

## Mock Exams - Parent's Information

### Mock Exams:

- ◆ The mock exams will take place in the Sports Hall
- ◆ If your child is absent, PLEASE phone before school starts (answerphone) or email the school office
- ◆ Students will catch up with any exams missed at some point during the two weeks
- ◆ Exam dispensation will be given to those with identified and assessed needs

### Equipment:

- ◆ A clear pencil case
- ◆ Black Pen(s)
- ◆ Pencil (s)
- ◆ Highlighters
- ◆ Maths equipment – ruler, dividers, protractors, compass etc.
- ◆ Calculator

### Mock Exams

- ◆ All students received a Mock Exam timetable last week
- ◆ Students have received ideas about revision/timetables during CP
- ◆ A lot of exams over two weeks
- ◆ Start to prepare **now** – understand, condense, memorise, practise
- ◆ Mock results day January date TBC

### What can a parent do?

- ◆ Provide a quiet space for study
- ◆ Take an interest
- ◆ Be positive
- ◆ Encourage revision if your child has not already started
- ◆ Help set up a daily trigger for revision, such as an alarm (make it a daily routine)
- ◆ Remove distractions from revision time – such as a phone
- ◆ Work towards 2 hours per night and 3 hours per day at weekends
- ◆ Understand your child may get stressed and tired
- ◆ Cook a favourite meal or consider other rewards
- ◆ Ensure balance in your child's life

### What should a student do?

- ◆ Have a timetable for organised study
- ◆ Have a plan that focuses on areas of weakness (Weakness, Obstacles, Options, Plan)
- ◆ Understand, condense, memorise, practise (ask your child about these)
- ◆ Identify the (subjects or subject areas) that need the most work. Tackle them first! Don't focus on the stuff you already know!
- ◆ Spend most of your time in the final few weeks on memory and practise
- ◆ Retrieval practice: pulling stuff out of our brains is AS important as putting stuff in (find ways to test yourself)
- ◆ Seek help from teachers
- ◆ Regular breaks in study time (at least every hour)
- ◆ Eat healthily, keep hydrated, exercise, sleep
- ◆ Have balance in your life

### **One's belief in one's ability to succeed**

- ◇ If you think you can or you can't, you're probably right
- ◇ Build self-belief through revision, practise and learning from failure
- ◇ Apply the power of 'yet'. Do not say you can't do something; say you can't do it yet!

### **Parents:**

- ◇ You are the expert on your own child and have always been his/her most important teacher. Your support, encouragement and interest can make a spectacular difference to your child's motivation and ability to cope with the academic and organisational demands of the exams.

### **Routes after Year 11**

- ◇ Students are expected to stay in some form of education or training until they turn 18
- ◇ Options available are:
  - ◇ Sixth Form study
  - ◇ College
  - ◇ Apprenticeships
  - ◇ Training whilst earning
- ◇ With the change to the GCSEs, it is important to ask questions about how the new grades will affect courses. We are encouraging our students to aim for a Grade 5 as these grades are likely to open the most doors for them.