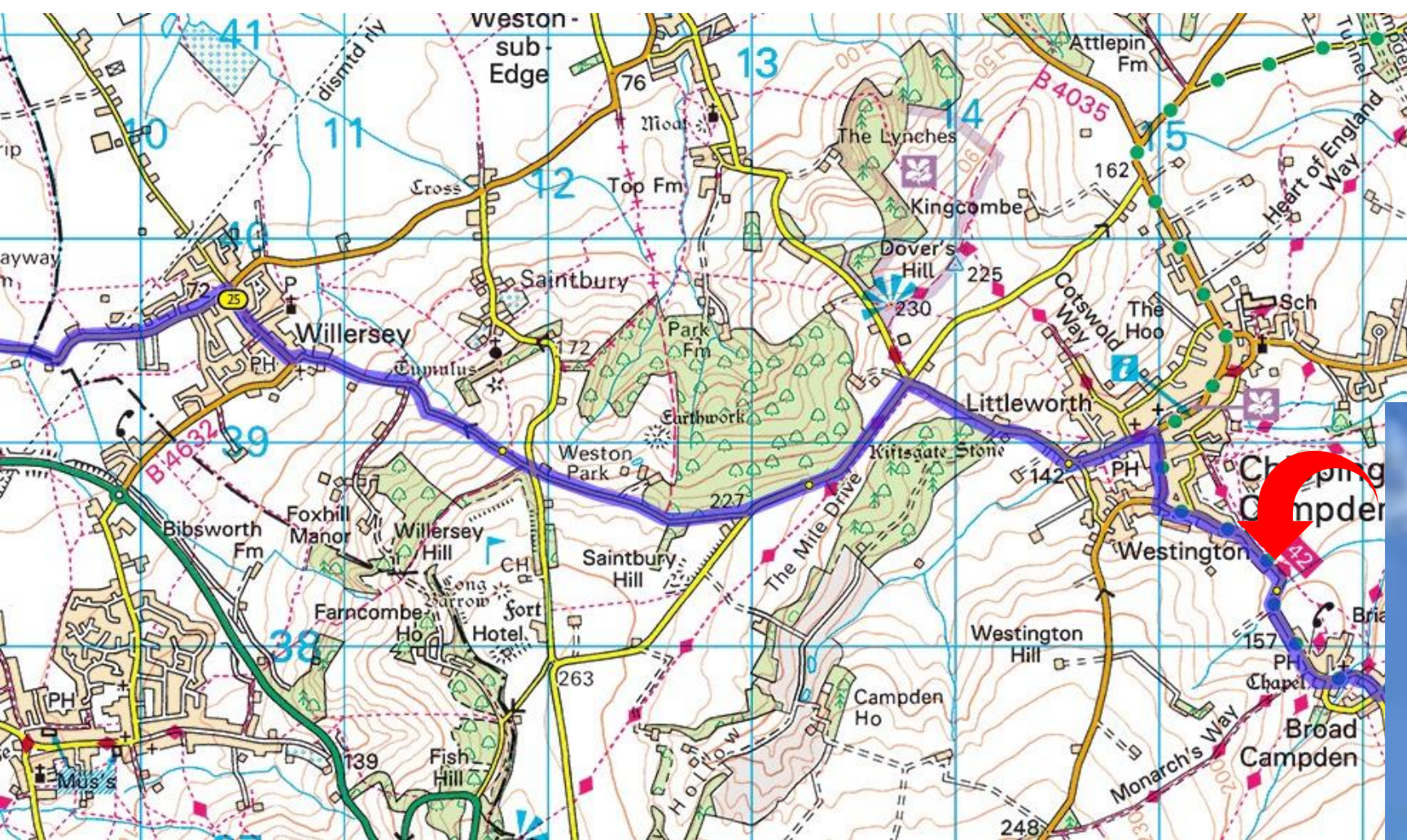


# GCSE Exams

May & June 2024

# Know what you need to know

- Check your exam entries and exam timetable
- Make sure that you know:
  - How many exams you have for each subject
  - What's in each exam
  - The structure of the paper
  - The number of marks
  - The length of the exam
  - Have any equipment you might need.



You know where you're going....



But do you know where you are, and how to get to where you're going?



**What do you already know?**

**What else do you need to know?**

**What gaps do you have in your knowledge?**

**What do you need to work on?**

I didn't do any work for  
my mocks!



# Where does learning happen?



In the classroom

On your own

In small groups

With support

Other

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	3 Miles Training Run	2 Miles Training Run or Intervals	Cross Training	3 Miles Training Run	Rest Day	4.5 Miles Slow Long Run
2	Rest Day	4 Miles Training Run	2.5 Miles Training Run or Intervals	Cross Training	4 Miles Training Run	Rest Day	6 Miles Slow Long Run
3	Rest Day	4 Miles Training Run	2.5 Miles Training Run or Intervals	Cross Training	4 Miles Training Run	Rest Day	7 Miles Slow Long Run
4	Rest Day	4 Miles Training Run	2.5 Miles Training Run or Intervals	Cross Training	4 Miles Training Run	Rest Day	8 Miles Slow Long Run
5	Rest Day	5 Miles Training Run	3 Miles Training Run or Intervals	Cross Training	5 Miles Training Run	Rest Day	9 Miles Slow Long Run
6	Rest Day	5 Miles Training Run	3 Miles Training Run or Intervals	Cross Training	5 Miles Training Run	Rest Day	10 Miles Slow Long Run
7	Rest Day	5 Miles Training Run	3 Miles Training Run or Intervals	Cross Training	5 Miles Training Run	Rest Day	7 Miles Slow Long Run
8	Rest Day	3 Miles Training Run	2 Miles Training Run	Easy Cross Training	3 Miles Training Run	Rest Day	Half Marathon Day!

8 weeks

# The next two weeks

- The Easter break is your time to ensure that you have your knowledge in place.
- We can then help you to do the best you can (and get the most marks) with what you know.

I'm not  
telling you  
it's going  
to be

**easy,**

I'm  
telling you  
it's going  
to be

**WORTH IT.**

# UNDERSTAND IT



Understand it.



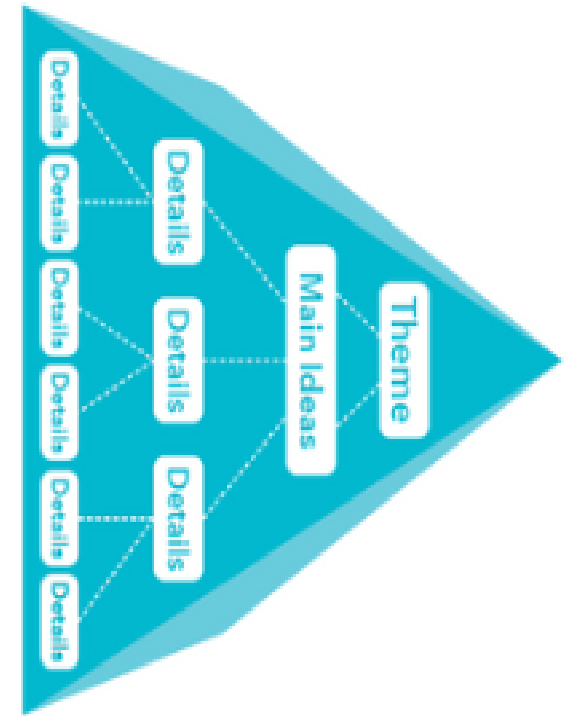
Condense it.



Memorise it.



Review it.





# Fuelling the brain

The more revision I do ...

- The better prepared I will be for my exams
- The more I can tell myself 'be confident, you've worked hard for this'
- The more I can reduce my own anxiety through being realistically positive about what I have done
- The better my grades will be
- The more choices I will have next year.



# This weekend – get ready

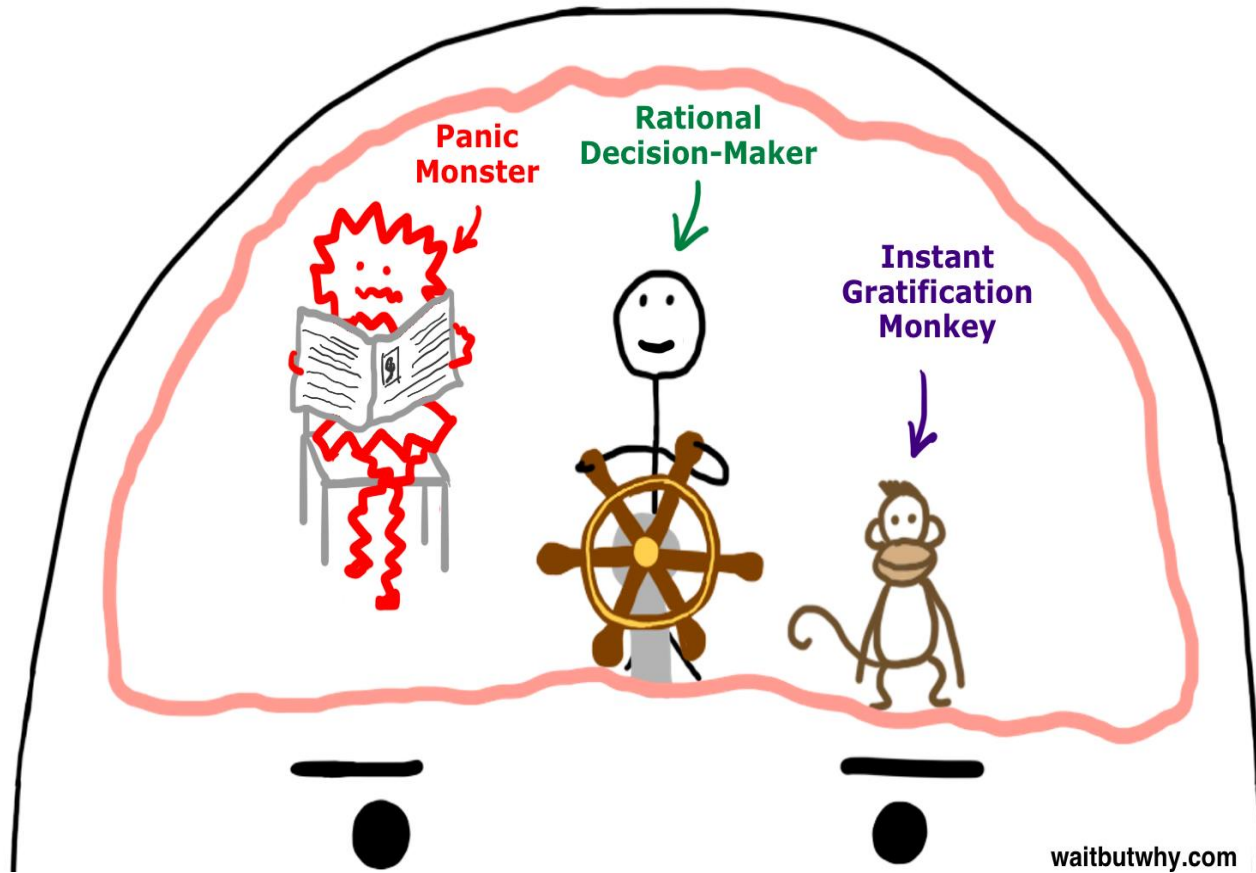
You are the captain of your ship.

Planning and completing work will help keep the panic monster satisfied (or allow you to soothe it when it does jump up).

The Instant Gratification Monkey also needs dealing with...

Identify your place to study

Prepare it this weekend – tidy the desk, get organised, buy highlighters, revision cards, paper...



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am. Get up / get ready							
7:30 – 8:30 Session 1 (50 mins)							
8:30 – 9:30 Session 2 (50 mins)							
9:30 – 10:30 Session 3 (50 mins)							
10:30 – 11am Break Leave room!							
11am – 12pm Session 4 (50 mins)							
12pm – 1pm Session 5 (50 mins)							
Afternoon	Have the afternoon to do something enjoyable. Go out, sunshine and fresh air makes us feel good. Exercise helps combat stress and makes us feel better. Give yourself a reward, arrange time with friends						
Evening	Perhaps do some additional reading or watch a YouTube clip related to a subject or have the evening off – see how you feel.						

# Other things to keep in mind:

- As your revision progresses (understand – condense – memorise – review) past paper questions are excellent preparation
- Split your subjects: if you are really strong on something you probably need less time on it. Work on your weaknesses. Give your subjects 'fair-time'
- Prioritise sleep: aim for 7-9 hours of sleep a night (being asleep at 10pm will give you 9 hours)
- Eat well: get a good breakfast, strike a balance between healthy food and snacks. Try and avoid too much caffeine.
- Minimise distractions – get away from your phone and social media during revision.