



Dronfield Henry
Fanshawe School



**A Guide to
Exam
Preparation
and Revision**

Contents

	Page
Revision Strategies	2
Wellbeing	3
The Revision Process	4
Revision Resources	5
Exam Boards	5
Blank Revision Timetable – School Week	6
Blank Revision Timetable – Holiday Week	7
Exam Preparation	8
Illness during exams	8
During the Exam	9
Exam tips	9
Summer Examination timetable	10
Results	11

Revision Strategies

Image Chains

A very imaginative and simple way of remembering a list of words or concepts. Take each item and link them together using a story.

Tip: Be extravagant!



Mnemonics



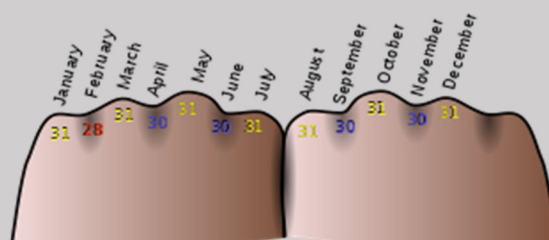
Another proven method to help digest a list or order of events. Use the first letter of each word to create a Mnemonic

Example: Richard of York gave battle in vain. – Colours of the rainbow.

Visual Mnemonics

Similar to normal Mnemonics but uses pictures rather than words. .

Example: When you know what a banana looks like your mind automatically makes a mental picture of a banana.



1 2 3 4 5 6 7 8 9 0
A B C D E F G H I O

Number and dates

1 2 3 4 5 6 7 8 9 0
A B C D E F G H I O

Link numbers to the alphabet to remember memorable dates.

Example: 1666 The great fire of London = A Flaming Ferocious Fire

Colour is the Key

Use bright colours to annotate key words to make your work memorable. Colours are proven to enhance memory performance! Highlighters, post it notes.....get colourful!

Collaborative Learning

Collaborative learning focuses on group work to positively support revision where students work together 'cross cueing' the information they are recalling.

Tip: Make sure you choose a trustworthy student to work alongside to maximise your revision.



Spacing

Revising the same information two or three times across a few days improves the likelihood of retaining information in the long term (Nuttall 1999). The aim is to move information from your short term memory into your long term memory.

Tip: Reading just won't cut it, make sure you are mixing up the type of revision!

Worked Examples

This method allows you to look at past examples to include and develop into your own work.

Tip: Make sure you utilise a range of examples, including past papers, exemplar answers and text.

Wellbeing during exams

Exam support not only looks at the revision process but also ensures every student is mentally prepared and supported.

The exam period can be a very stressful time for some students.

- ✓ Remember stress is a normal emotion during the exams
- ✓ Positive stress can give you an adrenaline rush to enable you to perform to your best in exams
- ✓ Negative stress can cause anxiety, worry, and loss of concentration or disrupt sleep patterns
- ✓ If you become too stressed, take time away from work and revision and do something you enjoy
- ✓ Exercise is an excellent stress reliever as it releases stress fighting hormones
- ✓ Be positive and have a 'can do' attitude
- ✓ Talk through your emotions with family and friends

There are a variety of ways and techniques to help combat your stress levels and support your own positive wellbeing. Our exam wellbeing webpage gives further insight into the following areas where you can access podcast, apps, online support and general advice:

Unhelpful thoughts

Challenging unhelpful thoughts

Problem Solving

Relaxation

Look after yourself



Diet and healthy eating

Sleep

Resources

Things to consider

If you have any excessive anxieties or worries about your GCSE exams please talk to Mrs Gill in the exams office or email on sgill@dhfs.uk, exams@dronfield.derbyshire.sch.uk

Please visit the exams section of the school website for all our exam information

<http://www.dronfield.derbyshire.sch.uk/index.php/students/exams/exam-information>

or visit our exam wellbeing area on the school website for tips, apps and information.

<http://www.dronfield.derbyshire.sch.uk/index.php/students/exams/exam-stress>



Preparing to revise

- Start Revision EARLY
- Make a REALISTIC Revision Timetable
- Buy/Use recommended subject Revision books
- Be organised with equipment

Starting to Revise

- Make sessions work for YOU – Actively learn
- Reduce class notes to easy-to-remember information (single A4 sheet) – mind map, bullet points, flow diagram whatever works for you
- Use past exam paper questions to check your revision
- Have clear and specific goals for each revision period – have you achieved your target?
- Have start and finish times and stick to them – Quality over Quantity
- Stop and take a break if the information is not going in
- Don't waste time struggling – make a note of it and ask your teacher
- DON'T BE influenced by friends who talk about how little work they are doing. It is for YOU no one else – short term sacrifices for long term gains!

Final Stages.....

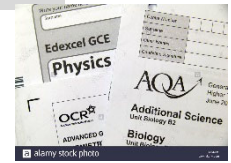
- Day before your exam your notes should be short enough to read through in one session – it will re-enforce key words and concepts
- Focus on revising your notes for one or two key areas immediately before

Resources to help revise

The following resources may make the revision process more organised!



- Past Exam Papers
- Flash Cards
- Revision timetable
- Pens, Pencils, Colours
- Plastic wallets
- Paper – lined and plain
- Post it notes
- Desk and chair
- Highlighters
- Revision Guides



Exam boards - Subject specific information

Knowing the exam boards for your subjects means you have access to a range of useful information. This includes past papers, mark schemes and examiners' reports.

Edexcel exam board

Physical Education
History
Business Studies

WJEC exam board

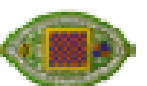
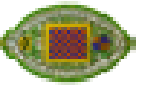
Music
Film Studies

AQA exam board

English Language
English Literature
Art & Design
Performing Arts
Religious Education
Maths
MFL
Combined Science Trilogy
Biology
Chemistry
Physics
Engineering
Design & Technology
Food Preparation & Nutrition
Functional Skills English

OCR exam board

Computer Science
Geography
Creative iMedia
Entry Level Maths



Revision Timetable – School Week

	LUNCH	AFTERSCHOOL	REVISION 1 (30 MIN)	REVISION 2 (30 MIN)	REVISION 3 (30 MIN)
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
Your weekend revision can be adapted to suit you. A combination of revision and free time is highly beneficial...just get the balance right!					
	Session 1	Session 2	Session 3	Session 4	Session 5
SATURDAY					
SUNDAY					



Revision Timetable – Holiday Week

Day	am					pm					9:00 – 10:00			
	9:00 – 9.45	10:00 – 10.45	11:00 – 11.45	12:00 – 12.45	1:00 – 1.45	2:00 – 2.45	3:00 – 3.45	4:00 – 4.45	5:00 – 5.45	6:00 – 6.45		7:00 – 7.45	8:00 – 8.45	
Monday														
Tuesday														
Wednesday														
Thursday														
Friday														
Saturday														
Sunday														
														U N W - N D

The Exams

Preparation

- ✓ Know your exam timetable - all our morning exams begin at 9.15am and afternoon ones at 1.45pm
- ✓ Get there at least 15 minutes before the start - remember exams may finish after 3.30pm
- ✓ Allow time for your brain to get started – have a shower, breakfast, walk to the exam
- ✓ Equipment – make sure you have ALL equipment – is it calculator or non-calculator Maths exam?
- ✓ Have a favourite pen - you enjoy writing with - don't forget your ID card!
- ✓ Keep to a normal routine – go to bed and get up at the normal time
- ✓ Uniform is compulsory for all exams!
- ✓ Think Positive!
- ✓ Take water into the exam, clear bottle without a label but no food – hydration helps retention and concentration
- ✓ If you have an exam clash don't worry - read the notice attached to your timetable - any problems see the exams office
- ✓ Make sure you have read the candidate warning notices outside the room fully before you enter!
- ✓ Don't Panic!!

If you are ill on the day

- ✓ If you are too ill to attend your exam someone must inform school as soon as possible by calling Mrs Gill on 01246 412372
- ✓ A valid medical certificate must be submitted to the exams office - if you are absent other than through illness or other exceptional circumstances your parents will be required to refund the exam fee.

During the Exam

- ✓ Once inside the exam room silence is a must and you should **not** communicate with any other candidates
- ✓ **Mobile phones/watches of any kind/MP3/MP4 players, iPods or any potential technological/web enabled sources for information must not be taken into the exam under any circumstances. If a candidate is found with any of these items this is malpractice and may result in disqualification**
- ✓ If you are entitled to any Access Arrangements then please ensure the invigilator has these in place before the exam begins
- ✓ Bags and coats must be stored at the back or front of the room - not at your desk
- ✓ Nerves are good! They help adrenalin and performance
- ✓ Answer a question you are confident about first – just because it is Q1 you don't always have to complete it first
- ✓ Any questions - put your hand up and ask the invigilator
- ✓ Don't be afraid to write down any key formulae, facts, and quotes key words – so you will remember them during the exam
- ✓ Check your answers – read through and you may find information comes to you
- ✓ Make sure you have filled in all your details on the front of the paper
- ✓ Do not doodle on your paper, answers and working out only please!
- ✓ Everyone must stay to the end of their exam - you won't be allowed to leave early to catch your bus!
- ✓ If the fire alarm sounds - don't panic - the invigilators will issue clear instructions

Exam Tips

- ✓ Read ALL instructions carefully – plan your answer
- ✓ Look at how many marks are available for a question – this is a guide to how much detail you should include
- ✓ Long questions – plan first – keywords, mind maps, bullet points
- ✓ Highlight key words in a question –breakdown the question and ensure you answer each part
- ✓ Don't spend too long on one question – set out a timescale to answer each question and stick to it
- ✓ Write in note form if you're running out of time – you will still gain marks
- ✓ Get a good night's sleep, eat healthily and drink plenty of water

Results



GCSE results are received on Thursday 24th August 2023.

Students will be able to collect results in person from 8.00am in the Phoenix Hall. Any results which are not collected on that day will be put in the first-class post to the home address we hold on file.

If for any reason you are unable to collect your results in person and wish to send a friend or relative to collect them you will need to follow the correct procedure. Please complete the form below informing us that you allow your friend/relative to collect the results and send them with it on the day. **Results will not be given to any other person without this written consent and the person collecting results must bring some form of photographic identification and provide a signature.** If you require your results to be posted to any other address please contact the exams office before results day.

Under no circumstances will results be given out over the phone or via email.

✂.....

Name of Student..... House

Name of person collecting results

.....

I hereby give permission for the above named person to collect my GCSE results.

Signed (student) Date.....