

YEAR 11 BULLETIN

CARING - DETERMINED - REFLECTIVE

MOCK EXAMS

Since September students have been working through GCSE mindset where they have identified what motivates them, setting themselves achievable targets and how to plan to achieve those targets. Part of this programme involves students planning their time outside of school for revision and recreation.

Now would be a good time to review these timetables in preparation for their mocks.

In Term 1 and 2, all students have completed our revision strategies programme where they have learned the Cornell note-taking method, how to make and use effective flashcards and carry out planned practice.

Revision resources are available to apply the revision strategies they have been taught in their p.1 programme this year.

GCSE MINDSET

This week, students are going to be challenged to think about the HOWs of independent work.

There are many students that are great at designing revision; they create amazing revision plans and timetables that fill every minute of the day, but then just don't follow through on the plan.

It's something we have all done.

It's a surprising phenomenon, but students saying they are going to do some independent work or revision might actually be part of the problem. When they say they are going to revise (as far as their brain is concerned), it's vague and ambiguous.

When our brain thinks we are about to do something vague and ambiguous it will often come up with reasons why we shouldn't do it. Then we procrastinate.

So how might they get past this?

Here's a simple strategy to help. They have to get SPECIFIC! Here's how. Before every independent work session or revision session they have to sit down and answer these THREE questions.

1. How are they going to revise?
2. How long are they going to revise for?
3. How will they know if they have made progress?

When your son or daughter goes off to revise this week, ask them these THREE questions. Are they being really specific with how they plan to revise? If not, spend some time planning the activities together.