



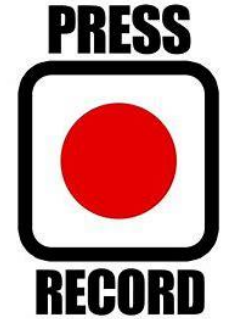
Central Region
Schools Trust

Founded by the RSA



Year 11 Parents Evening - 2024

Welcome!



Tonight we will discuss:

- Exams preparation including **boosters**
- **Revision** advice
- How can you be **better than average?**
- Revision support **at home**
- Opportunity for questions or drop in to see SLT for an action plan



Exam Information

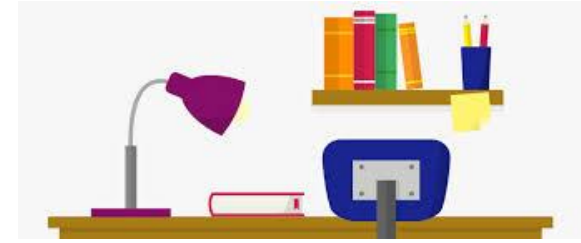
Key Dates

- After May Bank Holiday (6th May), exams begin
- Timetable on Arbor. Will be finalised soon with seats, rooms and you will get a physical copy and a link to a portal to access all sensitive information
- Boosters before every exam – the best preparation
- Final whole cohort exam on Friday 14th June
- Final GCSE exam on Wednesday 19th June (Food)
- Final contingency day is 26th June

Attendance is key!



Revision Advice – for Students



- Find a **space** that works for revision and stick to it.
- Have you got the **resources** you need? Ask us/your teachers. Don't waste time searching for your own!
- Make a revision **timetable** and stick to it. Cramming at the end won't get the best results.
- **Interleaving** - Do 25 mins of one subject then go onto a different one for 25 mins, then go back.
- **Pomodoro Technique**- Do work for 25 mins then have a 5 min break and every two hours you take a 15 mins break
- Brown/white noise setting in the background – calming, increases **concentration**. Research suggests this is much more effective than music.
- **Use past papers and mark schemes!**

JUST DO IT!

“Count to 5 and then start revising - the reason you count to 5 seconds is that your brain will kill that ambition so within 5 seconds you might as well do it. I recently started doing this and it actually is helping me get through art coursework 😊👍”

“To beat procrastination, I use an app called 'forest', which you can get on your phone/pc - I put mine on 'blocklist' so I can only access a few sites”

What do students say helps at home?

- Positive reinforcement – try to look for what is going right and build from there.
- Lacking motivation and lacking understanding often look the same.
- Any reward is a motivation – small and regular works best.
- Know the timetable and offer reminders and encouragement.
- Provide a revision space where possible and a revision pack
- Support us with what is offered in school
- On the day – fuel and ready to go
- Focus apps



The 8 best focus apps

- [Freedom](#) for blocking distractions on all your devices at once
- [Cold Turkey Blocker](#) for scheduled system-wide blocking
- [LeechBlock NG](#) for free browser-based website blocking
- [RescueTime](#) for time tracking with built-in website blocking
- [SelfControl](#) for a nuclear option
- [Session](#) for a combination Pomodoro timer and distraction blocker
- [one sec](#) for adding a little friction to every distraction
- [PawBlock](#) for distraction blocking with cute animal pictures



Revision Advice – useful links

- GCSE Bitesize – old but gold!
- Twinkl – loads of links with advice for parents and students
- REVISION 2024 on Student Shared Area
- Subject website ie.e SENECA for Science
- Social Media (yes you read it right!)
- Exam Board website (past papers and markschemes)
- [Past Papers - PMT \(physicsandmathstutor.com\)](https://www.physicsandmathstutor.com/past-papers/)

[HOME](#)[REVISION COURSES](#)[PAST PAPERS](#)[GCSE / IGCSE](#)[FIND A TUTOR](#)[A-LEVEL](#)[UNI ADMISSIONS](#)[SHOP](#)[TEACHERS' AREA](#)[CONTACT](#)[Home](#) > [Past Papers](#)

Past Papers

Below you will find AQA, CAIE, Edexcel, OCR, Eduqas and WJEC past papers and mark schemes for the following subjects:

GCSEs & IGCSEs

[Biology](#)[English Language](#)[Maths](#)[Chemistry](#)[English Literature](#)[Physics](#)[Economics](#)[Geography](#)[Combined Science](#)[Psychology](#)[History](#)[Computer Science](#)

Connect with PMT Education!



Being Better than AVERAGE

GCSEs are one big competition versus every other 16 year old in the land! How can you win that battle?

Small wins – aim to improve every time.
Your last go should be your best!

What can you sacrifice? 3 month holiday incoming!

Positive mindset –
don't give up attitude

Do slightly more than the minimum and make it quality



Being Better than AVERAGE

Have you accessed your Key Assessment 2 predictions?

Were you happy with them? Was it what you needed? Are you motivated to get higher?

What is the value of a 4, 5 or 7?



Monday 15th April: Tutor Time Activity

If they don't know now, they will by the time they arrive home on Monday!



Drop Ins and Thank You

Members of SLT are now available in the rooms to the left if you wish to put together an action plan

We are here for a short period of time to answer any questions

Thank you for your time this evening

We are here for any questions all the way to the end so please keep talking to us!