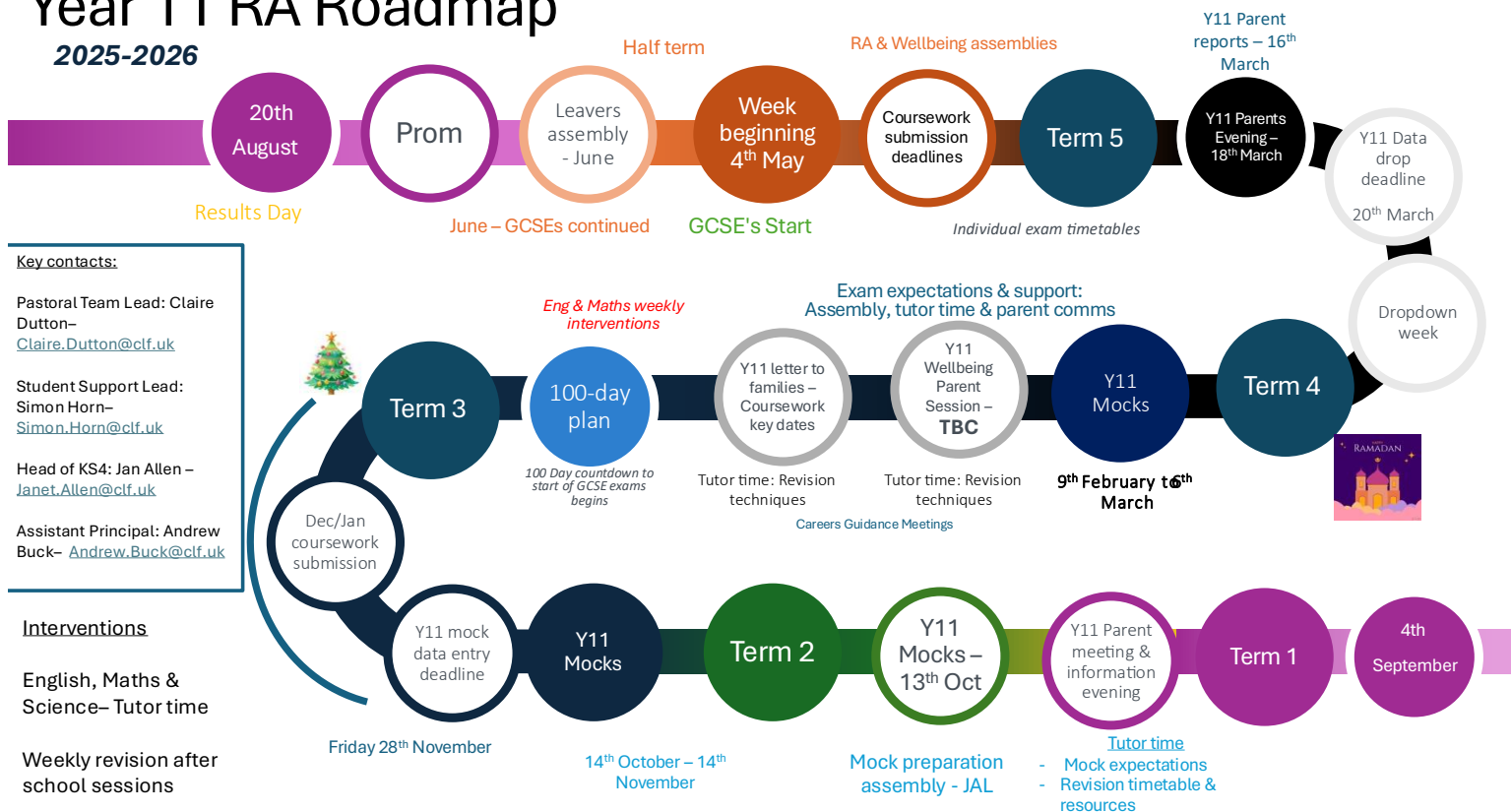


# Y11

## How to support your young person prepare for mocks

### Year 11 RA Roadmap 2025-2026

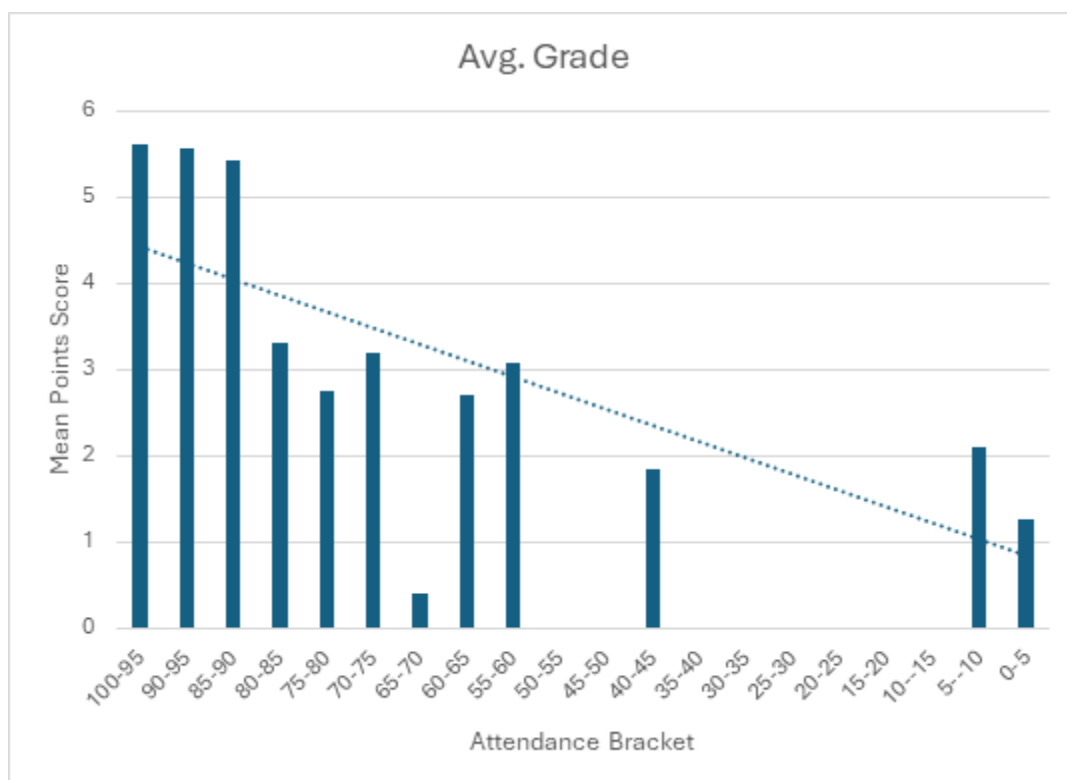


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## Attendance

Students who are in lessons receive the best grades and show greater improvement. The graph below shows the average grade achieved by students in each attendance group for last year's Y11. You can see that when students attend school, they perform better, with the group above 95% performing most strongly. There is a significant decrease in average grade of around 2 grades for students who had below 85% attendance.



At John Cabot Academy, we want and expect our pupils to attend school every day, unless they are really not well enough to, or there is another very good reason for their absence which is agreed by the academy. We want all of our students to achieve the very best examination results that they can, and poor attendance and broken weeks are likely to have a significant impact on your son or daughter's achievement.

Students with irregular attendance:

- Lose momentum with their lesson work and have chunks of missed learning
- Lose the thread of the topics being taught.

- Become demotivated and anxious about returning to the academy
- Miss out on important guidance and pastoral support
- Less likely to feel part of the academy community.

We believe children who attend regularly are more likely to feel settled in school, maintain friendships, keep up with their learning and gain the greatest benefit from their education.

Attending on time every day also helps pupils form good habits which can stay with them throughout their education and on into the workplace.

### **Support for your child in school**

Please remember we are here to help in any way we can. If you have any concerns about your child that you wish to discuss with us, please do get in touch and ask to speak to your child's head of year.

You can contact us by:

**Phone:** 0117 976 3000

**Email:** [jcainfo@clf.uk](mailto:jcainfo@clf.uk)

### **Illness**

Pupils should attend school on every day the school is open, unless they are really not well enough.

Minor illness should not be a reason for staying at home. If your child attends school when feeling slightly under the weather, do let a member of staff know and we will monitor them and contact you if we think they need to go home.

By law, schools must record all pupil absences and whether the absence is authorised or unauthorised.

### **Medical and dental appointments**

Please try to avoid medical and dental appointments in school time. If this is unavoidable, arrange appointments so the minimum school time is lost. Unless it is an emergency appointment, parents/carers are expected to let the academy know about the appointment in advance, with evidence of the

appointment. Your child should still attend school for as much of the school day as possible.

### **Arriving at school on time**

Arriving at school on time is not only essential for the pupil's own learning, but it also encourages habits of good timekeeping and lessens any classroom disruption. Late arrival means pupils risk missing important information which can seriously disadvantage them. We ask that you ensure that your child leaves home for school early enough to ensure that they arrive on time.

- Pupils can arrive on site from 8.20am
- The school day starts at 8:40am – pupils should be on site by 8.35am to ensure they are ready in their classrooms for the start of lesson 1. If a pupil is late, they will spend period 1 in the SLR.
- Parents or carers can view their child's attendance on the MCAS App.

### Y11 Mock Timetable Feb/March 26

This is the whole year group mock timetable for all year 11 students. Students will only sit exams for the courses they are taking. Students will be provided with their individual exam timetables, showing the times, rooming and seat numbers, where applicable. Use this timetable to help students to prepare for all of their upcoming mocks.

<b>Date</b>	<b>Morning</b>	<b>Afternoon</b>
<b>Monday 26<sup>th</sup> January</b>	Spanish Speaking	
<b>Tuesday 27<sup>th</sup> January</b>	Spanish Speaking	
<b>Wednesday 4<sup>th</sup> Feb</b>	Catering Practical Assessment 1 – all day (real)	
<b>Thursday 5<sup>th</sup> Feb</b>	Spanish Speaking	
<b>Monday 9<sup>th</sup> Feb</b>	Maths paper 1	
<b>Tuesday 10<sup>th</sup> Feb</b>	Biology Combined Science	Computer Science P1
<b>Wednesday 11<sup>th</sup> Feb</b>	Business P1	Statistics P1
<b>Wednesday 11<sup>th</sup> Feb</b>	Catering Practical Assessment 1 – all day (real)	
<b>Thursday 12<sup>th</sup> Feb</b>	English Literature	Geography P1
<b>Friday 13<sup>th</sup> Feb</b>	History P1	Spanish Writing

<b>Mon 23<sup>rd</sup> Feb</b>	INSET DAY	
<b>Tuesday 24<sup>th</sup> Feb</b>	English Language	
<b>Wednesday 25<sup>th</sup> Feb</b>	Business P2	Computer Science P2
<b>Thursday 26<sup>th</sup> Feb</b>	Chemistry Combined Science	Spanish Listening & Reading
<b>Friday 27<sup>th</sup> Feb</b>	Maths P2	Music
<b>Monday 2<sup>nd</sup> Mar</b>	History P2	Religious Studies & Drama
<b>Tues 3<sup>rd</sup> Mar</b>	Maths P3	Health & Social Care
<b>Wednesday 4<sup>th</sup> Mar</b>	Statistic P2 Hospitality & Catering	Sport
<b>Thursday 5<sup>th</sup> Mar</b>	Physics Combined Science	Geography P2
<b>Friday 6<sup>th</sup> Mar</b>	Further Maths	
<b>Mon 9<sup>th</sup> Mar</b>	Art All Day	
<b>Wed 11<sup>th</sup> Mar</b>	Photography all day	

### **After School Revision Timetable**

Y11 students have the option to drop in and attend after school revision sessions in the subjects shown below. These are optional but are run by subject experts who can support students with what to study and how to

revise for the subject. There are no after school revision sessions on a Wednesday due to staff meetings.

Monday	Tuesday	Wednesday	Thursday	Friday
English 3:15 AG4	Drama Coursework	Staff Meetings	Music Coursework	Maths
	Further Maths		Statistics	
	Music Coursework		Religion and Philosophy	
	Creative Design club for Art, Photography and Hospitality & Catering course/portfolio work.		Science Revision CF6	
			Spanish Revision AF1 & AF2	

### **Exam Boards and Revision Guides**

Many students find revision guides a useful resource for guiding their revision. These can be purchased at school cost (a discount compared to shops) by completing an order form at parents' evenings. It is important that students use the correct revision guides for the exam board they are sitting as content does change between different exam boards. The exam boards we use at John Cabot are shown in the table below.

Subject	Exam Board	Subject	Exam Board
Art	AQA	Maths	AQA
Business	EDEXCEL	Music	AQA
Computer Science	OCR	Photography	AQA
Drama	AQA	Religious Studies	Eduqas
English Language	AQA	Science (Combined)	EDEXCEL
English Literature	AQA	Science (Separate)	EDEXCEL
Geography	AQA	Spanish	AQA
Health and Social Care	BTEC - OCR	Sports Science	BTEC- OCR
History	EDEXCEL	Statistics	EDEXCEL
Hospitality & Catering	WJEC		

## **Top Tips for Parents: Supporting Your Teen with a Growth Mindset During GCSEs**

Helping your child through GCSEs can be challenging, but adopting a growth mindset approach—championed by author and former Olympian Matthew Syed—can make a big difference. Here are some practical tips to guide and encourage your teen:

### **1. Praise Effort, Not Just Results**

Instead of saying “You’re so smart,” try “I’m proud of how hard you worked on that.” This helps your child value effort and persistence, not just natural ability.

### **2. Normalize Mistakes**

Let your child know that mistakes are part of learning. Share your own experiences of failure and how you bounced back. Matthew Syed says failure is a stepping stone to success, not something to fear.

### **3. Encourage a “Not Yet” Attitude**

If your child says, “I can’t do this,” help them reframe it as “I can’t do this yet.” This small shift builds confidence and reminds them that skills can improve over time.

### **4. Focus on Progress Over Perfection**

Celebrate small wins—whether it’s understanding a tricky topic or improving a test score. Syed believes that consistent practice and learning from feedback are key to success.

### **5. Model a Growth Mindset Yourself**

Children learn by example. Show them how you tackle challenges, stay curious, and keep learning—even as an adult.

### **6. Create a Safe Space for Learning**

Make home a place where it's okay to ask questions, make mistakes, and try again. Avoid pressure and comparison—every student learns at their own pace.

## **7. Encourage Curiosity and Questions**

Support your child in being a “learn-it-all” rather than a “know-it-all.” Ask open-ended questions like, “What did you find tricky today?” or “What helped you understand that better?”

## **8. Help Them Build Resilience**

Remind your child that setbacks are temporary. Encourage them to keep going, even when things get tough. Syed says resilience is a superpower that can be developed with time and support.

### **Top 5 Revision Techniques for Parents to Support at Home**

#### **Spaced Practice**

What it is: Spreading revision out over time instead of cramming.

How parents can help: Encourage a revision timetable that revisits topics regularly. Help your child plan short, focused sessions with breaks in between.

#### **Retrieval Practice**

What it is: Actively recalling information from memory (e.g. quizzes, flashcards).

How parents can help: Test your child using flashcards or past paper questions. Even asking them to explain a topic to you can boost their memory.

#### **Interleaving**

What it is: Mixing different subjects or topics in one revision session.

How parents can help: Help your child rotate between subjects (e.g. 20 minutes of Maths, then 20 minutes of English). This strengthens memory and helps them make connections between topics.

## **Dual Coding**

What it is: Combining words and visuals to learn (e.g. diagrams, mind maps).

How parents can help: Encourage your child to turn notes into diagrams or flowcharts. You can also help them find visual resources like videos or infographics.

## **Exam Practice**

What it is: Practicing under exam conditions using past papers.

How parents can help: Set up a quiet space and time your child while they complete a paper. Review the mark scheme together to identify areas for improvement.

## **Creating a revision timetable**

Creating a revision timetable is one of the most effective ways to stay organised and reduce stress during GCSE preparation. It helps students break down their subjects into manageable chunks, making it easier to cover everything without last-minute cramming. A good timetable ensures that time is used wisely, with regular breaks and a balance between different subjects. It also builds a sense of routine and control, which can boost confidence and motivation. By sticking to a plan, students are more likely to stay on track and feel prepared when exam time arrives.

Parents play a key role in helping students stick to a revision timetable. Start by encouraging your child to create a realistic plan that includes all subjects, breaks, and time for rest. Help them set up a quiet, distraction-free space for studying, and check in regularly to see how they're getting on. Rather than policing the timetable, be a supportive presence—offer praise when they stick to it and help them adjust it if things aren't working. You can also help by reminding them to take breaks, eat well, and get enough sleep, all of which are essential for effective revision.

Use the blank revision timetable to support your young person to structure their revision. We would recommend completing 20 minutes of revision in one subject, taking a 10-minute minibreak and then switching subjects. Remember to build in plenty of breaks and rewards for revising around times that work for your young person.

Time	Mon	Tues	Weds	Thurs	Fri
3:15-4:00					
4:00-4:30					
4:30-5:00					
5:00-5:30					
5:30-6:00					
6:00-6:30					
6:30-7:00					
7:00-7:30					
7:30-8:00					
8:00-8:30					
8:30-9:00					

## Tips for Revising in different subjects

At JCA our subject experts will offer students specific tips on how to revise. Here are some examples of how students can revise in different subjects:

### **English:**

Students can revise by doing the following activities, or using the websites and guides listed below:

- ✓ Attending every lesson (or completing catch-up work if absolutely necessary)
- ✓ Past papers or practice questions
- ✓ Cornell note taking
- ✓ Mind mapping
- ✓ Concept maps
- ✓ Revision clocks
- ✓ Flashcards
- ✓ Post-it notes around the home (with quotes on)
- ✓ Reading/note taking
- ✓ Reading over class notes and highlighting key information
- ✓ Attending Thursday revision (from January)
- ✓ Create character/theme based quote sheets/fact files
- ✓ Read mark schemes and summarise them in your own words
- ✓ Read 'poem a day' for inspiration and to get used to unseen poetry.

- BBC Bitesize
- [Sparknotes](#)
- Seneca Learning (they can create a free account and select the units they want)
- [Mr Bruff Youtube page](#)
- [Mr Salles Youtube page](#)
- [Mrs Wheelan Youtube page](#)
- [Smile with Sola Youtube Page](#)
- CGP revision guides
- York Notes (online or revision guide)
- [Codextrous blog](#)
- Revision world
- Ask your teacher for any specific guides and they can print them off for you!



Good luck Year 11!

### **Maths:**

Attend all lessons and catch up on any missed work. Attempt all your homework set on Fridays and due in the following Friday. In Y11 attend weekly after school revision classes on Friday 3-4pm in your maths teacher's room.

Practice past exam papers, we take AQA maths a good website for these are here: [Maths Genie - AQA Past Exam Papers for the 1-9 GCSE Specification](#)

When practising exam papers complete the questions and then mark your work. When you make a mistake check you understand how to correct it, if


not ask your teacher in class or revision or use Corbett maths to check the topic [Videos and Worksheets – Corbettmaths](#)


If you want quick practice of 5 questions a day, then do try these from Corbett maths [5-a-day GCSE 9-1 – Corbettmaths](#)


Have confidence, you will make mistakes, but this is how you learn. You have got this!


### Science:

- This round of mocks is paper 2 content – make sure you are revising the correct content.
- Use the checklists provided by your teachers to highlight areas that you don't know well enough.
- Use your revision guides, you tube GCSE lesson clips, Seneca or other resources to make a revision aid (such as flash cards, mind map, broadsheet, notes, annotated diagrams)
- Make sure you engage with your revision aid every few days until you can remember all the content without looking at it.
- Use the GCSE revision ninja SharePoint (QR code and URL below) to get past paper questions on the topic and give yourself timed questions in exam conditions to practice how to answer the questions (make sure that you pay special attention to the command words of the question, how you are asked to respond and if it is a calculation: unit conversion).

**THE SCIENCE REVISION NINJA** 

 JCA GCSE Revision - O365 Group

 <https://cifacademies.sharepoint.com/sites/jcayear11revision/Science%20Revision%20Ninja/Forms/AllItems.aspx>

 **SCAN ME**

Note: If you use other sources for exam material, such as physics and maths tutor website. Make sure you are selection Edexcel 9-1 papers.

- Use the mark scheme to mark and improve your answers.
- Repeat for all areas of weakness.

**BIG TIP:** one of the best ways to revise science is to teach each other. Talking about the science means that you must have a solid understanding of what you are explaining, and your brain must work hard to put it into a format that others will understand. If you can work together, you are more likely to remember facts and understand principles.

## **Computer Science:**

### Helping Your Child Prepare for Computer Science Mock Exams

I know that it can feel daunting to support revision of Computer Science, I have created a resource of revision videos to support in doing this. Each resource is a topic-by-topic video that include worked-through exam questions. These are structured by topics and focus on how to successfully answer exam questions around the exam papers, such as:

- [Paper 1: Computer Systems](#)
- [Paper 2: Computational Thinking, Algorithms and Programming](#)

It's tempting for students to simply watch these videos passively, but this isn't the most effective approach. Encourage your child to engage actively with the content to maximize learning and retention. Here's how you can guide them:

- **Pause the video at each question:** When a practice question appears, have your child stop the video and try solving it independently first. This builds critical thinking skills.
- **Attempt the question on their own:** Provide them with paper, a pen, or a computer if needed, and let them work through it without hints. This mimics real exam conditions.

- Resume the video to review: After they've given it a go, they can un-pause to compare their answer with the explanation. Pay close attention to any misconceptions or alternative methods discussed—this is where real understanding deepens.

By fostering this active learning routine, you'll help your child turn passive viewing into an interactive study session. You might even sit with them occasionally to discuss what they've learned or review tricky topics together. Consistency is key, so consider setting aside dedicated time each week for these videos leading up to the mocks. If your child needs extra resources, check with their teacher for recommended video series or platforms.

### **Spanish**

Do lots of exam-style questions (listening, reading, writing and speaking).

Buy the revision & practice book from the finance office and try a page or two regularly. It's £7. Talk to your year team if it's too expensive or you get free school meals; we may be able to help.

Read the information first, then try the practice questions. Then try the green pages.

Go slowly, check the answers carefully, make a note of anything you can't understand and ask your teacher.

You won't get them all correct; that's ok. Try listening as well as reading, it's often harder!

Learn vocabulary by choosing a few words at a time and practising them regularly. Put them on post-it notes and stick them up somewhere you see them a lot. Get someone to test you.

Little and often is key!

### **Humanities (Geography, History & Religious Studies):**

Attempt all of your homework tasks – these are revision.

Access past papers using the exam board's website or ask your teacher for past papers:

geography – AQA

history – Edexcel

RP – Eduqas

Complete the questions under timed conditions and hand it to your teacher to get feedback. Try them again – practise makes perfect!

Revision guides that we recommend are available to buy from the finance office.

Revision techniques to try:

mind maps – look at your notes. Condense them into manageable bullet points on a mind map.

cover it up – write down the key bullet points to remember about a certain topic. Look at it for a few minutes. Cover it up and write them out from memory. Check how many you wrote down against your notes. Try the exercise again. Keep going until you remember all of the key points that you have made.

flash cards – create questions and answers for yourself. Have someone else to test you!

revise exam structuring – using your exercise books, make sure you learn all the different structuring methods and formulas that we have taught you to ensure that you hit the mark scheme.

convert your notes into flow charts – this is particularly helpful when looking at processes in geography or the story of events in history.

mnemonics – create catchy sentences or acronyms to remember things e.g. TYP in history (stands for Tehran, Yalta, Potsdam).

## **GCSE Business Studies**

You will sit two papers. Paper 1: Investigating small business (taught in Year 10) and Paper 2: Building a business (taught in Year 11). Both papers are 90 marks and 1hr 45mins each to complete.

Topics for Theme 1: Investigating small business:

- Topic 1.1 Enterprise and entrepreneurship
- Topic 1.2 Spotting a business opportunity
- Topic 1.3 Putting a business idea into practice
- Topic 1.4 Making the business effective
- Topic 1.5 Understanding external influences on business

Topics for Theme 2: Building a business

- Topic 2.1 Growing the business
- Topic 2.2 Making marketing decisions
- Topic 2.3 Making operational decisions
- Topic 2.4 Making financial decisions
- Topic 2.5 Making human resource decisions

This is what the exam paper will look like:

The paper is divided into three sections:

Section A: 35 marks

Section B: 30 marks

Section C: 25 marks.

The paper will consist of calculations, multiple-choice, short-answer and extended-writing questions. Questions in Sections B and C will be based on business contexts given in the paper. Calculators may be used in the examination.

- You can access past papers on this link: [Edexcel GCSE Business \(2017\) | Pearson qualifications](#)

## Revision resources

- CGP Revision book available to buy through the school via scopay.
- Students are to use the Student Knowledge book given to them.
- Use the exam technique that I teach you in class for each type of question (3, 6, 9 and 12 marks)
- Practice writing answers in 'context' - avoid using the words business & product! Make it specific to the business/industry.
- Students can access online revision through BBC Bitesize: [GCSE Business - Edexcel - BBC Bitesize](#). Please make sure that it is the EDEXCEL exam board.
- Students can also access further revision through Seneca – they can create a free account and then search for GCSE 9-1 Business Studies. [Free Homework & Revision for A Level, GCSE, KS3 & KS2](#)

## **Music:**

- Rehearse for your solo performance that can happen in the February scheduled recital evening
- Use past papers and long answer questions prepared by your teacher
- Use your own photocopied mock to check areas you need to revise or practice in more detail
- Keyword revision using keyword booklet
- Practice listening questions online:  
<https://youtu.be/BRz8pJ9LDHQ?si=CkXO2IYuK4W8EliG>
- Revision of areas of study online:  
<https://www.bbc.co.uk/bitesize/examspecs/zfwv7nb>
- Use JCA Revision folder: [GCSE Music](#)

## **Drama:**

- Learn your lines for GCSE Drama scripted exam happening in March – you need to be able to perform without your scripts
- Use past papers and long answer questions prepared by your teacher
- Use your own photocopied mock to check areas you need to revise or practice in more detail
- Keyword revision using keyword mats from your books
- Revise staging positions:  
<https://www.bbc.co.uk/bitesize/guides/zm2yt39/revision/1>
- Revise theatre roles:  
<https://www.bbc.co.uk/bitesize/guides/zhx3pg8/revision/1>
- Use JCA Revision folder: [GCSE Drama](#)

## **Art & Photography:**

Deadline for the art and photography coursework is 19/12/25, but students can work on this over the December break as long as work is completed and returned to their first lesson back. The first lesson back in January will introduce the exam paper project.

## Hospitality & Catering:

The **WJEC Unit 1 Hospitality and Catering** exam focuses on understanding the industry, health and safety, nutrition, and environmental considerations, so revision should cover both knowledge and application. Students have each been provided with a copy of the **CGP Hospitality and catering Revision Guide** and a **CGP Student Workbook**. The Unit 1 **theory exam** is worth **40% of the final grade**.

Students may access a comprehensive range of revision resources via **JCA Year 11 Hospitality and Catering Teams** on through the following link:

[Unit 1 Resources - Theory Exam](#)

### Understand the Exam Structure

- **Duration:** 1 hour 20 minutes
- **Marks:** 80
- **Format:** Short and extended answer questions based on applied situations using stimulus material.
- **Assessment Objectives:**
  - **AO1:** Knowledge and understanding (17%)
  - **AO2:** Application of knowledge (14%)
  - **AO3:** Analysis and evaluation (9%)

### Topics to Revise

Unit 1 covers **four main areas**:

1. **Hospitality and Catering Provision**
  - Types of providers: commercial vs non-commercial (residential & non-residential)
  - Types of service: table, counter, personal
  - Standards and ratings (e.g., Michelin stars, AA Rosette)
2. **How Providers Operate**
  - Front and back of house operations
  - Customer requirements and adapting to specific needs
3. **Health and Safety**
  - Key legislation: COSHH, Health and Safety at Work Act, RIDDOR
  - Risk assessments and accident forms
4. **Food Safety**
  - HACCP principles
  - Causes of food-related ill health (bacteria, allergens)
  - Role of Environmental Health Officer (EHO)

### Revision Strategies

- **Create Mind Maps:** For each topic, map out key points (e.g., types of provision, legislation).
- **Use Flashcards:** For definitions, legislation names, and foodborne pathogens.
- **Practice Past Papers:** Focus on applied questions - how theory works in real scenarios and extended response questions.
- **Mark your work using mark schemes.** When practising exam papers complete the questions and then mark your work. When you make a mistake check you understand how to correct it.
- **Scenario Practice:** For AO2 and AO3, practice applying knowledge to case studies (e.g., adapting menus for allergies).
- **Mnemonics for Legislation:** Example: “*CHaRM*” for COSHH, Health & Safety, RIDDOR, Manual Handling.
- **Link to Unit 2 Knowledge:** Nutrition and menu planning often appear in applied questions.
- **Command Words:** Understand verbs like *describe*, *explain*, *evaluate* - this will guide how much detail is needed.
- **Time Management:** Allocate roughly 1 minute per mark.
- **Use Real Examples:** Mention current trends (e.g., sustainability, technology in hospitality).
- **Use specialist vocabulary**
- **Teach someone else:** Explaining topics helps retention.
- **Quiz yourself:** Use online tools like Quizlet for key terms.
- **Case studies:** Research real hospitality businesses and link to exam topics.
- **Practice Extended answers:** extended answers often require:
  - Clear structure (introduction, main points, conclusion)
  - Use of specialist vocabulary
  - Examples (e.g., legislation names, nutritional guidelines)

## BTEC Health and Social Care:

Attend all lessons. If you miss a lesson, speak to or email your teacher and request a copy of the work so you can catch up in your revision time.

Homework will be given out each Wednesday to return the following Wednesday – it will be a sheet of practice questions.

For this subject, mind mapping key information and completing practice questions will be key. Whenever you answer a case study based question, make sure you highlight the key information before attempting it.

Revision resources:

CGP revision books can be purchased through the school via scopy.

CGP practice question workbooks are available in lessons – this is something else that could be purchased at home.

## BTEC Sport:

Attend all lessons. If you miss a lesson, speak to or email your teacher and request a copy of the work so you can catch up in your revision time.

Use the past paper booklets provided by your teacher

Use the mind map on fitness tests which include the protocol, validity and reliability of the tests

Use your flashcards completed in lessons

Log into eRevision by ZigZag Education and complete the questions and quiz

Use the checklist provided by your teacher

Complete your homework each week. It will be set on a Monday and handed in on a Monday

Revision resources:

Purchase the BTEC Tech Award revision guide available from school via scopay

Complete the BTEC Tech Award revision question booklet – provided by teacher

### **Using AI for revision**

More and more students are using AI to support them with exam preparation. Whilst we would suggest students use the resources signposted by their teachers, here are some tips for using AI effectively, if they choose to do so:

- Be clear with instructions.
- When asking AI to mark answers use the command: Mark...using this mark scheme...
- Creating recall questions: Create ten **20-mark questions** in the style of **AQA A level Geography** exam papers based on the topic of **water and carbon**
- Show methods of how to complete questions: Show me how to calculate...
- Spaced learning: Quiz me on **AQA A level Geography water and carbon topic**

## **Homework**

Homework forms a really important part of a secondary-age student's learning. It helps them remember the important content of each subject, and it is also about taking responsibility for learning, time management, meeting deadlines and seeking help. During Y11 homework is often linked to revision for mocks and final exams. Our students receive one piece of homework in every subject every week and have one week to complete it.

Usually, homework is a task or practice quiz set on Bromcom (English, history, RP, geography, music, drama, creative design, Spanish, science). Maths work is completed on a paper worksheet.

Parents and carers can see what's been set on Bromcom, via MCAS. For information on how to install/use MCAS, please see here: <https://johncabotacademy.clf.uk/our-academy/parent-apps-websites/>

Please support your young person to complete their homework. Homework is best completed in a quiet working space. If students struggle to find a quiet working space the school library is open at breaktimes each day and lunchtimes Monday – Wednesday.

If you are stuck or need any help with homework on MCAS, please email [JCAinfo@clf.uk](mailto:JCAinfo@clf.uk) and put 'homework' as the subject.

*How do students access their homework on Bromcom at home?*

1. Go <https://johncabotacademy.clf.uk/>
2. Click *login* at the top of the page, and choose *student navigator*
3. Enter their school login details. These are the same as they use to login at school, in computing lessons
4. Choose the red *student portal* tile
5. Choose '*login with 24icrosoft account*'
6. Scroll down to the *homework* module, and click *more* to open it
7. Click on a task and follow the instructions

## **Supporting students with mental health during revision & exams**

It's normal to feel stressed and on edge about exams. Stress is your body's natural response to pressure. It can help you focus and get things done, but sometimes it can all get a bit much.

Exam stress can affect anyone, and it can show up in loads of ways, like:

- feeling [anxious](#) or down
- getting irritable and [angry](#)
- struggling to [sleep](#)
- changes in your [eating habits](#)
- having bad thoughts about yourself
- worrying about the future
- losing interest in stuff you usually like
- finding it hard to concentrate
- feeling unwell – like headaches, feeling sick or tired

### **Coping with exam pressure**

The pressure to do well can really get on top of you and only add to the existing stress of exams. It could be from your school, your family, your friends, or yourself. Even if the people around you aren't putting pressure on you, you might still want to make them proud. But remember, no matter what your results, your mental health is important too.

Whether you feel stressed right before your exams, or it builds up over time, here are some things you can do to ease the pressure:

- **Be kind to yourself**

Reflect on all the things you've already achieved, in or outside of studying. Write a list of what you rate about yourself, and what others like about you

too. Doing things you're good at and enjoy can really boost your [self-esteem](#).

- **Talk about feeling under pressure**

If people around you – like your school or family – are putting pressure on you, be real with them about what you think you can handle. Make it clear if your expectations are different from theirs. And if you need to, have a word with a teacher you trust about the stress you're under at home.

- **Don't compare yourself to others**

Try not to stress about how others are prepping for exams. Focus on what you can do. You might feel like other people are smashing it, revising more than you, or just not stressing out as much. But we're all different and that's okay. Remember, your friends are coping with exam stress too. They might be just as on edge as you.

- **Eat well**

Eat a well-balanced diet. eating too many high-fat, high-sugar and high caffeine foods can affect your mood and energy levels, making you feel more stressed and less likely to revise effectively.

- **Get enough sleep**

Good sleep improves thinking and concentration. Most teenagers need between 8-10 hours of sleep a night. Try to have 30 minutes before bed where you are not working or using a screen, as this is shown to help improve sleep. You are better off having a good night's sleep before an exam than being up all-night cramming.

- **Exercise**

Exercise can help boost energy levels, clear your mind and relieve stress.

## Sleep Hygiene

As you all know it can be difficult getting our young people into a routine, so they are ready for school. Did you know that teenagers need on average 8-10 hours of sleep a night, but 64% of young people fall short of this. JCA students are no different.

Many studies have shown that young people who get enough sleep are more likely to:

- Feel calmer.
- Have a stronger immune system.
- Retain information.
- Concentrate in school.
- Have improved athletic performance.

Some strategies that will help our young people have a better sleep routine are:

- Getting exercise during the day – prepares the body to sleep at night.
- Avoiding caffeine 8 hours before bed
- Being in sunlight from as soon as they wake up, this naturally wakes them up quicker.
- Make sure the bedroom is cool, dark and quiet before sleep.
- Having an hour without screens before bedtime, as blue light from electronics can make it harder to sleep.
- Try removing phones from bedrooms and having a traditional alarm clock for wake ups.