

YEAR 11

SESSIONS TO SUCCESS

Session 1 – Brain Storming & How do I plan my mock exam timetable

What are your biggest worries about being in year 11 & preparing for & writing your exams?

How long should I revise for each day?

What subject do I revise for first?

What do I need to cover for these exams?

How to balance IL with revision?

Session 2 – Be prepared to learn

What are my strengths and how can I use them to make sure I am ready to learn?

What do I need to do daily to be ready & prepared to learn?

Who can help me?

What can I do if I cant get what I need?

Session 3 - Why is looking after your mental health important?

What is mental health?

What impact does poor mental health have on our ability to achieve our best?

How does poor mental health present itself?

Session 4 - Mindfulness

The ABC of mindfulness

A is for awareness - Becoming more aware of what you are thinking and doing - what's going on in your mind and body.

B is for "just Being" with your experience. Avoiding the tendency to respond on auto-pilot and feed problems by creating your own story.

C is for seeing things and responding more wisely. By creating a gap between the experience and our reaction to, we can make wiser choices.

Session 5 - Why do I need goals & Aspirations

What are Aspirations?

What options do I have?

Who can help me choose the best options for ME?

Session 6 – How were the Mocks?

Where you happy with your results?

What worked well & what didn't go so well?

What do you need to do differently next time?

Who can help you make the changes?

Session 7 – Revision techniques

Teachers from the English, Maths & Science Departments will come and share the best way to revise for their specific subjects.

They will also share where you can get all the revision resources you may need.

Session 8 – Revision techniques

Teachers from Humanities, MFL & Product Design (including Catering & Textiles) Departments will come and share the best way to revise for their specific subjects.

They will also share where you can get all the revision resources you may need.

Session 9 – Revision techniques

Teachers from the Sociology, Psychology, Health & Social Care & Child Development Departments will come and share the best way to revise for their specific subjects.

They will also share where you can get all the revision resources you may need.

Session 10 – Revision techniques

Teachers from the Music & Art Departments will come and share the best way to revise for their specific subjects.

They will also share where you can get all the revision resources you may need.

Session 11 – How to be in the best physical shape

Mr Randall will be discussing healthy eating and the importance of exercise during exams

Session 12 – Issues from Brainstorming session

We will be looking at some of the issues that came up in the brain storming session

Eg. Panic walking into exam – waiting outside

What happens if I forget everything

Is everyone else watching me

What happens if I have a panic attack

What happens if I am sick on the day etc

Session 13 - Issues from Brainstorming session

Look at some more of the issues that came up in the brain storming session

Session 14

Recap on Mindfulness, Relaxation & Breathing

Session 15 – Revision Timetable

We will help you plan and complete your final
Revision Timetable.

Session 16 – How to manage your relationships during exams

Session 17 – Time to Talk

An opportunity to come and chat & talk in general about what you are feeling great about & what is still worrying you

Session 18 – YOU CAN DO IT!

You have worked so hard and YOU ARE ready.

BREATHE IN YOUR COURAGE

&

BREATH OUT YOUR FEAR

What can you do as parents?

- Watch out for exam stress: irritable, not sleeping well, lose interest in food, worry a lot and appear depressed or negative. Stomach pains & headaches can also be related
- Ensure your child eats well at exam time: a balanced diet at exam time and limit high sugary drinks before exams
- Sleep helps exam performance: children should have between 30 min – 60 min down time before sleep so encourage them not to revise up until they are about to jump into bed. Most teenagers need 8 – 10 hours sleep
- Be flexible at exam time: try and be flexible over chores etc if your child is spending lots of time revising. Staying calm yourself

What can you do as parents?

- Help your child revise: make sure they have somewhere comfortable to study. Talk through their revision timetable with them
- Discuss exam nerves: remind them that feeling nervous is normal and is a natural reaction to exams. Encourage them to do breathing exercises e.g. breathe in for 4, hold for 4, out for 5
- Encourage exercise at exam time: exercise can help boost energy levels, clear the mind and relieve stress
- Don't add to exam pressure: lots of children feel that the greatest pressure at exam time is from their family. Before they go in for an exam be reassuring and positive