



# **Year 11 Raising Achievement Evening**

Thursday 14th September 2023



# Aims of this evening

- Boost the confidence of students in year 11 and share information about how to make this year a successful one
- Provide information about careers
- Provide appropriate support
- Give parents time to ask questions about this year

# Assessment

## Progress 8 Measure



**English**

Double-weighted\*



**Maths**

Double-weighted

\* Higher score of English Language  
English Literature double-weighted if  
a pupil has taken both qualifications



**3**



**4**



**5**

**Facilitating Subjects/  
qualifications**

(Sciences, Computer Science,  
Geography, History and Languages)



**6**



**7**



**8**

**'Open Group'**

**Remaining Facilitating Subjects/  
qualifications and other  
approved qualifications**

(GCSEs and other approved academic,  
arts or vocational qualifications)

# Assessment

- 9 New GCSEs are graded from 9 to 1, with 9 being the highest grade
- 8 The new grades signal that more challenging content has been studied
- 7 The new grades better differentiate between students' abilities
- 6 English and maths are graded 9 to 1 this year. All others are A\* to G
- 5 Fewer grade 9s are being awarded than A\*s
- 4 Students who do not achieve a grade 4 or above in English and maths will need to continue to study these subjects
- 3 Employers, universities and colleges have been told that grade 4 is the nearest equivalent to a grade C
- 2 Ofqual has ensured that this year's students have not been disadvantaged by being the first to take the new GCSEs
- 1 This table shows how the new 9 to 1 grades compare with A\* to G

Grading new GCSEs from 2017

Old grades	New grades
A*	9
A	8
B	7
C	6 5 STRONG PASS 4 STANDARD PASS
D	3
E	2
F	1
G	1
U	U



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# English and Maths

English and Maths 4+/5+

- Resit
- Destinations

Sparx, Lexia Reading Plus

# Attendance

- If your child's attendance is below 90% then they will, on average, perform one grade worse across all of their GCSEs.
- If their attendance is below 80% then they will, on average, perform two grades worse in their GCSEs.
- Every lesson counts in Year 11!



# Countdown

136 school days!

1<sup>st</sup> exam Monday 13<sup>th</sup> May

Last exam Friday 21<sup>st</sup> June

(note: potential to change to as late as 30<sup>th</sup> June)



# Important dates

**Year 11 Progress Reports:** Wednesday 18<sup>th</sup> October

• **Year 11 PPE 1:**

- Monday 13<sup>th</sup> November to Thursday 30<sup>th</sup> November
- Results sent home on Thursday 14<sup>th</sup> December

• **Year 11 PPE 2:**

- Monday 19<sup>th</sup> February to 8<sup>th</sup> March
- Results sent home on Tuesday 26<sup>th</sup> March



# Progress data

- A more rigorous assessment plan, including formal PPE exams
- Year 11 Progress board
- Absolute focus on progress – ensuring all students perform to their potential

# SEN Support

- Students who are eligible for additional support within their examinations must undertake additional assessment to verify their eligibility.
- **Examination access arrangements** must be evidenced as the student's usual way of working.

# Intervention

- Tutor groups changed – focus on English, Science and Maths during tutor time
- Homework club every Tuesday and Thursday until 4:15pm
- Intervention sessions at break, lunch and after school
- Holiday sessions (from October half term\*)
- Online support through Teams, Sparx & other revision websites
- Year 11 to attend INSET days for revision

**How do you help your  
child prepare for these  
exams?**

# Work & Study

- Students should not work more than 12 hours per week. This is the law, and if employers are pressuring students to do more hours, they are breaking it.
- If you do have a part-time job, then careful planning is important.



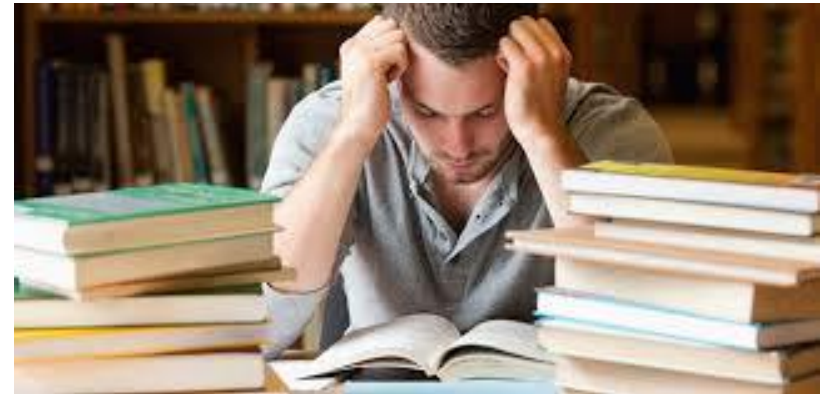
# Screen Time

- Unlock the phone
- Settings
- Screen time
- Daily average
- Set limits



# Revision Timetable

- Getting organised is the key to revision
- Take time to plan out a proper revision timetable
- Prioritise subjects that are harder
- Plan in other activities and rewards



	MON	TUE	WED	THU
4:00pm	MATHS - HISTOGRAMS	TECH - MATERIALS	MATHS - AREA & VOLUME	HISTORY - NAPOLEON
4:30pm		MATHS - CUMULATIVE FREQUENCY		MATHS - QUADRATICS
5:00pm				
5:30pm	GEOG - POPULATION		GEOG - ECONOMY	
6:00pm	GEOG -			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session 1							
Session 2							
Session 3							
Session 4							
Session 5							
Session 6							



### REVISION

TIME	MON	TUES	W/ED	THURS	FR±	SAT	SUN
8:30-4:30	school	school	school	school	school		
4:30-5:00	media	chemistry	media	maths	english	maths*	*
5:00-5:30	english	chemistry	media	maths	english	maths*	*
5:30-6:00	=	=	maths	maths	english	maths*	=
6:00-6:30	english	english	=	english	media	=	=
6:30-7:00	maths	english	=	=	=	=	=
7:00-7:30	=	=	english	chemistry	chemistry	=	=
7:30-8:00	=	=	physics	chemistry	=	*	biology
8:00-8:30	maths	biology	=	=	=	*	media
8:30-9:00	maths	maths	=	=	chemistry	english	=
9:00-9:30	=	=	maths	biology	physics	english	=
9:30-10:00	biology	maths	biology	biology	physics	english	=
10:00-10:30	media	physics	biology	media	phys*	=	=

\* = revise if possible  
 // = no revision/break



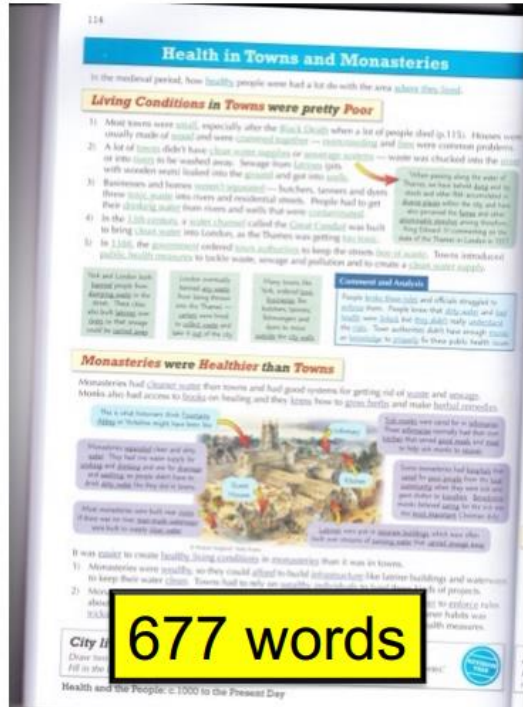
**What should I actually  
DO when I revise?**



# Revision Methods

- Read notes, textbooks and revision guides.
- Highlight key information.
- Transfer onto a CUE CARD
- Sit & read the CUE CARD until you have MEMORISED key information.
- Do 'LOOK, COVER, CHECK'
  - A. Look at the card
  - B. Cover it up
  - C. Say aloud as much as you can remember
- Subject teachers have access to past exam papers which can help in putting information into practical application

# Mind-Mapping



Volume is a massive issue  
for students

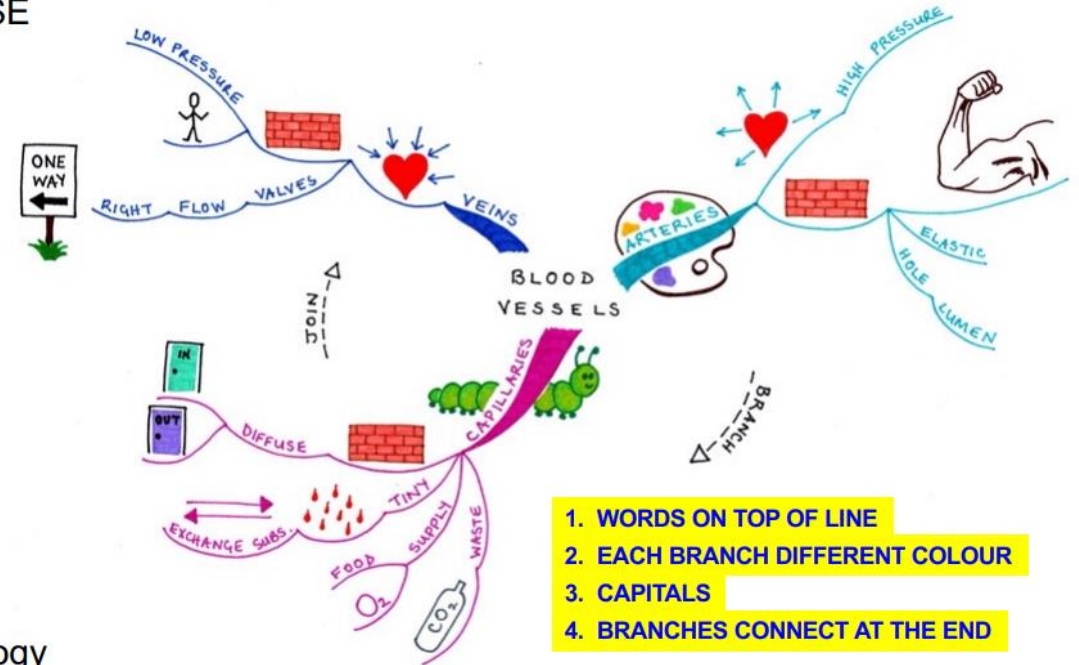
The study guide it came from  
has over 100 pages

At least 50,000 words

Just one subject

Half a million words  
across 10 subjects

GCSE



Biology



# Y11 Revision Links

## **Revision timetables / planning:**

- <https://getrevising.co.uk/planner>
- <https://revisionworld.com/create-revision-timetable>

## **General Revision:**

- Bitesize: <https://www.bbc.com/education/levels/z98jmp3>
- Seneca: <https://senecalearning.com/>
- Get Revising: <https://getrevising.co.uk/>
- Revision World: <https://revisionworld.com>
- S-Cool: <https://s-cool.co.uk/>
- StudyWise: <https://studywise.co.uk/gcse-revision/>



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# Planning for November

- Don't try and cover everything
- Only focus on areas being tested in the first set of PPEs
- Focus on amber / red topics, NOT the green topics
- The list of papers and topics have been shared with students and parents

# Next Steps

- LS6, other sixth forms or colleges, Apprenticeships
  - Some students have already received advanced invitations to apply for LS6 based on current progress within specialism and academics
- References and applications often based on grades achieved in PPEs
- LS6 open evening Thursday 23rd November 6-8pm



# Next Steps

- **Steve Gordon** is our careers advisor and has been working with our students throughout the year on a 121 basis
- Steve can be contacted at [sgordon@edt.org](mailto:sgordon@edt.org)

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**NHS**

Dorset HealthCare  
University  
NHS Foundation Trust

# Exam Stress



# How are you feeling today?



Stressed

Terrible



Under  
pressure

Upset



Anxious

Okay

Not sure



Good

Great



Excellent

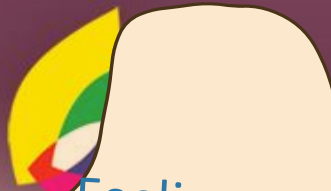
Amazing



# Stress

- Stress is a response to pressure or threat.
- Under stress we may feel tense, nervous, or on edge. The stress response is physical, too.
- Stress triggers a surge of a hormone called adrenaline that temporarily affects the nervous system. As a result, when you're nervous or stressed you might feel your heartbeat or breathing get faster, your palms get sweaty, or your knees get shaky.
- A situation doesn't have to be physically dangerous to activate the stress response. Everyday pressures can activate it, too. For example, you might feel stress before taking a test or a giving class presentation or going on stage for a performance.

# Signs of stress



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Feeling on edge

Procrastination

Caffeine intake (lots of red bull, coffee and coke)

Changes in your appetite (not eating or eating too much)

Feeling exhausted or very tired

Skin flare ups

Isolating yourself

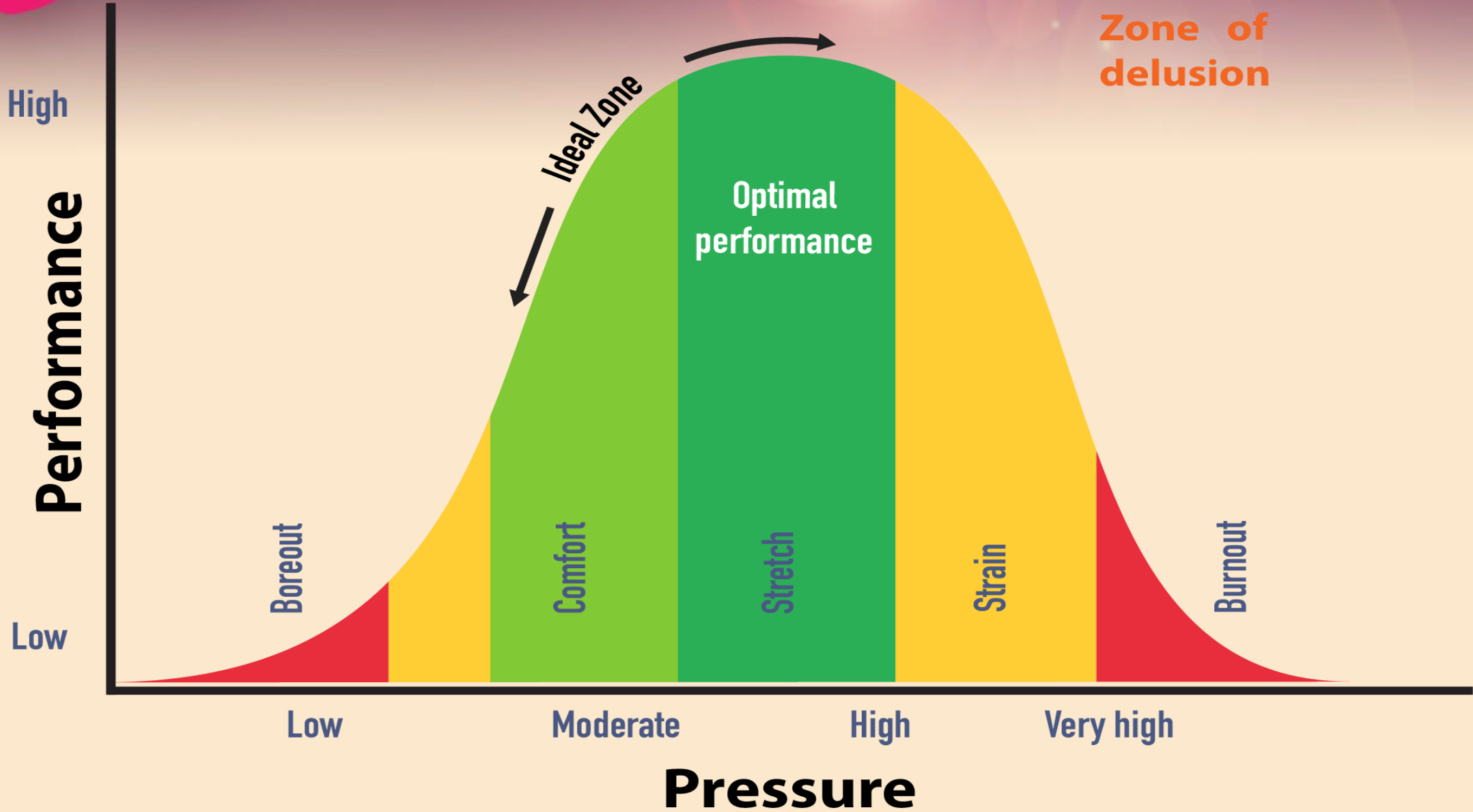
Irritability

Self-medicating (alcohol, smoking, recreational drugs, binge watching Netflix or TikTok)

Revising so much you're neglecting your sleep and staying up until late

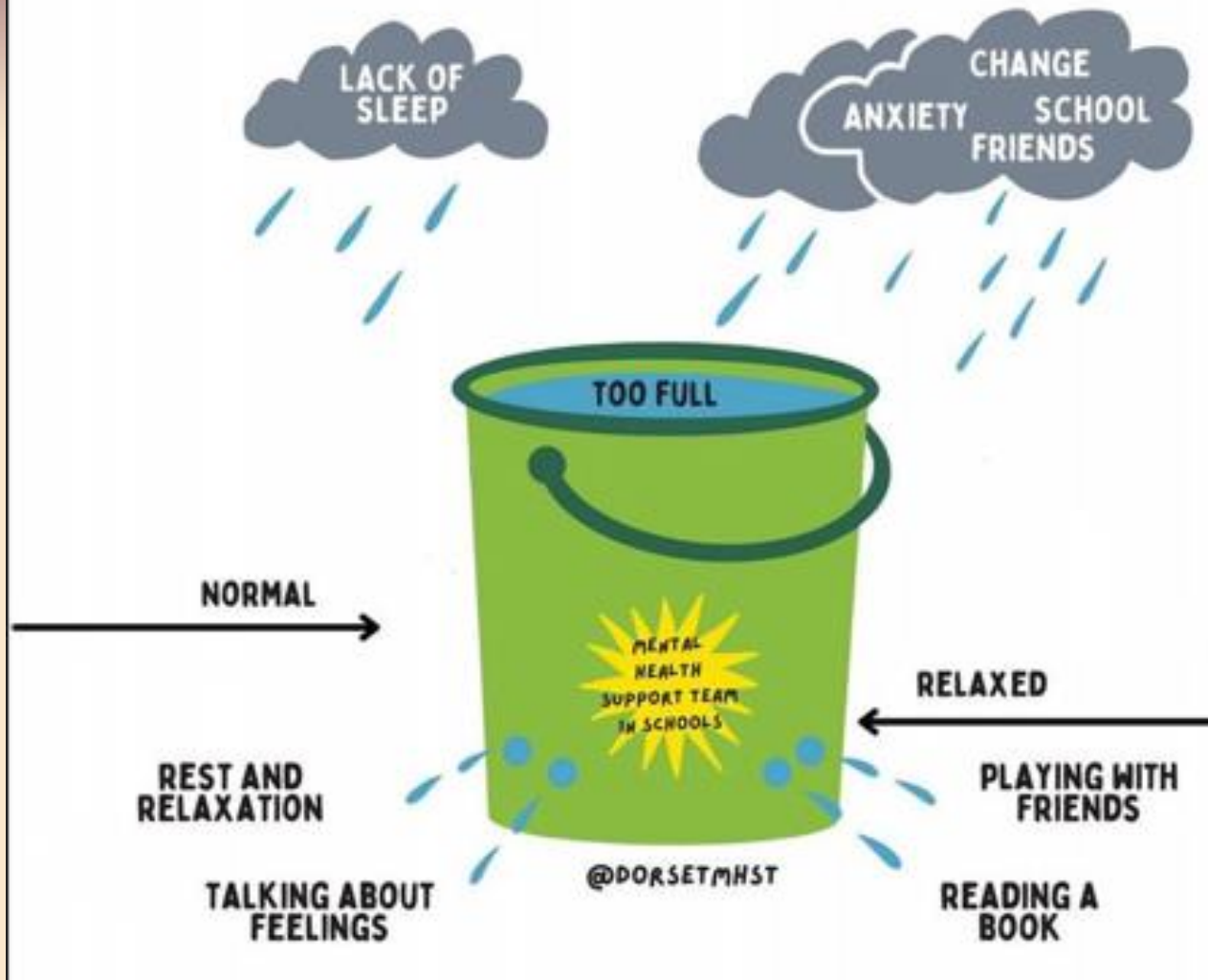



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# STRESS BUCKET



The background features a gradient from purple to yellow, with a bright sun-like glow in the upper center. There are several decorative elements: a cluster of pink dots in the top right, a blue circle with pink dots in the bottom right, and a pink dashed line in the bottom left.

# Ways to Reduce Stress (aka Emptying Your Cup and Recharging your Batteries)



Sleep

Exercise

Eating  
healthily

Mindfulness

Keeping a positive  
and healthy  
perspective

Doing things  
you enjoy

Having a  
laugh

Seeing friends  
and family

Take time to  
relax

Asking for help



# ORGANISATIONAL TIPS



- ★ keep your room clean, a clear space equals a clear mind
- ★ try to avoid multitasking
- ★ create a study routine and plan ahead for your exams
- ★ reduce your phone usage or how you use your phone

# PRACTICAL TIPS

@DORSETMHST

- ✿ make a revision timetable
- ✿ plan your time
- ✿ make mind maps or revision cards
- ✿ use BBC Bitesize or other useful websites or apps
- ✿ connect with your support networks: teachers, friends, family, revision clubs - they are there to help you
- ✿ break large, complex tasks into bite-sized pieces and then just do one small part of the task to get started

# THERE & THEN HACK

@DORSETMHST

after a study session, list the tasks that still need to be completed

tackle at least one of these tasks straight away, rather than letting them build up

this could be the hardest or easiest task, depending on your focus level

- ✓ this prevents the list from piling up
- ✓ you will also feel proud of yourself for pushing yourself and completing an extra task

# IT WILL BE OK



you're allowed to step back and take a break



remember it's always okay to ask for help



you can get through this



you are more capable than you know



take things one step at a time

<https://www.youtube.com/watch?v=7AgswlakjRw>

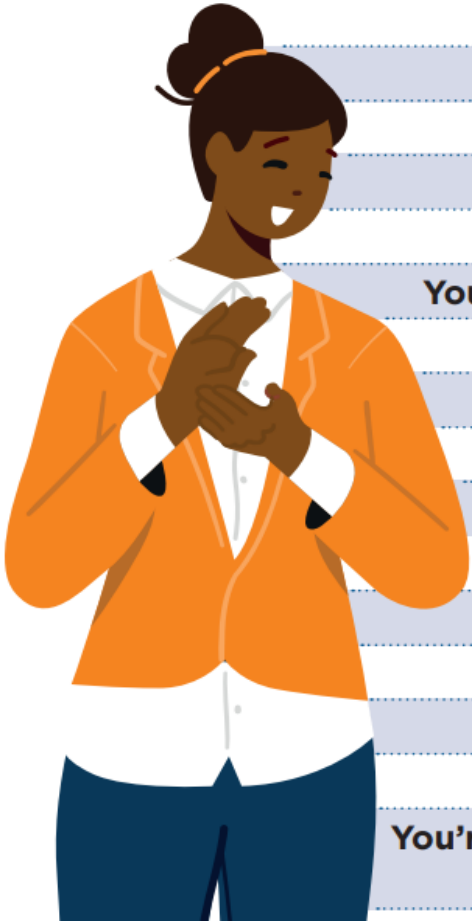
@DORSETMHST

# How do we react?

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# Praise statements to give to teens



**You're an awesome friend.**

**You have impeccable manners.**

**I like your style.**

**You have the best laugh.**

**I appreciate you.**

**You are the most perfect you there is.**

**You are enough.**

**You're strong.**

**Your perspective is refreshing.**

**I'm grateful to know you.**

**You should be proud of yourself.**

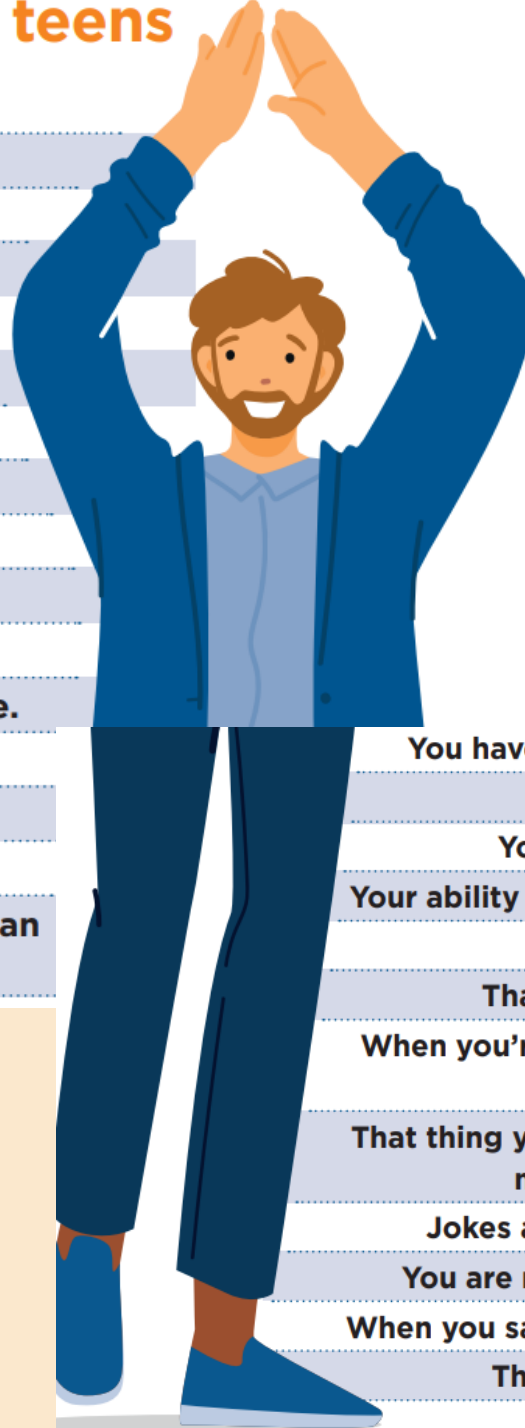
**You're more helpful than you realise.**

**You have a great sense of humour.**

**You are really courageous.**

**You are strong.**

**You're even more beautiful on the inside than you are on the outside.**



**You have the courage of your convictions.**

**I'm inspired by you.**

**You are making a difference.**

**Your ability to recall random facts is impressive.**

**You're a great listener.**

**That colour is perfect on you.**

**When you're not afraid to be yourself is when you're most incredible.**

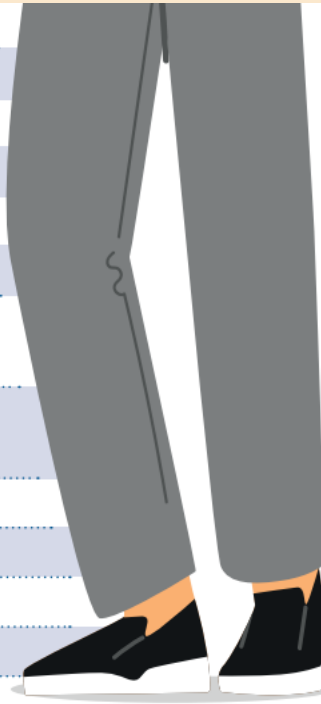
**That thing you don't like about yourself is what makes you so interesting.**

**Jokes are funnier when you tell them.**

**You are really kind to people around you.**

**When you say you will do something, I trust you.**

**Thank you for being you.**



# Ignoring it and avoiding revision won't help



if you are worried  
talk to your  
teachers, they are  
there to help you

pay attention in class

plan your time  
effectively

make sure you  
are prepared

don't  
overthink  
the exams,  
just try  
your best

# COPING WITH EXAM STRESS

## TOP TIPS FROM YOUNG PEOPLE

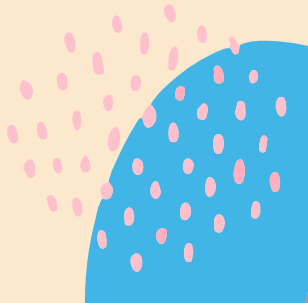
teachers will tell  
you countdowns  
to the exams but  
don't let this  
overwhelm you  
because you can  
try your best

find time to  
check in with  
your friends and  
talk to people  
you trust

don't worry about  
your mock results as  
there is time to learn  
from these and  
revise more

find time to  
still do things  
you enjoy

@DORSETMHST





## BRAIN BOOSTERS

Remember, there's a definite end point, plan a treat for then!



Break it up- you can only concentrate for 30-45 mins at a time.



Drink lots of water- it helps concentration!



Take time to relax, have a bath, watch tv, get creative.



Make time for friends and family



Break subjects into chunks. It's not realistic to learn it all at once.

Make a plan. That will stop the dilemma each day of where to start.

EXAM

Chat to someone at home about what you can achieve, unrealistic expectations can add pressure.

Keep active, exercise will help you to de-stress and fresh air will wake you up.



If you feel overwhelmed, remember you're not alone - ask for help.



## EXAM STRESS

It is very normal to feel nervous or worried about exams and tests. It can be a challenging part of school life at the best of times, but at the moment it may feel even more stressful than usual. Stress can affect everyone differently. Sometimes it can be a good thing and can help give us the motivation we need. But sometimes it gets too much and if you are finding that you can't cope it's important to get help.



If you feel like this then you are not alone. There are people who you can talk to who can support you, and there are practical things you can do too, to help you cope especially in these uncertain times.



There are some things to do with exams that are just out of our control right now. It is important to focus on the things that we can control.

Recognising how we feel and what we can do about it is a great start. There are some ideas here you can try. You don't have to do them all at once - take small steps each day towards feeling better and more in control.

Don't forget, exams don't last forever- there is an end point when you can relax!

## FURTHER HELP AND INFORMATION

**Student minds** Tips on how to deal with exam stress for older college students <https://www.studentminds.org.uk/exam-stress.html>

**Childline** Tips to deal with the pressures and stress of exams <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

**Young Minds** Tips to deal with the pressures and stress of exams <https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/>

**Radio1** <https://www.youtube.com/watch?v=7AgsWlajRw&feature=youtu.be>



## COPING WITH EXAM STRESS



## WHAT DOES STRESS LOOK LIKE?

Exam stress can creep up on you, so it is useful to know some of the signs and symptoms so you can make some changes or ask for help.



- Feeling confused
- Losing contact with friends
- Feeling moody, irritable and low
- Finding it hard to make decisions
- Feeling overwhelmed
- Lack of motivation to do anything
- Trouble sleeping or getting up
- Tense muscles or headaches
- Stomach upsets or feeling sick



- Nail biting, feeling restless
- Being forgetful
- Feeling that nothing is going right, fearful of failure
- Loss of appetite or over eating



It is important that if you feel like this and that things are getting too much, that you speak to someone about it. You might see some of these signs in your friends; encourage them to talk about it.

## WHAT CAN HELP?

### Talk to...

A friend, parent, teacher - Anyone! A problem shared is a problem broken into tiny pieces and much easier to deal with!

### Don't compare and compete

You are more than exam marks and everyone is different. You can only try to be the best that you can be.

### Be realistic

Focus on what you can achieve. Take regular breaks. Finish early enough in the evening to give yourself time to unwind before bed.

### Exercise!

It may be the last thing you feel like doing, but exercise raises your hormone levels so you feel energised and less stressed.

### Visualise....

When they start, focus on one exam at a time, you'll feel better as each one is completed.

EXAM

### Think positive

Focus on the things that went well rather than not well. If you don't do as well as you hope, remember, there is always another way.

[bit.ly/MHSTExamStress](https://bit.ly/MHSTExamStress)



Thank you for listening and  
good luck

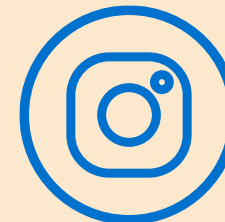
The logo for LeAF Studio, featuring the text "LeAF Studio" in a white, sans-serif font. The text is partially enclosed by a pink, hand-drawn scribble that forms a loop around the letters. Below the text, there are several small, blue, dashed lines.

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Follow us on social  
media!

@dorsetmhst

dhc.mhstdorset@nhs.net.

The NHS logo, consisting of the letters "NHS" in a bold, blue, sans-serif font, enclosed within a white rectangular box.

Dorset HealthCare  
University  
NHS Foundation Trust



Thank you for  
attending this  
evening



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SOCIAL MEDIA***

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