



THE LAST 3 MONTHS:

Year 11 Guide



Exam Success Starts Now

In this pack you have:

- A prefilled revision timetable (Use this as an example for yours)
- 5 blank revision weekly timetables for you to plan your revision slots
- How to revise 3 ways that are proven to work
- The dos and don'ts from former students who have been where you are

For parents:

- Information on how best to support your child at the end of their 5 year journey at ALNS
- Explanation of the option for you to store their electronic devices at school
- The dos and don'ts from former students to parents
- Our after-school tutoring sessions run by teachers (Free of charge)



*Dare to Dream,
Aim to Achieve*

Why Would You Work Hard *Now?*



The reason to work hard now is to get the very best grades you can. By putting effort in and doing the best you can, you open doors to yourself in the future. This will help you to:

- Access more job prospects
- Access College Courses (Entry requirements for A-Levels are usually Grade 6)
- Stand out against other candidates in interviews - Your CV will shine!

Our former Year 11's said...

Morning and after school revision sessions make the biggest difference!
- Ava

Work hard and make yourself proud.
- Liv

If you feel tired and want to give up, just keep going - I promise you it's worth it.
- Jack

If you make flashcards/notes, make sure to test yourself on them, not just look over them!
- Mavi

Have a timetable ready to plan your revision.
- Jarod

Stick post-it notes around your room with questions and answers on them for revision.
- Ruby

ALNS Revision Playbook:

Do what actually works!

READING & REVISING

Write, Test, Repeat



START EARLY

Weeks, Not Days



HAVE A PLAN

Use a Timetable



PRETTY NOTES? NOPE!

Content > Colours



STUDY SMART SPACE

No Phones. No Bed.



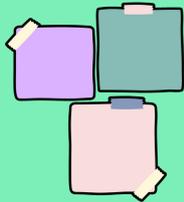
MIX IT UP!

Questions & Flashcards



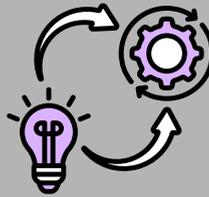
REVISION EVERYWHERE

Post-It Power!



PRACTICE MAKES

PERFECT!



DON'T BURN OUT

Make Time for Breaks & Fun



LOSE THE PHONE!

Bye Distractions!



REVISE ANYWHERE

Podcasts & Apps



SLEEP & EAT WELL

7-9 Hrs & Healthy Food



**ACTIVE. PLANNED. CONSISTENT.
NOT PRETTY. NOT LAST MINUTE.**

Example Revision Timetable

NO phone nearby, NO TV on!

Consistent revision is what makes the difference

Quiet place, exam practice, drink water, 30 minute blocks

WEEK:	MON	TUE	WED	THU	FRI	SAT	SUN
9AM	Chemistry Paper 1		Chem Paper 2	Statistics	English Poetry		Physics Paper 1
9.30AM			Maths Paper 2				
10.00AM	Maths Paper 1				English Macbeth		Physics Paper 1
10.30AM			Biology Paper 1	Geography Paper 2			
11.00AM		Geography Paper 1	Elizabethan History		Sociology Paper 1		
11.30AM					Sociology Paper 2		
12.00PM				French			
12.30PM						USA History	
1.00PM		Physics Paper 1		PE Paper 2			
1.30PM							
2.00PM				Maths Paper 1		USA History	
2.30PM			Physics Paper 2				
3.00PM							
3.30PM			Sociology				
4.00PM							
4.30PM				Sociology Mind Map			
5.00PM	English Poetry	Biology Paper 2					
5.30PM	English Macbeth	Comp Sci Paper 1	USA History		Psychology Paper 1		
6.00PM			Maths Paper 2				
6.30PM	Sociology						
7.00PM		English LOTF					
7.30PM	French 90 word						
8.00PM		Chem 2 Exam Paper					
8.30PM							

Your Revision Plan

NO phone nearby, NO TV on!

Consistent revision is what makes the difference

Quiet place, exam practice, drink water, 30 minute blocks

WEEK:	MON	TUE	WED	THU	FRI	SAT	SUN
9AM							
9.30AM							
10.00AM							
10.30AM							
11.00AM							
11.30AM							
12.00PM							
12.30PM							
1.00PM							
1.30PM							
2.00PM							
2.30PM							
3.00PM							
3.30PM							
4.00PM							
4.30PM							
5.00PM							
5.30PM							
6.00PM							
6.30PM							
7.00PM							
7.30PM							
8.00PM							
8.30PM							

Your Revision Plan

NO phone nearby, NO TV on!

Consistent revision is what makes the difference

Quiet place, exam practice, drink water, 30 minute blocks

WEEK:	MON	TUE	WED	THU	FRI	SAT	SUN
9AM							
9.30AM							
10.00AM							
10.30AM							
11.00AM							
11.30AM							
12.00PM							
12.30PM							
1.00PM							
1.30PM							
2.00PM							
2.30PM							
3.00PM							
3.30PM							
4.00PM							
4.30PM							
5.00PM							
5.30PM							
6.00PM							
6.30PM							
7.00PM							
7.30PM							
8.00PM							
8.30PM							

Your Revision Plan

NO phone nearby, NO TV on!

Consistent revision is what makes the difference

Quiet place, exam practice, drink water, 30 minute blocks

WEEK:	MON	TUE	WED	THU	FRI	SAT	SUN
9AM							
9.30AM							
10.00AM							
10.30AM							
11.00AM							
11.30AM							
12.00PM							
12.30PM							
1.00PM							
1.30PM							
2.00PM							
2.30PM							
3.00PM							
3.30PM							
4.00PM							
4.30PM							
5.00PM							
5.30PM							
6.00PM							
6.30PM							
7.00PM							
7.30PM							
8.00PM							
8.30PM							

Your Revision Plan

NO phone nearby, NO TV on!

Consistent revision is what makes the difference

Quiet place, exam practice, drink water, 30 minute blocks

WEEK:	MON	TUE	WED	THU	FRI	SAT	SUN
9AM							
9.30AM							
10.00AM							
10.30AM							
11.00AM							
11.30AM							
12.00PM							
12.30PM							
1.00PM							
1.30PM							
2.00PM							
2.30PM							
3.00PM							
3.30PM							
4.00PM							
4.30PM							
5.00PM							
5.30PM							
6.00PM							
6.30PM							
7.00PM							
7.30PM							
8.00PM							
8.30PM							

Your Revision Plan

NO phone nearby, NO TV on!

Consistent revision is what makes the difference

Quiet place, exam practice, drink water, 30 minute blocks

WEEK:	MON	TUE	WED	THU	FRI	SAT	SUN
9AM							
9.30AM							
10.00AM							
10.30AM							
11.00AM							
11.30AM							
12.00PM							
12.30PM							
1.00PM							
1.30PM							
2.00PM							
2.30PM							
3.00PM							
3.30PM							
4.00PM							
4.30PM							
5.00PM							
5.30PM							
6.00PM							
6.30PM							
7.00PM							
7.30PM							
8.00PM							
8.30PM							

The Three Proven Ways to Make Revision Count...

1

The Leitner Method of Flash Cards

Used by Special Forces



- Get 3 boxes
- Review flash cards.
- If you get a card right, move it to the next box up.
- If you get a card wrong, move it back to Box 1.

2

Exam Practice & Self Assessment

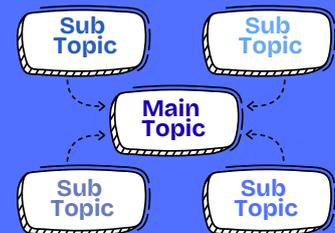
- Answer past exam questions
- Mark your answers with a mark scheme



3

Making Mind Maps

- Start with the main topic
- Add key subtopic branches
- Make connections between ideas
- Avoid big blocks of text



REMOVE THE DISTRACTIONS - REVISION TAKES EFFORT!



For Parents Struggling With Management of Gaming Habits

Some students find it challenging to manage their gaming use independently, and a little extra support can make a significant difference to their focus and wellbeing in the run up and during the exam period. If your child is not able to maintain the necessary self-restraint with their gaming habit and you would like us to look after their games console, please contact Mr O'Neil by email loneil.alns@salterns.org to arrange a convenient time to drop it off.

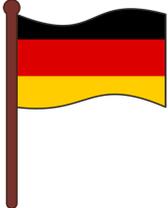
Other schools have had huge success in offering this service having a positive impact students focus during the exam period. We will store consoles securely in the school so that your child can make the most of the final months of their five-year journey at ALNS.



LONeil.alns@salterns.org

To arrange a convenient time for you to drop it off to be stored in the school safe.

Subject	Flash Card Creation Material	Exam Material	Mind Map Creation Material
 <p data-bbox="65 320 384 398">Combined Science (Not Triple)</p>			
 <p data-bbox="65 629 384 663">Computer Science</p>			
 <p data-bbox="169 898 280 931">Dance</p>			
 <p data-bbox="73 1160 373 1193">English Language</p>			
 <p data-bbox="73 1417 373 1451">English Literature</p>			
 <p data-bbox="81 1666 365 1700">Food & Nutrition</p>			
 <p data-bbox="60 1919 387 1953">French Foundation</p>			
 <p data-bbox="100 2188 344 2222">French Higher</p>			

Subject	Flash Card Creation Material	Exam Material	Mind Map Creation Material
 <p>Geography Code for Google Classroom = cylwtj3</p>			
 <p>German Foundation</p>			
 <p>German Higher</p>			
 <p>History</p>			
 <p>Maths</p>			
 <p>PE</p>			
 <p>Psychology</p>			

Subject	Flash Card Creation Material	Exam Material	Mind Map Creation Material
 <p data-bbox="137 353 306 394">Sociology</p>			
 <p data-bbox="51 631 395 672">Spanish Foundation</p>			
 <p data-bbox="92 913 354 954">Spanish Higher</p>			

Looking after your Wellbeing

Exams can come with a lot of pressure and it's easy to feel overwhelmed by them. Lots of us know what it feels like to be stressed but there is no one way to describe what stress is. Stress might feel different for you than it does for someone else. How we experience stress can feel different at different times.

Feeling stressed, worried or under pressure around exams can be difficult to manage. But there are things that can help - it's about finding what's right for you.

A few of these things appear in our 'ALNS Revision Playbook' grid. They not only help you concentrate, but protect your wellbeing, too!



MAKE SURE TO EAT WELL

A balanced diet is vital for your health and can help you feel well during exam periods.

Eating a balanced diet and ensuring you have eaten before an exam will help you feel good and keep your energy levels up.

STAY HYDRATED

Staying hydrated during the exam period will:

- Improve Cognitive Function
- Reduce Fatigue and Increase Energy
- Reduce Anxiety
- Improve Physical Comfort



REVISE LITTLE AND OFTEN

Cramming all of your revision can lead to burnout. Make sure to make a schedule of what to revise and when, and how long for. You can find templates in this booklet.



SLEEP IS KEY

Good sleep improves thinking and concentration. Most teenagers need 8 to 10 hours' sleep a night. Cramming all night before an exam is usually a bad idea. Sleep will benefit you/your child far more than a few hours of panicky last-minute study.



EXERCISE AND FRESH AIR

Exercise can help boost energy levels, clear the mind and relieve stress. Walking, cycling, swimming, football and dancing are all effective. Activities that involve other people can be particularly helpful. Taking a brain break away from your revision will benefit you in the long run.



TALK TO OTHERS

Talk to others about how you are feeling! You are not alone during this time. You can confide in a parent, carer, teacher or friend.

