

# **Thornhill Academy**

## Pupils and Parents' Guide to Exams and Revision

## **Changes to GCSEs for summer 2021**

There has been a lot of speculation in the media about changes to next year's exams. Very little has changed from a pupil perspective and, as it stands, exams will still be held in full in May and June 2021.

Some adjustments have been made to the exam administration to enable more teaching time. The main changes which will affect the final exams are outlined below.

Maths	No change in exam content	
English Language	No change in exam content	
	Optional questions- pupils will not answer the poetry	
English Literature	anthology question	
	Core practicals can be demonstrated rather than	
Science (combined and separates)	carried out by pupils to save teaching time. No	
	change in exam.	
History	Optional questions on exam papers (no Cold War	
	unit)	
Geography	Pupils are no longer required to carry our field work	
	to save teaching time	
Religious Education	No change	
BTEC Sport	Centre assessed grades have been entered for 1 unit	
Art Graphics and Photography	100% portfolio assessment. No externally set	
Art, Graphics and Photography	assignment required.	
Hospitality	Awaiting outcome of vocational consultation	
Design Technology	In coursework there is now more emphasis on	
	modelling rather than the final outcome as access to	
	specialist equipment may be limited. Reduction in	
	marks to 2 sections.	
	No change in exam content	
MFL (French and Bengali)	Speaking component will be based on teacher	
	endorsement to save teaching time.	
	Optional questions on exam papers	
Business	No Change in exam content	
Travel and Tourism	Centre assessed grades have been entered for 1 unit	

### Year 11 Catch-up

The progress, outcomes and future destinations of you, our year 11 pupils, are the most important to us.

You have already been issued with a revision guide for each of your subjects and, where appropriate, lessons and homework activities are utilising these to support your revision skills.

As a priority for school catch-up we will begin by offering year 11 pupils additional study time in each of their subjects after school on a Monday, Tuesday and Thursday. This will start on:

## \*\*\*Monday 12<sup>th</sup> October\*\*\*

Pupils will be issued with a new timetable on Monday 12<sup>th</sup> where their P6 lesson will be added on and their school day will finish at 3:50pm.

We encourage all pupils to make the most of this opportunity for each of their subjects and ask for parental support in sharing the

benefits of this additional contact time for their education.

The aim will be to focus on retention and retrieval of the course content to best prepare pupils for their exam success.

This will support but not replace pupils own independent homework and revision.



## **Mock Exams**

## 2 weeks commencing 9<sup>th</sup> November

To further prepare pupils for the final GCSE exams we will be holding our first Mock Exams in November.

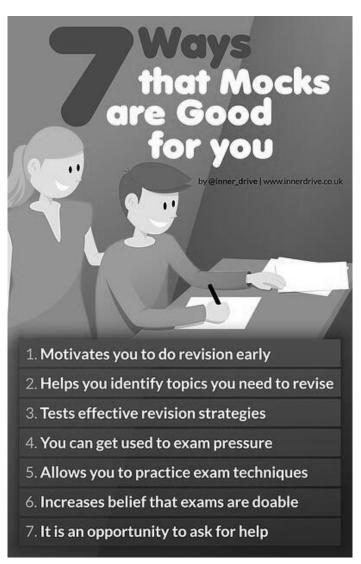
Pupils will sit an exam in each of their subject areas. Each exam will cover the breadth of the curriculum completed so far. This will give an accurate indication of their current GCSE performance and support staff in making accurate predictions of final GCSE outcomes. Perhaps, more importantly, this will help pupils by experiencing real exam scenarios as well as gaining practice in preparing for exams.

In light of last year's GCSEs being based on Centre Assessed Grades, mock exams have never been so important. These grades and their subsequent predictions could be used if exams are no longer able to go ahead.

There will be a series of assemblies and guidance on how to prepare well for the exams.

Subject areas will continue to use revision guides and share strategies for how pupils can revise effectively.

This booklet will also share support strategies which pupils and parents can use.





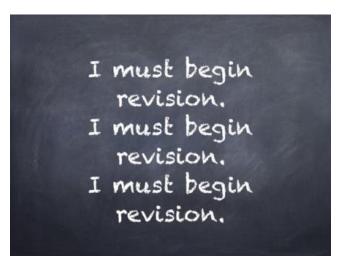
**Advice for Parents** 

We all know the importance of revision in preparation for GCSE exam success, but what do we know about effective revision? There is significant research regarding the effectiveness of revision strategies including very popular strategies that are proven to have little impact.

Three commonly used revision techniques that appear to have very little impact on learning were:

- Highlighting texts
- Re-reading
- Summarising text

The reason these are so ineffective, is that they require very little cognitive work...and it's cognitive work i.e. thinking about things, that makes us remember things.



It's easy to see why they are popular with pupils though. They are very low demand, they make pupils feel as if they are 'doing revision' and for highlighting and summarising, there is a product for their efforts. They can come bounding downstairs from their bedroom and show highlighted sheets of text of revision that they have 'done'.

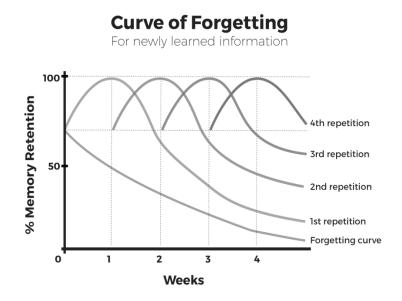
Gratifying? Yes. Effective? No.

So what does work? Here are three of the most effective approaches to revision.

#### **1. Distributed Practice**

Rather than cramming all of their revision for each subject into one block, it's better to space it out – from right now, through to the exams. Why is this better? Bizarrely, because it gives them some forgetting time. This means that when pupils come back to it a few weeks later, they will have to think harder, which actually helps them to remember it. Furthermore, the more frequently pupils repeat and come back to a topic, the better they remember it.

Interleaving and mixing up different topics also makes their brains work harder and will support their ability to retain and retrieve the knowledge they need to be successful.



Students are often attached to their mobile devices and gain a lot from websites and apps. Some great online resources for revision are listed below:

https://collegeinfogeek.com/

https://studywise.co.uk/gcse-revision/

http://www.gojimo.com/

https://revisionworld.com/gcse-revision

#### 2. Practice Testing

This technique is pretty straightforward – pupils keep testing themselves (or each other) on what they have got to learn. This technique has been shown to have the highest impact in terms of supporting pupils retrieving their knowledge. Pupils can do this easily by:

- Creating some flashcards, with questions on one side and answers on the other – and keep testing yourself.
   <a href="https://collegeinfogeek.com/flash-card-study-tips/">https://collegeinfogeek.com/flash-card-study-tips/</a>
- Work through past exam papers many can be acquired through exam board websites.
- Simply quiz each other (or yourself) on key bits of information.
- Create 'fill the gap' exercises for you and a friend to complete.
- Create multiple choice quizzes for friends to complete.



#### 3. Elaborate Interrogation

One of the best things that pupils can do (either to themselves or with a friend) to support their revision is to ask why an idea or concept is true – and then answer that why question.

For example;

- In Science, increasing the temperature can increase the rate of a chemical reaction....why?
- In Geography, the leisure industry in British seaside towns like Barry Island in South Wales has deteriorated in the last 4 decades....why?
- In History, in 1929 the American stock exchange collapsed. This supported Hitler's rise to power....why?



So, rather than just trying to learn facts or ideas by reading them over and over, students should get into the habit of asking themselves why these things are true.

#### How can I help as a parent?

- ✓ Encourage revision starting NOW.
- ✓ Provide a quiet space at home for your child to work.
- Use a revision timetable to strike a balance between work and social time.
- ✓ Talk to your child about their work. All pupils feel demotivated, overwhelmed and struggle at times, support them in overcoming these barriers.
- ✓ Give plenty of praise and encouragement.
- ✓ Expect your child to attend additional school sessions.
- Communicate with the school, we all want the very best for your child.



### 'In Case of Absence' (ICA) or Self-Isolation Work

If you need to self-isolate or undertake schoolwork at home, work will be available on Class Charts and will be prefixed with 'ICA' so that you can tell the difference between this and regular homework.

Work can be submitted vis class charts or you can use the exercise book which was provided at the beginning of term for any work that you undertake at home

You MUST bring your work in to school when you return.

If you have questions about your work you can message your teacher through Class Charts or email them directly:

Mrs Ashley	Directory of Learning - Maths	ashley.a@thornhillacademy.com
Mrs Briggs	Curriculum Co-ordinator – Food Technology	briggs.s@thornhillacademy.com
Mr Chalk	Head of House	chalk.d@thornhillacademy.com
Mrs Crane	Director of Learning - Business Studies	crane.g@thornhillacademy.com
Mrs Crooks	Directory of Learning – Art	<u>crooks.c@thornhillacademy.com</u>
Miss Harris	Teacher of History	harris.a@thornhillacademy.com
Mr Leadbeater	Head of House	leadbeater.m@thornhillacademy.com
Mr Massie	Directory of Learning - PE	massie.d@thornhillacademy.com
Miss McIlwraith	Directory of Learning - Science	mcilwraith.l@thornhillacademy.com
Mr Miller	Curriculum Co-ordinator – Design Technology	miller.j@thornhillacademy.com
Mrs Neeson	Directory of Learning - Support	neeson.k@thornhillacademy.com
Mr Rice	Directory of Learning - Religious Studies	rice.g@thornhillacademy.com
Miss Tench	Head of House	tench.a@thornhillacademy.com
Mrs Todd	Directory of Learning - MFL	todd.d@thornhillacademy.com
Mrs Watford	EAL Co-ordinator	watford.j@thornhillacademy.com
Mrs Watt	Curriculum Co-ordinator - Geography	watt.j@thornhillacademey.com
Mrs Willmore	Directory of Learning - English	willmore.g@thornhillacademy.com

## **Exam Stress**

Working towards exams can creating feelings of worry and being under pressure. However there are a range of things that you can do to help deal with the stress that you might be feeling.

## "It's good to talk"

If you're anxious or just feel like you need to talk to someone you <u>can</u> reach out to:

#### One of our fully trained and qualified Mental Health First Aiders

Mrs S Edmonds: edmonds.s@thornhillacademy.com

Mrs D Corkin: corkin.d@thornhillacademy.com

Mrs V Cavanagh: cavanagh.v@thornhillacademy.com

OR

#### **Our Academy Counsellor**

Ms L Gray: gray.l@thornhillacademy.com

"Don't be afraid to reach out for help. Whether it's from a friend, a family member, a therapist, or whoever -- you don't have to struggle alone.

Alexis B.

#### When you are feeling the stress, get talking.

- Remind yourself that a certain amount of stress is motivation.
  Use the emotion to improve your performance
- Talk to friends. They're there to help. Talking to them will help you realise you're not alone and they'll give you support.
- Talk to your teachers or parents. They will have a different perspective to you. They can help you problem solve and find practical solutions.
- Take regular breaks and get enough sleep.
- Revise with friends. This can be great as you keep up your social life and you don't feel isolated and alone.
- Practice mindfulness and concentrate on your breathing. To find out more about mindfulness click on the link:

http://franticworld.com/mindset/



For more information of managing stress during exam time you many find the links below useful.

https://www.studentminds.org.uk/examstress.html https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-examstress/ https://www.ncsyes.co.uk/themix/5-ways-destress-exams