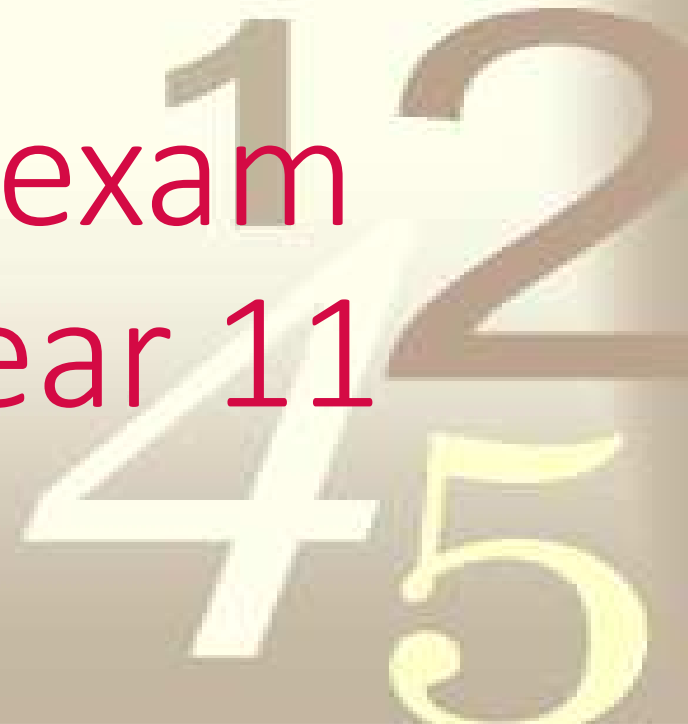




Croeso Welcome

Managing the exam
process with Year 11



Key dates for Year 11 pupils

Key dates

- Non Examined Assessments (previously known as CATs with take place through out the year
- Some classes may be doing external exams in November.
- Year 11 Mocks will take place between the 26th November and 7th December
- Mock results will be issued on 14th December
- A key event for many of you will be the Ysgol Eirias 6th Form Opportunities evening which will be held on Thursday 24th January at 7pm.
- Year 11 reports will be issued on 25th January 2019
- Year 11 parents evening will be on 2nd April 2019
- The summer external exam season begins 7th May (This is before year 11 students leave school.) and end on 25th June.
- Yr 11 presentation evening will be on 23rd May 2019 at Venue Cymru

Year 11 CAT's and Exam Information 2018 -2019

Subject	CAT info and date	% of GCSE mark	Exam info and date	% of final GCSE mark
Art	Coursework unit – prep and final piece in lessons by Dec 2018	60%	Exam - prep in class Jan – April 2019 Final piece April 2019	40%
Business Studies			Friday 24th May (am) Unit 1 Tuesday 4th June (pm) Unit 2	62.5% 37.5%
Child Development	Unit 3 Child Focused Task Oct –March 2019	30%	Unit 1- Written Paper June 2019	40%
Computer Science	Unit 3 Software Development 27/09/2018-28/02/2019	20%	Unit 1 Understanding Computer Science 13/05/19 am Unit 2 Computational Thinking and Programming 16/05/19 pm	50% 30%
Drama	Unit 1 October 24 th 2018 Unit 2 April 2019 (TBC – visiting examiner)	40% 20%	Unit 3 17 th May 2019	40%
Engineering	Phone Charger CAT November 2018 Practical Work CAT March 2019	25% 50%	Solving Engineering Problems May/June 2019	25%
English	Unit 1 Speaking & Listening 24 th September and 15 th October 2018	20%	Unit 2 4 th June Unit 3 7 th June 2019	40% 40%
English Literature			Unit 1 Resit 15 th May 2019 Unit 2 23 rd May 2019	35% 40%
Fashion and Textiles	Coursework unit – prep and final piece in lessons by Dec 2018	60%	Exam - prep in class Jan – April 2019 Final piece April 2019	40%
Food and Nutrition	Food Investigation Practical Jan 2019	20%	Written Examination	40%
French			Speaking – Between 8th April – 10th May Listening – Tues 14th May a.m. Reading – Tues 14th May a.m. Writing – Fri 17th May a.m.	25% 25% 25% 25%
Geography	October 2018 class prep November 2018 2.5 hours write up	20%	Tuesday 21st May (PM) Unit 1 exam Wednesday 5th (PM) June Unit 2 exam	40% 40%
German			Speaking – Between 8th April – 10th May Listening – Wed 12th June p.m. Reading – Wed 12th June p.m. Writing – Mon 17th June a.m.	25% 25% 25% 25%
Graphic Communications	Coursework unit – prep and final piece in lessons by Dec 2018	60%	Exam - prep in class Jan – April 2019 Final piece April 2019	40%



1. Dates for CATs are correct at the time of publication but may be subject to change.
2. Holidays are strongly discouraged during the school term. In the event of planned absence, Parents/Guardians should contact the Head of Learning, Miss Alexander.
3. Where CAT tasks are missed by students, though alternative arrangements can be made in exceptional circumstances e.g. medical illness, the school is under no obligation to provide opportunities outside of normal school hours for completion of the task. Given this, full attendance of pupils is advised.
4. The exams listed are GCSE exams that contribute to their final GCSE mark. Yr 11 Mock exams will take place week beginning 26th Nov 2018.
5. Individual exam timetables for pupils will be forwarded in March 2019 (16c). Please note, timetables for GCSE subject exams in May/June 2019, can be accessed via the websites of Examination boards e.g. WJEC.

History			Unit 1: Depression War and Recovery exam 2 Monday 3rd June (am) Unit 3: Health and Medicine exam Tuesday 11th June (pm)	25% 30%
			RESIT - Unit 2 USA: A Nation of Contrast exam. Thursday 6th June (pm)	25%
ICT	Unit 3 Multimedia Product	60%	Unit 3 ICT in Organisations Thursday 16th May 2019 PM	40%
Leisure and Tourism	Unit 1 Customer Experience Unit 2 Business of Tourism Unit 3 Developing Tourist Destinations	25% 25% 50%	All Year 13th May 2019 All Year	25% 25% 50%
Maths			21 May AM Unit 1 6 June AM Unit 2 Numeracy: 7 May Am Unit 1 9 May AM Unit 2	
Media Studies	Unit 3 : Ongoing till Christmas	40%	Unit 1:3 rd June pm/Unit2: 10 th June	60%
Music	-Solo Performance and Programme Note -Free Composition Recording -Ensemble Performance -Brief Composition and Composition Evaluation	20% 15% 15% 20%	October 22nd/23rd 2018 November /December 2018 March 7th/8th 2019 2nd/3rd/4th April 2019	20% 15% 15% 20%
Philosophy & Ethics full course and RS short course			Philosophy & Ethics Full Course 20th May RS Short Course 13th May	50% 100%
Physical Education	External practical moderation & PFP review, Spring term - date TBC.	50%	TBC	50%
Product Design	NEA Contextual project 5th March	50%	2 hour exam paper May/June 2019	50%
Double Award Science	2 x 2hr practical exams between Jan 7 th and Feb 22 nd (actual dates to follow)	10%	3 modules already sat in Year 10 3 modules in May 2019 : Biology – Tuesday 16th May pm Chemistry – Thursday 16th May am Physics – Wednesday 22nd May am	45% (15% for each)
Welsh			Unit 1 (Group Oral RESIT) 27-29 March Unit 2 (Group Oral) 3-5 April Unit 3 (Reading and Writing) May 8th am Unit 4 (Reading and Writing)May 10th am	25% 25% 25% 25%
.				

Monday 26 November	Maths (Numeracy) Paper 1 1¾ hrs	233	Welsh 2 nd Language 1½ hrs Welsh 1 st Language 1½ hrs	205 33?
Tuesday 27 November	English Language 2 hrs	233	RS (Short) 1hr RS (Full) 1hr	200 18
Wednesday 28 November	Maths (Numeracy) Paper 2 1¾ hrs	233	English Literature 1hr	200
Thursday 29 November	Business Paper 1 2hrs	64	Science 1½ hrs	233
Friday 30 November	Maths Paper 1 1¾ hrs	233	History 1hr	116
Monday 3 December	Maths Paper 2 1¾ hrs	233	ICT 1½ hrs Food & Nutrition 1½ hrs Drama 1hr	48 19 (- 4) 42 (- 4)
Tuesday 4 December	Computer Science 2hrs Product Design 2hrs Child Development 1½ hrs Engineering 1½ hrs Media 1½ hrs	10 12 12 21 17	Geography 1½ hrs Clashes: Food & Nutrition 1½ hrs – 4 pupils Mia Jones, Chloe Morgan, Tegan Stanton, Declan Wood Drama 1hr – 4 pupils Teigan Crees Jones, Lewis Dixon, Megan Evans, Alicia Lomas	68 4 4
Wednesday 5 December	PE Audio-Visual 30 minutes Written paper 1¾ hrs	52	French Reading 1 / 1¼ hrs German Reading 1 / 1¼ hrs	40 25
Thursday 6 December	P1 French Listening 35/45 mins P2 German Listening 35/45 mins	40 25	Business Paper 2 1½ hrs	64
Friday 7 December	Geography NEA 2 ½ hrs	68		

Year 11 Mock Exams

Year 11 mock exam preparation week is 19th-23rd November.

The Mock exams are timetabled over a two week time period from Monday 26th November- Friday 7th December.

All exam results will be distributed to pupils as a mock results day on Friday 14th December.

A number of year 11 pupils also have Maths and Numeracy exams during November (6th, 8th, 12th and 14th) which are real exams. They have had timetables for this if it applies to them.

Exam rules and regulations

- Pupils must arrive outside the canteen by **8.40am** for morning and **1.10 pm** for afternoon exams and line up in alphabetical order (11C nearest the wall.)
- Pupils will be seated in the Hall/Gym as appropriate. Details given by HoL.
- All pupils should ensure they have the correct equipment. Black pens, pencils, ruler, maths sets, calculators etc. Clear pencil cases (or plastic bags) are required.
- All MP3 players, mobile phones and electronic devices must be switched off and handed in at the start of the exam. Any breach of this will result in **all** of their exam papers being cancelled. The items are kept safe and handed back at the end of the exam.
- All pupils must wear normal uniform during the exam period.
- All watches must be removed but may be placed on the exam desk.
- Clear water bottles are allowed but the label must be removed.
- Exam regulations begin as soon as pupils enter the venue. If pupils turn round, 'make noises', or communicate in any way, papers may be cancelled.
- If a pupil is ill and will miss an examination it is essential for school to be contacted before 8.15.



Revision Techniques

I HATE



REVISION

Is this the **answer**?



eat. sleep. revise. And repeat.

What does **research** say?

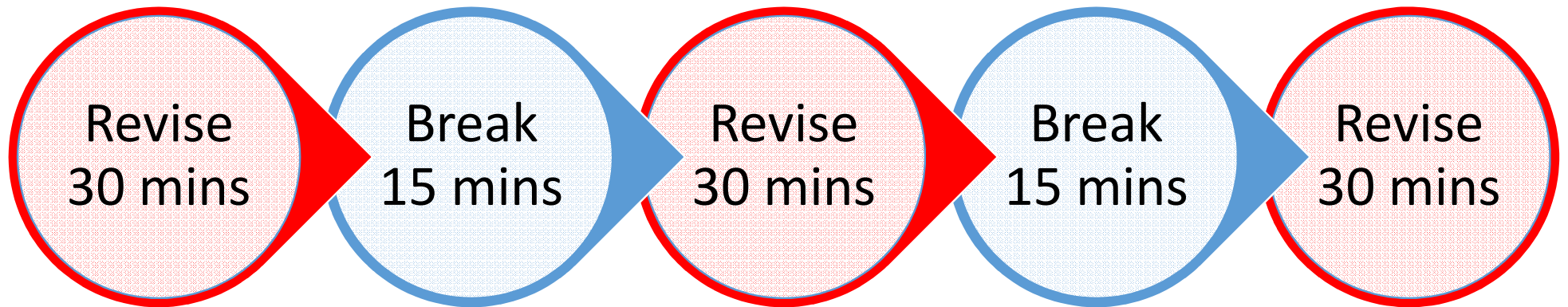
Effective revision involves:

1. Focusing on your weaker areas for a subject e.g. Waves in Physics. Revising what you already know and understand wastes your revision time. What do you know? What don't you know? **Focus** your revision on the latter.



Effective revision involves:

2. Regular, concentrated, shorter periods of revision with breaks included. **Don't** spend every waking hour revising, focus on quality revision for shorter periods e.g. On a revision night after school over a 2 hour period:



Effective revision involves:

3. Mixing up your revision topics so that your brain is forced to remember the learned material.

Don't spend all day on one topic/subject, your brain loses interest.



Think about your timetable in school, if you had English Period 1 to 3 , would you be as engaged period 3 as period 1?

Revision Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Topic	Maths – Area and Perimeter 30mins		RS – Islamic Beliefs 30mins	English Lit – Of mice and men 30mins		Physics – Static Electricity 30mins	Biology – Ecology 30mins
15 mins break	✓		✓	✓		✓	✓
Topic	Physics – Motion and Forces 30mins		Maths – Trigonometry 30mins	Physics – Motion and Forces 30mins		RS – Christian beliefs 30mins	Physics – Light 30mins
15 mins break	✓		✓	✓		✓	✓
Topic	History – Cold War 30mins		English Lit – Of mice and men 30mins	English Lang – Writing 30mins		Maths – Percentages 30mins	Biology – Human Body 30mins
15 mins break	✓		✓	✓		✓	✓
Topic						History – USA 30mins	History – Cold War 30mins
15 mins break						✓	✓
Topic						Chemistry – Atomic Structure 30mins	Chemistry – Periodic structure 30mins
Total hours	1.5hrs		1.5hrs	1.5hrs		2.5hrs	2.5 hrs

Effective revision involves:

4. Revising in the **morning** rather than late at night

5. Thinking what type of learner you are – Auditory or Visual?? Would you revise better using e.g. You Tube clips?

6. Keeping **healthy** and being **active**

YOUR TOP 10 TIPS FOR STUDY SKILLS

1. FIND THE BEST STUDY METHOD FOR YOU
2. EAT WELL
3. EXERCISE REGULARLY
4. STAY POSITIVE
5. GET ENOUGH SLEEP
6. TAKE BREAKS
7. SET GOALS
8. FIND THE BEST STUDY TIME FOR YOU
9. EXAMS CAN BE GOOD!
10. SLEEP ON IT



**WORK
SMARTER
NOT
HARDER**



PRIORITIES



- 1.
- 2.
- 3.



Revision Apps



Gojimo

GCSE Revision Timetable

This week 20th - 26th April Week Month

See earlier	Mon 20th	Tue 21st	Wed 22nd	Thu 23rd	Fri 24th	Sat 25th	Sun 26th
09:00 - 10:00	GCSE Law	AS Mathematics	AS Psychology	AS Biology	AS Psychology	Lie in	Lie in
10:00 - 11:00	AS Mathematics			add activity	add activity	Badminton	AS Psychology
11:00 - 12:00	AS English Literature (AQA)	Free time	AS Biology	GCSE Law	AS English Literature		add activity
12:00 - 13:00	AS Mathematics (Edexcel)	add activity	add activity	AS English Literature (AQA)	add activity	AS Biology	AS Mathematics (Edexcel)
13:00 - 14:00	Extra Maths revision	AS English Literature	add activity	AS Biology	Lunch with Izzy	AS Biology	add activity

How to manage the pressure

Stress...

What is stress?

At the most basic level, stress is our body's response to pressures from a situation or life event. What contributes to stress can vary hugely from person to person.

Stress may occur when:

- We experiencing something new or unexpected,
- We feel threatened or
- If we feel little control over a situation.

Just enough stress can be a good thing: For example, feeling a little stress about a test that's coming up can motivate you to study hard.

Stress overload is a different story. For example, stressing out too much over a test can make it hard to concentrate on the material you need to learn.

— too much stress isn't good for anyone.

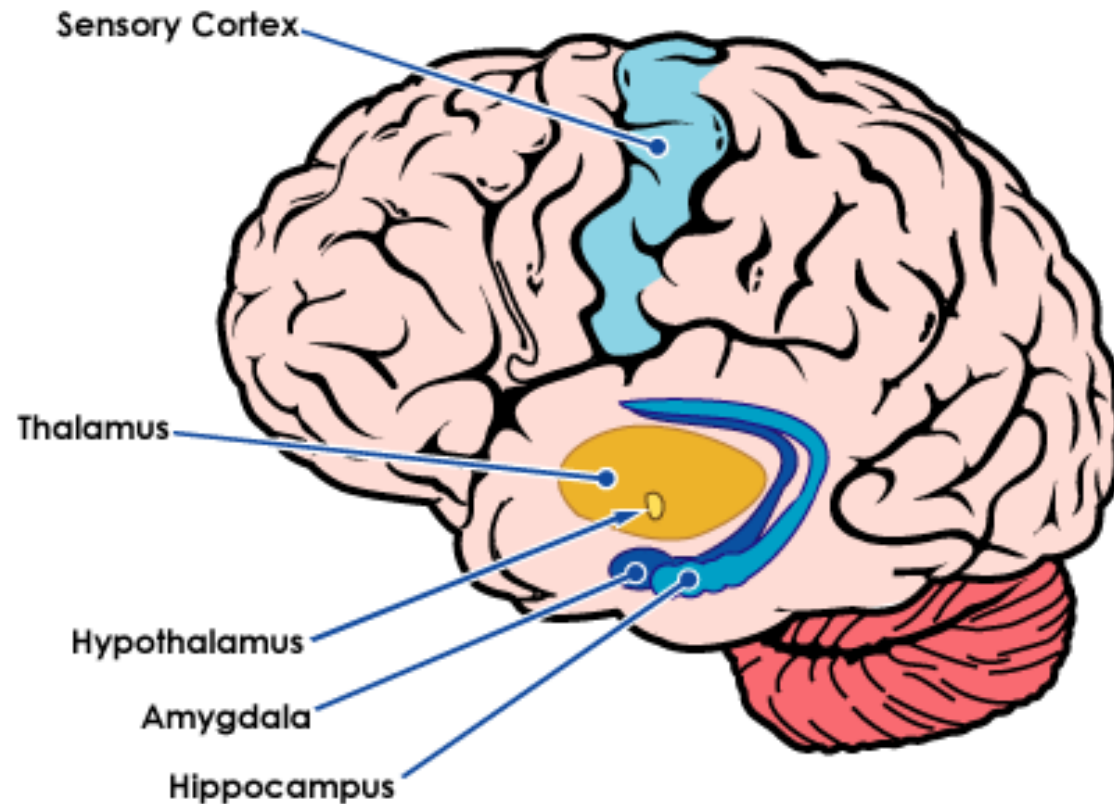
Stress... The science bit!

The human body responds to stress triggers by activating the nervous system and specific hormones.

The **hypothalamus** signals the adrenal glands to produce more of the hormones **adrenaline** and **cortisol** and release them into the bloodstream.

These hormones **speed up heart rate, breathing rate, blood pressure, and metabolism**

Parts of the Brain Involved in Fear Response



Triggering Fight or Flight

- This makes our body respond in the following way
- **Blood vessels open wider** to let more blood flow to large muscle groups, putting our muscles on alert.
- **Pupils dilate** to improve vision.
- The **liver releases** some of its stored **glucose** to increase the body's energy.
- And **sweat** is produced to cool the body.
- All of these physical changes prepare a person to react quickly and effectively to handle the pressure of the moment



Exams causing your stress?...

- Stress doesn't always happen in response to things that are immediate or that are over quickly.
- **Ongoing or long-term events (E.g.exams) can cause stress too.**
- Long-term stressful situations can produce a lasting, low-level stress.
- The nervous system senses continued pressure and may remain slightly activated and continue to pump out extra stress hormones over an extended period. This can wear out the body's reserves, leave a person feeling depleted or overwhelmed.
- The secret is long slow preparation not a fast last minute rush!



Who ya gonna call?? Stress busters!!

1. Preparation

Prepare Prepare Prepare, Keep up to date on your workload. Know when your deadlines are, keep an organised and tidy room and study space



PRIORITISE- It can be overwhelming to look at all of the tasks you need to complete. Write a list, tackle the things that can be easily sorted and cross them off to make you feel better.

Plan your time and keep a balance, make sure there is some me time built into your programme As the saying goes - All work and no play.....



2. Lifestyle

GET PHYSICAL- Physical exertion provides you with an outlet for mental stress. Blow off steam by walking, running, getting involved in a sport etc



EAT WELL – A balanced diet with plenty of fresh fruit and vegetables will keep your body healthy. Avoid excessive caffeine fizzy drinks and fast foods. Eat fewer snacks. Drink more water

SLEEP WELL-Most people need at least 7-8 hours of sleep every night. Lack of sleep results in poor coping strategies for managing stress and ‘fuzzy’ thinking.



Put the gadgets away. Restrict them to certain times

3 Support systems

DEVELOP A STRONG SUPPORT SYSTEM-People feel and do better when they are not isolated or alone. You need people in your life who you feel comfortable to talk, laugh, cry, study, and celebrate success with.

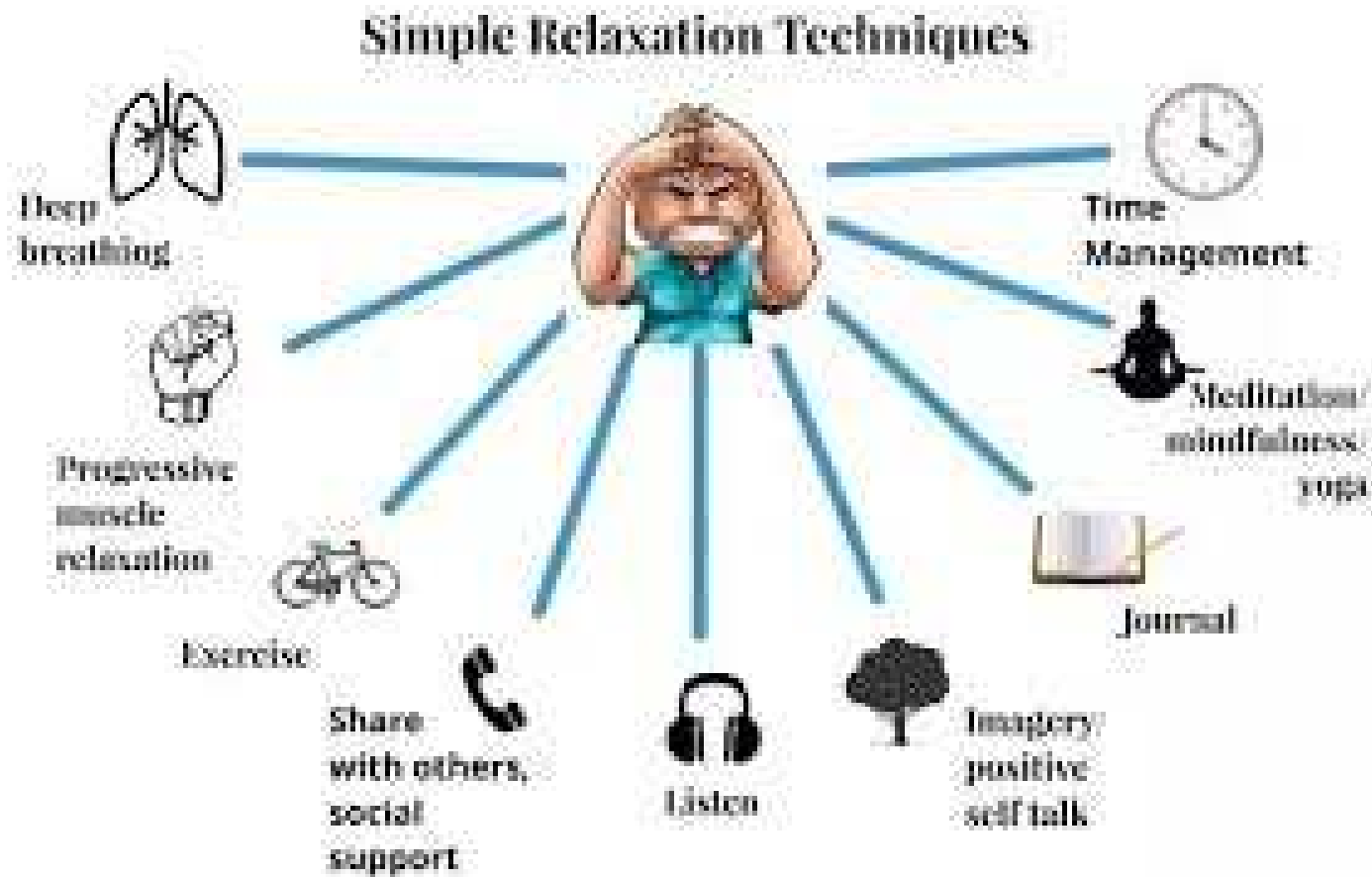


POSTIVE SELF-TALK-Thoughts, feelings, and behaviours are connected. Keep a positive mindset. Believe in yourself Think you can not you can't !!

Learn to say 'NO'- When you say 'yes' to someone or something else, you say 'no' to yourself. If you really need to study, try to arrange a different time.

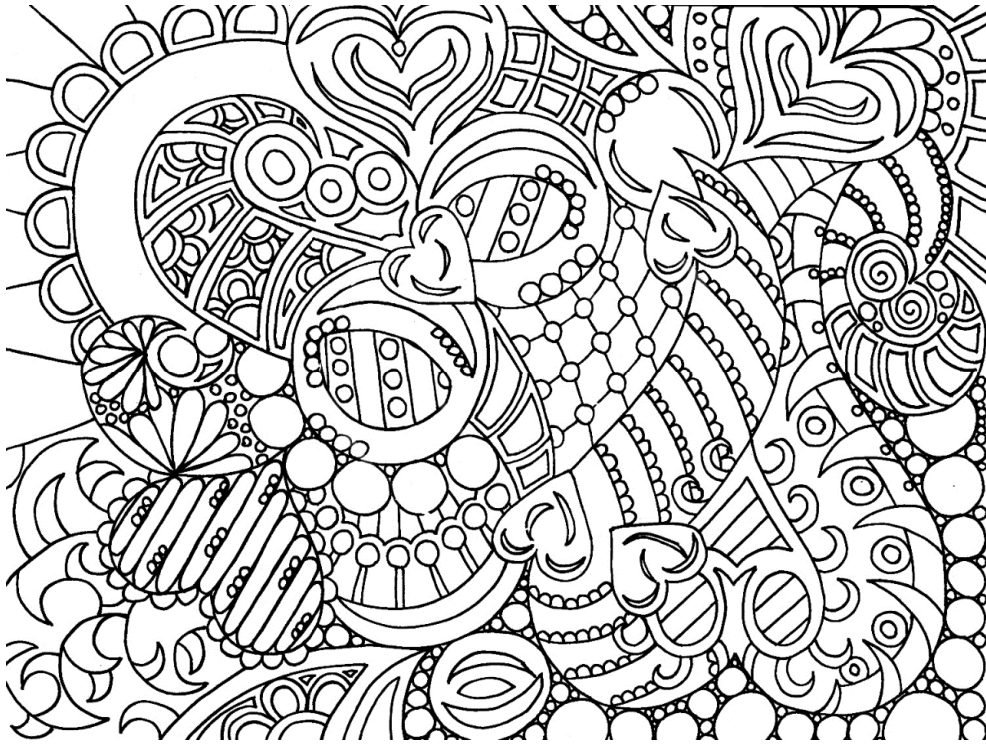


4. Relaxation techniques 1



4. Relaxation techniques 2

5 minutes of calm colouring in
is said to relax and calm tension.

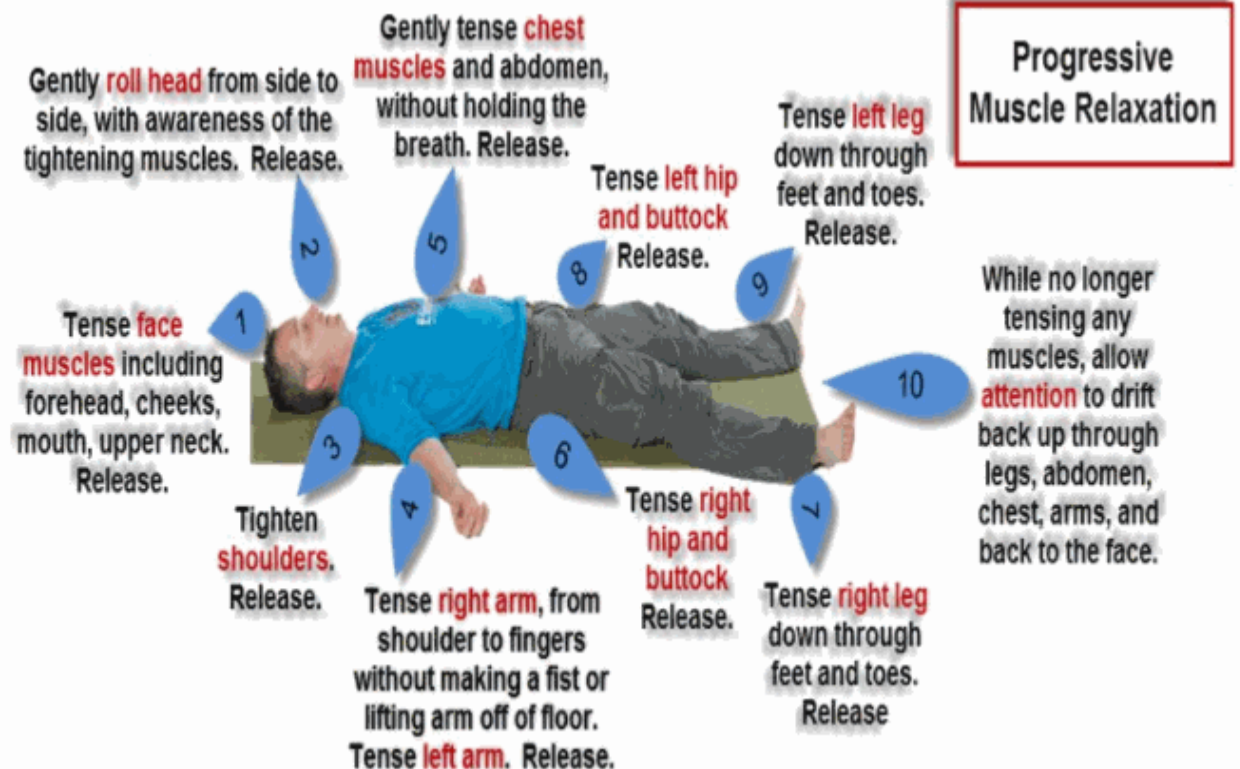


The release of endorphins following exercise combats
stress.



4. Relaxation techniques 3

- Sit quietly in a comfortable position.
- Close your eyes
- Breathe through your nose. Become aware of your breathing each time you breathe out, say a positive word to yourself. (Phil 4:11)
- Deeply relax all your muscles, beginning with your extremities and work up to your head. Keep each area of your body relaxed.
- Don't worry about achieving a deep level of relaxation. Maintain a positive attitude and permit relaxation to occur at its own pace.
- Expect distracting thoughts and images to occur, but when they do, ignore them and continue concentrating on your "word".
- When you are relaxed, visualize yourself in a pleasant setting, at the beach, in the mountains, or in a cool forest. (Use a photo as a reference – a favorite vacation for example.)
- Memorize this setting and recall it at other times when you want to relax.
- Continue for a minimum of 5-10 minutes.



5. Talk to someone

If you are really feeling the pressure **DO NOT** keep it to yourself. **If it is a particular subject, talk to your teacher and ask for guidance. Teacher want you to do well – we want to help you. If it's more general speak to Miss Alexander or Mrs Hodgekinson, You can even talk to your parents your parents. You could talk to your friends (but remember they may not have the skills to help you)**

When you've done everything you can to manage your stress and stay healthy and you still feel overwhelmed, can't sleep, lose or gain significant weight, or just don't feel yourself then it may be a good idea to seek professional support from your doctor. It's OK to ask for help!