

## **Year 11 Trial Examinations**

Trial examinations for Year 11 students are soon to begin and teachers are busy preparing students for them. These exams are important milestones on the journey to GCSEs in the Summer and we strongly encourage all students to work hard, revise regularly and listen to the advice of their teachers about how to achieve the best possible grade. It can be a stressful time and helping students to manage their time and their emotions is important. Some helpful tips are below.

### **Start revising early**

Students often feel overwhelmed by the amount of revising they have to do. The earlier revision starts, the easier it will be. Making time every day to do some revision, practice questions and read over classwork will reduce stress and help students to manage their time more effectively. Having trial exams in November, motivates students to start revising earlier and ensure that they and their teachers are clear about the areas they need to improve on before their GCSE exams begin.

### **Use effective revision strategies**

The most effective strategies are the ones that help students to think deeply and critically about the topics. However, what works for one student might not work for another so it is important that they try different techniques to find out what works best for them.

Memorising key information is essential for exam success in all subjects. Some strategies that have been found to be effective are:

- Spacing out revision sessions and going back over what you revised today in a couple of days' time will enable you to check if you really know and remember it. If you've forgotten it after a couple of days, you need to do some more work on it. Going back over your work is good way to fix it into your memory.
- Talking to someone else about what you know and trying to explain it to them is a good way to check if you really understand it. If you can teach it to someone else, it shows that you understand it properly.
- When revising, ask yourself why this is the case - why do rivers behave this way, why is the correct formula or why does this character in the book do these things? If you understand why things are like they are, it improves your ability to remember them.

### **Test yourself using practice tests and exam questions**

If you revise and then use that knowledge in a practice exam question, it helps you to remember and to understand. It also reduces exam stress and anxiety because the more you practice the questions, the better you will get and the less you will

worry about them. Practice will increase your confidence as well as your performance.

### **Practising under exam conditions**

Some students find the pressure of timed exam questions helps them to perform better, but for other students, it makes them nervous and causes them make mistakes. The more you practice timed exam questions, the better you'll get and the less stressed you will feel in the trial exam.

### **Identify the topics that you need to improve on**

Trial exams give a good idea of what you can do well and what you need to improve. By doing the exams in November, we leave enough time for you to improve before GCSEs begin in the Summer.

Once you have identified the areas you need to improve, you must spend time on them. The more time you spend, the better you will perform. You will need help with some of this – don't be afraid to ask your teacher for help. The feedback you get will help you to feel more confident and if you feel better, you will do better.