoolart.co.uk">www.schoolart.co.uk</a>	<a href="http://www.geographyonline.co.uk">www.geographyonline.co.uk</a>
<a href="http://www.schoolhistory.co.uk">www.schoolhistory.co.uk</a>	<a href="http://www.mathsonline.co.uk">www.mathsonline.co.uk</a>
<a href="http://www.homeworkhigh.com">www.homeworkhigh.com</a>	<a href="http://www.scienceonline.co.uk">www.scienceonline.co.uk</a>
<a href="http://www.samelearning.co.uk">www.samelearning.co.uk</a>	

When you find a site you like, remember to add it to your **Favourites List**. Click **Favourites** (on the grey menu bar) and then **Add to Favourites**. You can then either accept the name they give you or change it to one you prefer. Next time you go online, just click the **Favourites** Button and select it from the list.

This is an excellent site with links to hundreds of educational sites - far too many to list here. Click on '**Schools the Zone**' on the menu on the left hand side to go to all the links. When the new page comes up, scroll down/across until you see the purple button for '**School Sites of Interest**' and then click that. This will bring up a very long scrolling list of website links. Investigate this list to find the one you want.

## REVISION GUIDES AT GCSE

*These are recommended Revision Guides available at WH Smith or any Bookshop.*

1. 'Letts Revision Guides' Published: Letts	5. 'BBC Bitesize Revision Guides' Published: BBC
2. 'Letts Revision in a week' Published: Letts	6. 'Co-ordination Group Revision Guides' Published: C. Group
3. 'Dorling Kindersley Revision Guides' Published: D. Kindersley	7. 'Teach Yourself Guides' Price.
4. 'WH Smith Revision Guides' Published: WH Smith	8. CGP also produces a range of revision guides.

**NOTES**

**ON**

**STUDY SKILLS**

# STUDY SKILLS

Your daughter will have already identified her learning preferences. This will influence the best way for her to study.

## 1) HOW TO STUDY

- A) Visual
  - (a) Transfer to wall, inside eyelids.
  - (b) Cards, charts, pictures, cartoons.
  
- B) Auditory
  - (a) Tape.
  - (b) Other people.
  
- C) Kinaesthetic
  - (a) Draw, write, diagram.
  - (b) Look, cover, remember, write.


## 2) WHAT TO STUDY

- A) Study what you don't know
  - (a) Use others to test you
  - (b) Identify what you don't know and need to work on, know some of, and are secure in.
  
- B) Share your knowledge
  - (a) Reinforce by teaching others
  - (b) Swap strengths/Positive revision strategies
  
- C) Realistic Timetable
  - (a) Set and stick to timetable
  - (b) Revise your plans when necessary.

## 3) ESSAYS AND EXAMS

- A) Planning
  - (a) Outline essays
  - (b) Analyse questions
  - (c) Ensure you understand the question
  
- B) Write to reader
  - (a) Refer frequently to outline
  - (b) Revise as you go
  
- C) Proof-read
  - Read to a purpose
  - Ensure you are aware of the assessment criteria and targets set.

# TOP TEN HINTS FOR HOMEWORK COURSE WORK & REVISION



1. WRITE DOWN ALL YOUR HOMEWORK ASSIGNMENTS IN YOUR PLANNER.
2. IF YOU DON'T UNDERSTAND WHAT YOU HAVE TO DO, ASK YOUR TEACHER.
3. HAVE AN EMERGENCY NUMBER OF A FRIEND FROM CLASS.
4. DO YOUR HOMEWORK AS SOON AS YOU GET HOME.
5. TRY TO DO YOUR REVISION WITH SOMEONE.
6. BE AWARE OF YOUR LEARNING PREFERENCES AND REFLECT ON HOW THIS WILL IMPACT HOW BEST YOU REVISE - i.e. FLASHCARDS, NOTES.
7. DO LONG TERM ASSIGNMENTS/COUSEWORK AS SOON AS POSSIBLE AND IDENTIFY DATES FOR DRAFTS AND REVIEW.
8. GET HOLIDAY HOMEWORK COMPLETED AT THE START OF THE HOLIDAY.
9. KEEP TO THE SCHEDULES AND PLANS IDENTIFIED. IF YOU DO NOT MEET DEADLINES YOU NEED TO REVISE YOUR PLAN.
10. IF WORKLOAD IS REALLY HORRIBLE, TELL YOUR TEACHER/TUTOR/SEEK SUPPORT.