



Saint Joseph's
CATHOLIC SCHOOL

Exam Information Evening

Your Pack consists of:

Exam Timetable x 2

School Exam Information Booklet

JCQ Instructions for Candidates

School Information Booklet:

- Rules & Regulations
- Timings
- AM exams – Reg at 8:55, Exams begin at 9:15
- PM exams – Reg at 12:40, Exams at 1pm
- Inform us of illness before 8am by calling school switchboard (medical evidence)
- FAQ section - 'what if...'

JCQ Instructions:

- Rules & Regulations



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Welcome

We will cover the following:

- Expectations
- How to prepare the night before
- How to prepare on the morning
- How to deal with stress and support we can offer
- Exam Timetables





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Expectations – Pupil

- You arrive in full uniform
- You arrive on time – 15 mins before the start of the exam
- Do not bring in a watch.
- You have all of your equipment including :
 - i. Black ball point pen and 2 spares
 - ii. Ruler
 - iii. Calculator





How to prepare the night before...

- Stop revising at a reasonable time.
- Have a good meal.
- Switch off screens an hour before sleep.
- Prepare uniform.
- Pack equipment.
- Headspace App. – Pupils can use the school email address to login.





In the morning...

- Get up in plenty of time. No rushing.
- Have breakfast.
- Double check bag and equipment.
- Bottle of Water – No label
- Leave to get to school in plenty of time.
- Wear full school uniform.
- Do not bring in valuables – Air pods, Apple watches, etc.





Arrival at school...



- Canteen will be open from 8.30 to buy food
- Pupils will be able to congregate in the canteen.
- Staff will be there to discuss last minute worries and questions.
- Bags will be left in the canteen side room.
- Ensure phones are switched off, and left in bags and no electronic devices (including watches) taken into the hall.



How to deal with stress and how we can support you

In school:

- Pastoral
- Subject support from teachers
- Mr Brown
- Mrs Sheffield

Outside of school:

- Headspace app
- School website – lots of resources
- Revision Guides
- Look after yourself:
- Go for a walk
- Speak to friends & family
- Carry on with you hobbies!



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School Website

<https://sjcs.org.uk/revision/>

Booklets:

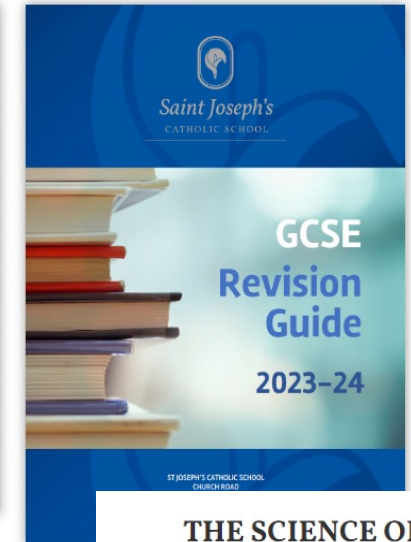
1. Science of revision (2 pages)
2. Reaching your potential – useful guide on practical revision tips and techniques
3. GCSE Revision Guide – Subject Specific tips and techniques
 - What you need to do
 - Where to go for resources

HELPING YOU PREPARE
FOR YOUR EXAMS

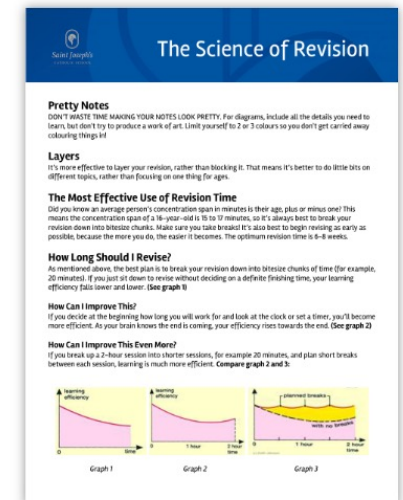


[Download](#)

GCSE SUBJECT REVISION
GUIDE



THE SCIENCE OF
REVISION



[Download](#)



School Website

<https://sjcs.org.uk/revision/>

Parent Videos on Study Skills & How to Help your child:

- Effective Revision Techniques (15mins)
- How the Teenage Brain works (10mins)
- Myths about Revision (9 mins)
- Things to avoid saying to your child (7 mins)
- Getting organised – timetables & flashcards (12 mins)

PARENT STUDY SKILLS SESSIONS

EFFECTIVE REVISION TECHNIQUES
Y11 Parent Support (Part 1)
Some more effective than others
2013 study in the USA on revision methods
• Least effective:
• Highlighting
• Rereading
• Making Notes
• The "do-it-for-me" doesn't "take"
• It's not what your child will be doing in "the exam!"
• Most effective:
• Practice testing
• Spaced repetition
• Retrieval practice
• See videos on teacher provided lists
• Our "best" notes:
• Lots of spaced test-questions on above
• Fringed our "how to revise" x subject's booklet
Watch on YouTube

HOW THE TEENAGE BRAIN FUNCTIONS AND WHAT THIS MIGHT MEAN FOR REVISION
Y11 Parent Support (Part 2)
That's completely natural!
But don't give up!
You are:
• Valued
• Loved
• Encouraged
• Equipped
Don't seek the instant gratification of:
• Instant, think of how great dinner will be and then have some biscuits after!
• Remind them of what they've already done!
• And what it's leading to! (think back to the marathon!)
Watch on YouTube

MYTHS ABOUT REVISION
Y11 Parent Support (Part 3)
"I'm going to revise with my friend"
• Best intentions, but not effective!
• Too many distractions!
• Learning gets in hand enough – wandering mind, notifications etc
• Reading with a friend – 1/2 distractions!
Watch on YouTube

THINGS TO AVOID SAYING TO YOUR CHILD DURING REVISION
Y11 Parent Support (Part 4)
"You're not trying hard enough."
"You're not doing it right."
"You're not doing it properly."
"You're not doing it well."
Watch on YouTube

GETTING ORGANISED - REVISION TIMETABLE AND FLASHCARDS
Y11 Parent Support (Part 5)
What it might look like...
Watch on YouTube



Revision: Past Papers & Markschemes

Most effective revision is **active revision**;

- Self-testing
- Past questions
- Timed answers

Passive is not effective:

- Reading
- Highlighting


- <https://revisionworld.com/gcse-revision>


- All subjects, past papers and markschemes in one place.
- Also has revision resources too and video clips.





Getting Organised – Revision Timetable

 Date (Week Beginning):



	MON	TUE	WED	THU	FRI	SAT	SUN
TIME							
TIME							
TIME							
TIME							

Weekly Revision Timetable		
English Literature		
English Language		
Maths		
Biology		
Chemistry		
Physics		
RE		
Option 1		
Option 2		
Option 3		
Option 4		

Techniques:
Flash cards Mind maps
Practice papers/testing Lists
20-30 minute sessions are best.

What I didn't complete/what I need to revisit/questions to ask my teacher:



Contingency Day

- JCQ assign a day at the end of the examination period, which is **Wednesday 26th June 2024**, as a Contingency Day in case any examinations need to be rescheduled nationally for any reason affecting the whole country.
- All candidates are instructed to ensure that they are available on this date in case any of their examinations have to be rescheduled.



Exam Results Day

- Result day will be on **Thursday 22nd August**, these will be available to pupils to collect from **10:00am to 12 noon**.
- Pupils who are unable to attend this date with prior arrangement **can request these to be emailed**, which will happen later in the afternoon.
- We request that the pupils complete a form to advise us the email address their results are to be sent to. Any results not collected or emailed will be sent home by post.



Key Points



Your packs consist of:

2 exam timetables

An information booklet from school and also JQA



Use as many online resources as you can



Have a clear revision timetable



A good meal and some water will help with focus



Parents...

Check	Please check the night before that your child is ready for the exam the next day.
Check	Please check that they have eaten something in the morning.
Encourage	Please encourage them to leave home in good time for the exam.
Monitor	Please monitor screen time
Be	Please be sensitive to your child's feelings if they have had a bad exam experience that day.



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Any Questions?