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**Year 11**  
**“The Final Push”**  
**Information Evening**  
**for Parents and**  
**Students**

# Aims of this evening

- Overview of public exams
- What happens on results day?
- Enrolment to Beths Sixth Form
- Sixth form induction
- What students need to be doing now for preparation for revision.
- What effective revision looks like
- Supporting mental health and wellbeing during exams
- **Tour of the new Jubilee Sixth Form Centre**

# Public Exams

- Public exams start on **Thursday 8<sup>th</sup> May**
- Exam timetables (with clashes) handed to students first week back after Easter
- Know your timetable – arrive to exams on time
- Morning Exams begin at 9am and afternoon exams begin at 1.30pm.
- Students must be in full school uniform
- **You must have your school lanyard and pass (Photo ID)**
- Bring the correct equipment



# Results Day / Sixth Form Enrolment

- GCSE results day is **Thursday 21<sup>st</sup> August**
- You collect your results in-person on school site
- Arrive between 8.15am and 10am
- Once you collect your results – go to the ICT rooms 1 and 2. Confirm your final offer to the sixth form and accept your place
- We do not issue results over the phone – if you are not here then contact the exams officer in advance to make arrangements.
- Staff will be on hand to help support students.
- Sixth Form Induction days – **Wednesday 25<sup>th</sup>, Thursday 26<sup>th</sup> and Friday 27<sup>th</sup> June 2025**





# Sixth Form at Beths

- Purpose built sixth form centre (for sixth formers only)
- Meet new people – make new friends
- Over 30 different A-Levels (no other school can match this)
- The timetable is built around you and for you
- We will offer **7 periods across the fortnight** – meaning we will give you more taught hours of lessons with a subject specialist
- Electives – promoting extra-curricular
- Dedicated in-house careers team (work experience for every year 12 student)
- A pastoral structure that continues to support students



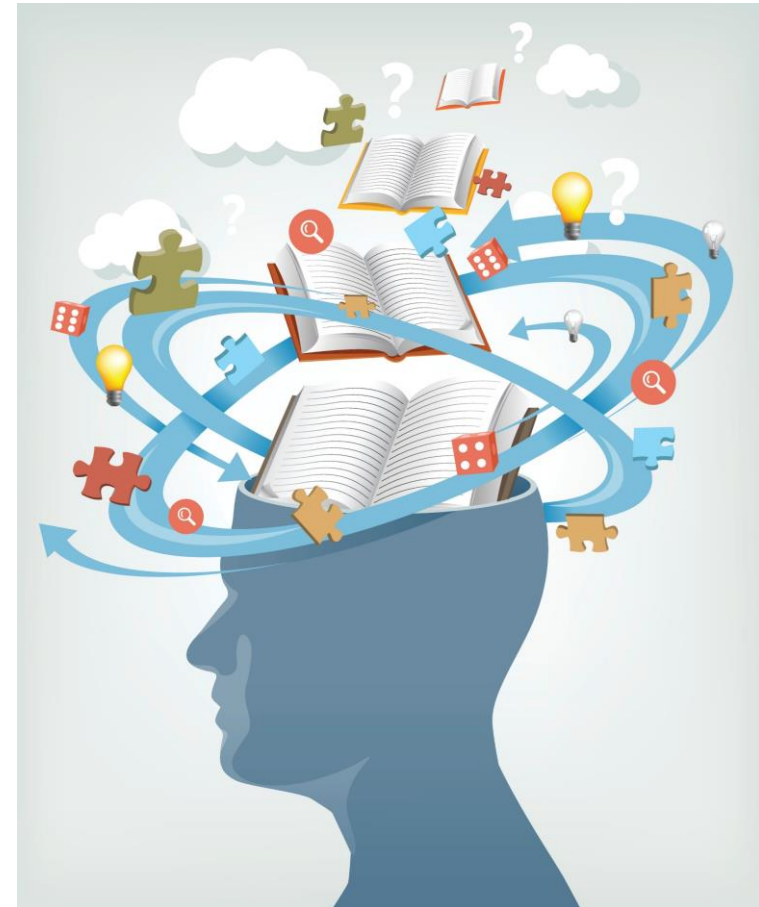
# What to do now?

- Revision should be well underway
- Check your understanding against the specifications (survival guide)
- Complete past papers – mark against the mark scheme
- Map out revision time – factor in rest breaks.
- **Be positive. Rise to the challenge.**



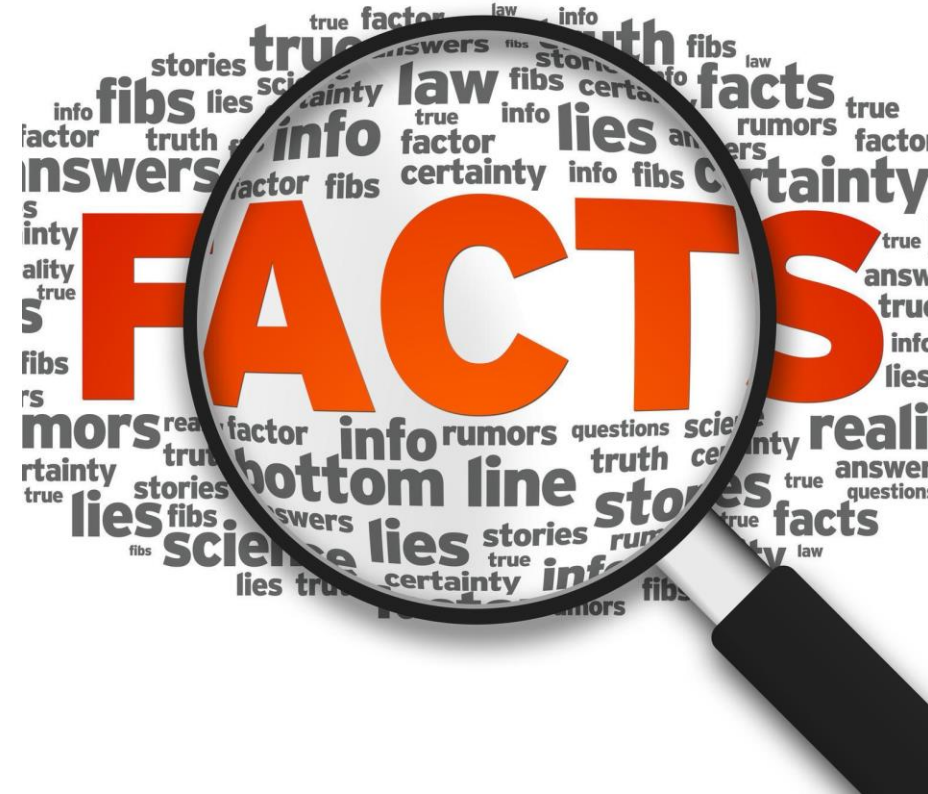
# What should revision look like now?

- Reviewing trial exams.
- RAG the exam specification.
- Think about **FACTS**, **SKILLS** and **EXAM TECHNIQUE**.



# Facts

- Dates
- Places
- People
- Statistics
- Formulae
- Terminology
- Theories/ideas
- Themes/characters
- Events
- Quotations





# Skills

- Comprehension
- Inference
- Analysis
- Evaluation
- Comparison
- Literacy
- Numeracy
- Creativity
- Critical thinking
- Application of theory



# Exam practice

- Understanding what assessment objectives are assessed for each:
  - Subject
  - Paper
  - Question
- Working out how much time THEY need for each question.
- Practising writing to time.
- Looking at the mark scheme to self-assess.
- Supportive peer assessment.
- Asking subject staff to mark additional questions.



## Achieving success at GCSE Year 11 survival guide

For exams 2024

EXCELLENCE  
COMMUNITY  
RESPECT

### LINKS TO THE EXAM SPECIFICATIONS

Subject	Exam Board	Link to the GCSE Exam Specification
Art	Edexcel	<a href="https://www.pearson.com/qualifications/gcse/art">Edexcel GCSE and GCE 2014 (pearson.com)</a>
Biology	OCR	<a href="https://www.ocr.org.uk/qualifications/gcse/biology-a-gateway-science-j247-specification">OCR GCSE (9-1) Biology A (Gateway Science) J247 Specification</a>
Business Studies	AQA	<a href="https://www.aqa.org.uk/qualifications/gcse/business-studies">GCSE Business Specification</a>
Chemistry	OCR	<a href="https://www.ocr.org.uk/qualifications/gcse/chemistry-a-gateway-science-j248-specification">OCR GCSE (9-1) Chemistry A (Gateway Science) J248 Specification</a>
Computer Science	OCR	<a href="https://www.ocr.org.uk/qualifications/gcse/computer-science-j277-specification">GCSE (9-1) Computer Science J277 Specification (ocr.org.uk)</a>
Drama	EDUQAS WJEC	<a href="https://www.edugas.co.uk/gcse-specification-template">GCSE Specification Template (edugas.co.uk)</a>
DT	Edexcel	<a href="https://www.pearson.com/qualifications/gcse/design-and-technology-specification-1dt0">GCSE Design and Technology Specification (1DT0) (pearson.com)</a>
Economics	AQA	<a href="https://www.aqa.org.uk/qualifications/gcse/economics">GCSE Economics Specification</a>
Electronics	EDUQAS	<a href="https://www.edugas.co.uk/gcse-specification-template">GCSE Specification Template (edugas.co.uk)</a>
English Language	AQA	<a href="https://www.aqa.org.uk/qualifications/gcse/english-language">GCSE English Language Specification</a>
English Literature	AQA	<a href="https://www.aqa.org.uk/qualifications/gcse/english-literature">GCSE English Literature Specification</a>
French	AQA	<a href="https://www.aqa.org.uk/qualifications/gcse/french">GCSE French Specification</a>

# Check the specification

What you need to know – what the examiners could test you on

## 4.1.5.3 Perfect competition

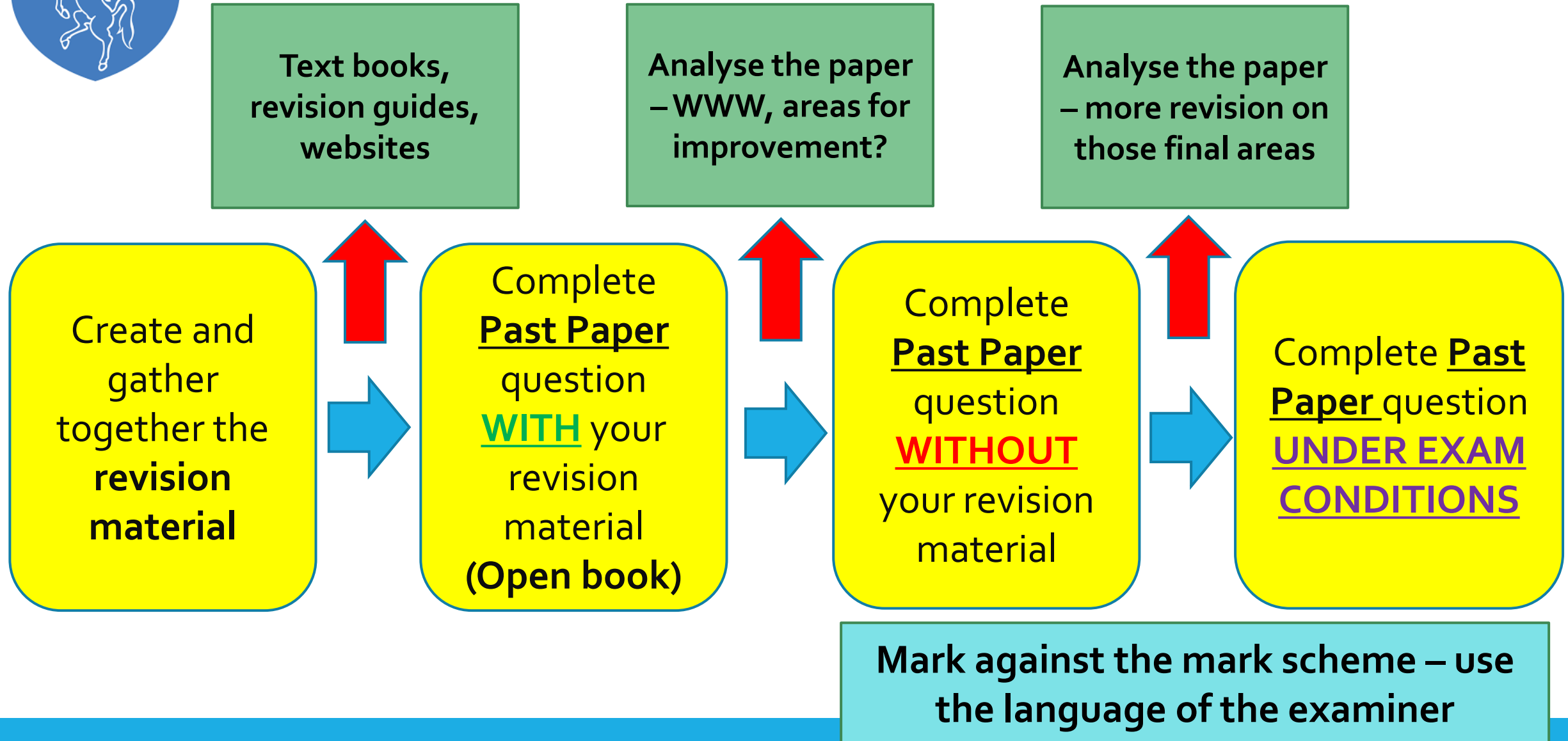
Content	Additional information
<ul style="list-style-type: none"><li>• The formal diagrammatic analysis of the perfectly competitive model in the short and long run.</li><li>• The implications of the following for the behaviour of firms and the industry: large numbers of producers, identical products, freedom of entry and exit, and perfect knowledge.</li><li>• Firms operating in perfectly competitive markets are price takers.</li><li>• The proposition that, given certain assumptions, relating for example to a lack of externalities, perfect competition will result in an efficient allocation of resources.</li></ul>	<p>Students should be aware that perfect competition, in both product and labour markets, provides a yardstick for judging the extent to which real world markets perform efficiently or inefficiently, and the extent to which a misallocation of resources occurs.</p> <p>Students should also be able to assess critically the proposition that perfectly competitive markets lead to an efficient allocation of resources.</p>

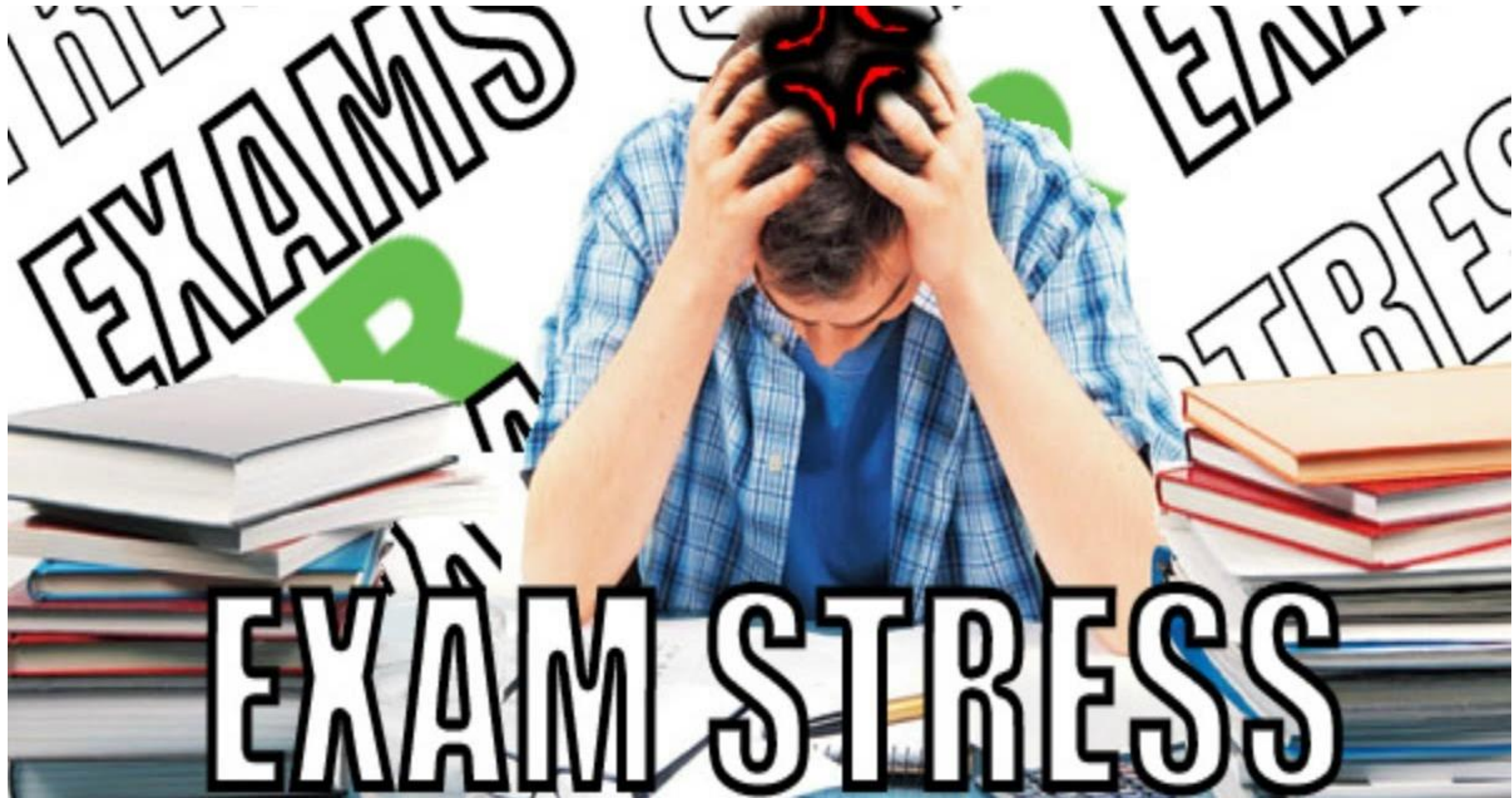




# "Proactive study" – Effective Revision

## The Revision Process



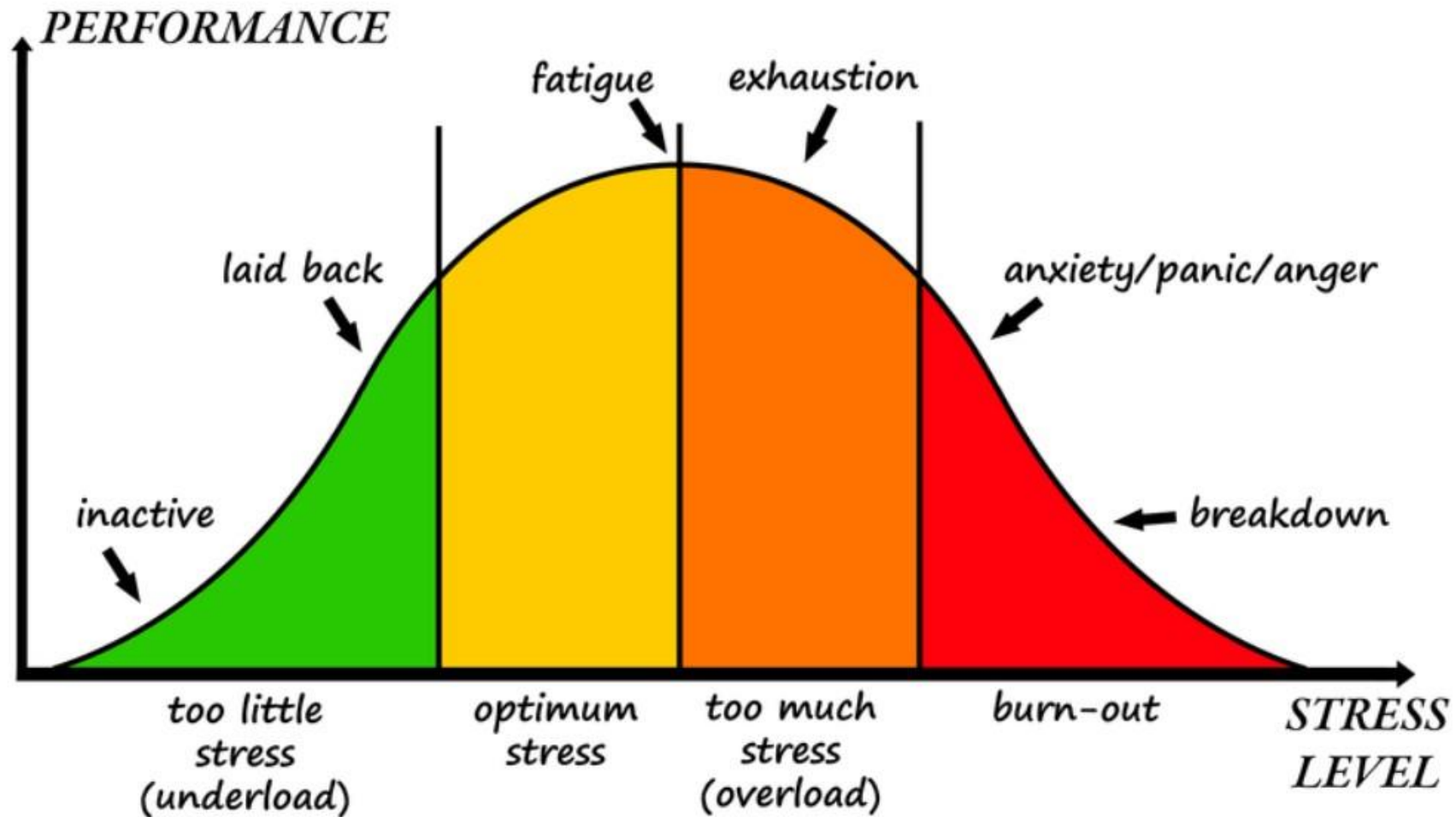


# What is stress and why do we get it?

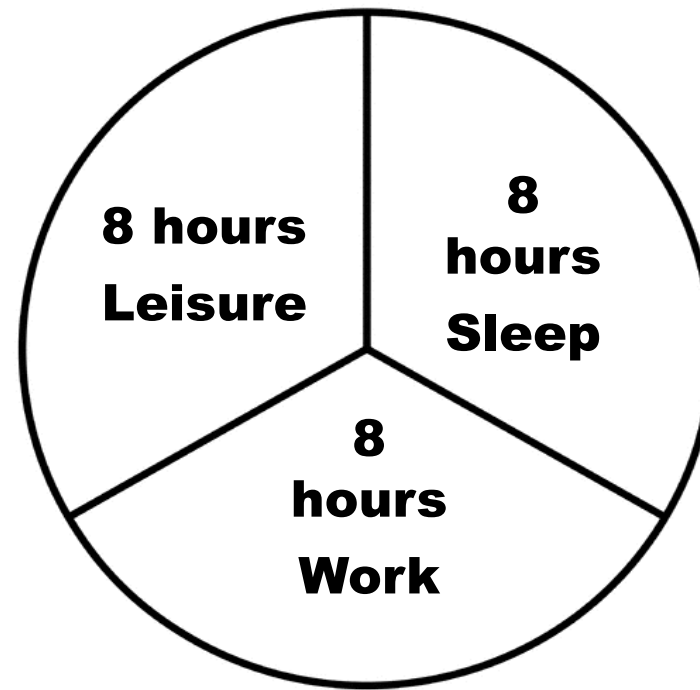
- Stress is your body's response to mental or emotional pressure
- Occurs when something is important to us and we want it to go well
- It can affect how you think, feel and behave as well as how your body works
- However, in the right quantity, stress motivates us and enhances performance



# STRESS CURVE







# Work

- When - are you an early bird or a night owl ?
- Where - school, home, library?
- How - what type of revision technique suits you and the subject, what type of learner are you?
- Revision timetable – plan and be specific

After School	Monday	Tuesday
5pm to 6pm	English Homework	Memorise for Spanish
6pm to 7pm	Dinner and chores	Dinner and chores
7pm to 9pm	Maths revision (Probability)	History revision (Weimar and Nazi Germany)
9pm to 10pm	Relax	Play computer games with friends

# What can we do to help ourselves?

## Sleep

Consolidates memory

Have a regular bedtime routine

Search sleep hygiene for more information

## Exercise & Relaxation

Reduces stress

Boosts energy and mood

## Food and Drink

Are you eating/drinking healthily? Three regular meals?

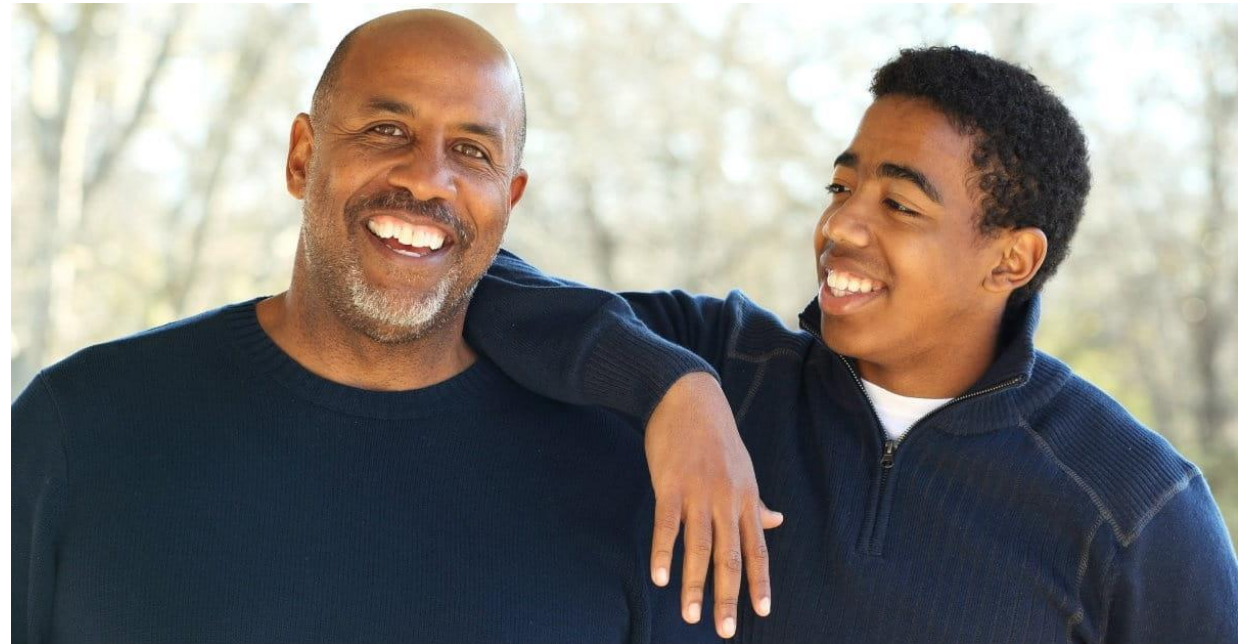
Drink plenty of water

Reduce your stress levels by eating more vegetables and fruit, such as **spinach, oranges, bananas, avocado, kale, and broccoli.**

Certain foods/drinks increase stress: fruit juice, fizzy or energy drinks, caffeine, alcohol

# What can parents do to help?

- Talk to your child about exam stress – where would they put themselves on the stress curve, what happens to them when they feel stressed and how can they relieve this? Try the stress bucket activity
- Help your child to keep a healthy perspective
- Let your child lead
- Encourage, praise and reward
- Offer to test their learning/knowledge
- Ensure eating/drinking and sleeping well
- Ensure regular breaks/exercise taken





Success is  
like an  
iceberg



# Take home message!

**To optimise your GCSE performance:**

**Work hard, play hard  
and sleep well - in  
equal measure!**



# Stress bucket

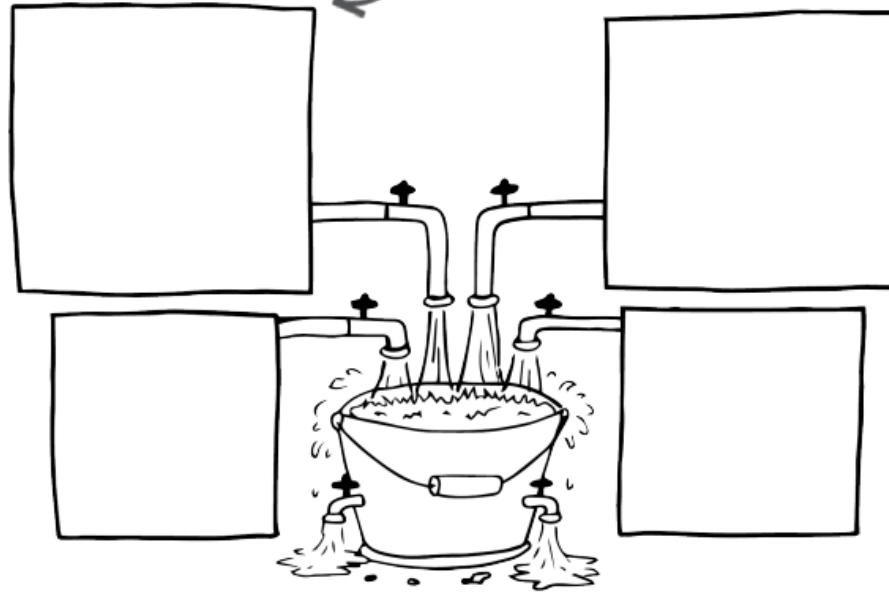
It is normal to feel stress at times. Some stress can be good, but too much can cause you to feel anxious or depressed, which might affect your sleeping, eating habits and general wellbeing.

When your pupils feel worried, the stress bucket is a visual way for them to communicate this, and this can help you develop strategies that best support the needs of each pupil in your class.

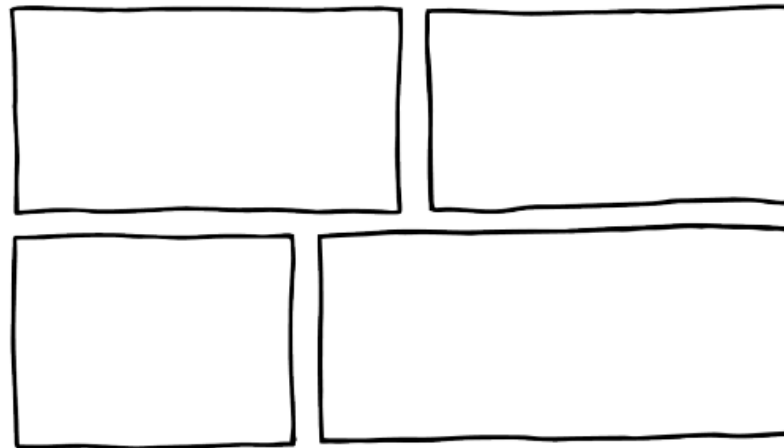
## Instructions:

1. Above the bucket are taps and the things that cause you stress. Using the boxes, draw or write the things that are making you worry. It might be too much homework, friendship issues, back-to-school anxiety.
2. The below taps are the things that help you release stress. Using these boxes, write or draw the things that help you manage this feeling. It could be talking to friends, exercise or spending time with pets.
3. If your pupils find it helpful to discuss their stress bucket, encourage them to form small groups to complete the activity together.

This is making me feel stressed...



But this is what helps me...



# Sources of further information/support

- School staff – Form tutors, subject teachers, Head of Year (Mr McBeth), Assistant Head of Year (Mr Timothy), IEN, School Counsellor (Denise)
- [Stress Bucket Activity | Mental Health Resources | YoungMinds](#)
- [www.themix.org.uk/work-and-study/study-and-exam-tips/exam-stress-1241.html](http://www.themix.org.uk/work-and-study/study-and-exam-tips/exam-stress-1241.html)
- [www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/exam-stressanxiety/](http://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/exam-stressanxiety/)
- [www.stressbusting.co.uk/how-to-deal-with-exam-stress/](http://www.stressbusting.co.uk/how-to-deal-with-exam-stress/)
- [www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/](http://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/)
- [Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)