

# Preparing for GCSEs

GCSEs are very important, they give you a set of exam results which you will need to move onto college, apprenticeships or work. They also provide you with a range of knowledge and skills which will support you through your adult life. You need to get at least a grade 4 in English and maths or you will have to resit these subjects when you leave school. Working hard in school will help you get the best grades possible.

## Be prepared



**Attendance** - attending every lesson means there will be no gaps in your learning. If you miss 1 day a fortnight that is 95 lessons a year!

**Punctuality** - you must be in form for 8.40am, being late 5 minutes every lesson means you miss 4750 minutes of learning a year!

**Timetable** - your timetable is individual to you, it is important you know what your lessons are every day

**Equipment** - you wouldn't go surfing without a surfboard so how can you learn without a pen, pencil, ruler, rubber and scientific calculator?

**Homework** - you will be expected to do more homework and revision for exams than last year. Organise a timetable so you have enough time to complete these around your hobbies and clubs. You should be studying at least an hour a night, either homework or revision



## Stay healthy



**Diet** - eating healthy will help you keep on top of your studies, try to eat lots of fruit and veg and avoid too much fatty and sugary foods. Eating a breakfast everyday will help you be alert in morning lessons. Being hydrated is important, drink water at breakfast, break and lunch.

**Sleep** - young people need 9 hours of sleep a night, don't eat too late, avoid caffeine before bed and avoid screens for the last 30 mins before bed.

**Time to relax** - school is important but you need to balance it with exercise and time out. An hour of exercise is recommended every day

**Support** - If you are finding something difficult to understand, ask your teacher for help asap, don't leave it until the end of year 11!

If you need support in school remember our well being drops in happen every Wednesday lunchtime in the hub or speak to your HoY or FT



# CHUNKING

Chunking is a method of taking large pieces of information and grouping it in a way to make remembering it easier.

Studies have found that chunking also improves our short term memory.

For example:

The average person can take in four numbers or words at a time, can concentrate on revision for a maximum of 45 minutes at a time and remembers information best shortly before bedtime.

## Chunked

- Remember 4 words/numbers at a time
- 45 mins max revision
- Remember best before bed.



SCAN ME

Coming up with your own acronyms to recall information can be useful too. For example: Never Eat Shredded Wheat as a way to recall all the points on the compass (North, East, South and West).

# Sparxmaths

Use the search bar at the top of the Sparx Homepage to find topics that your teachers have told you to revise! Simply type the number of the video and press search!

Scan the QR Code to head to Sparx

SCAN ME



# How to learn and revise

## FLASH CARDS



Flash Cards are small double sided cards used to learn key information and details around a topic.

It involves writing a topic heading or question on one side and the relevant information on the other.

You can then use these cards as a revision technique to test your memory and find out which topics you need to revise more thoroughly.

SCAN ME

