



Revision Information Evening

Thursday 6th March

THE SIXTH FORM COLLEGE COLCHESTER

WELCOME – INTRODUCTIONS!



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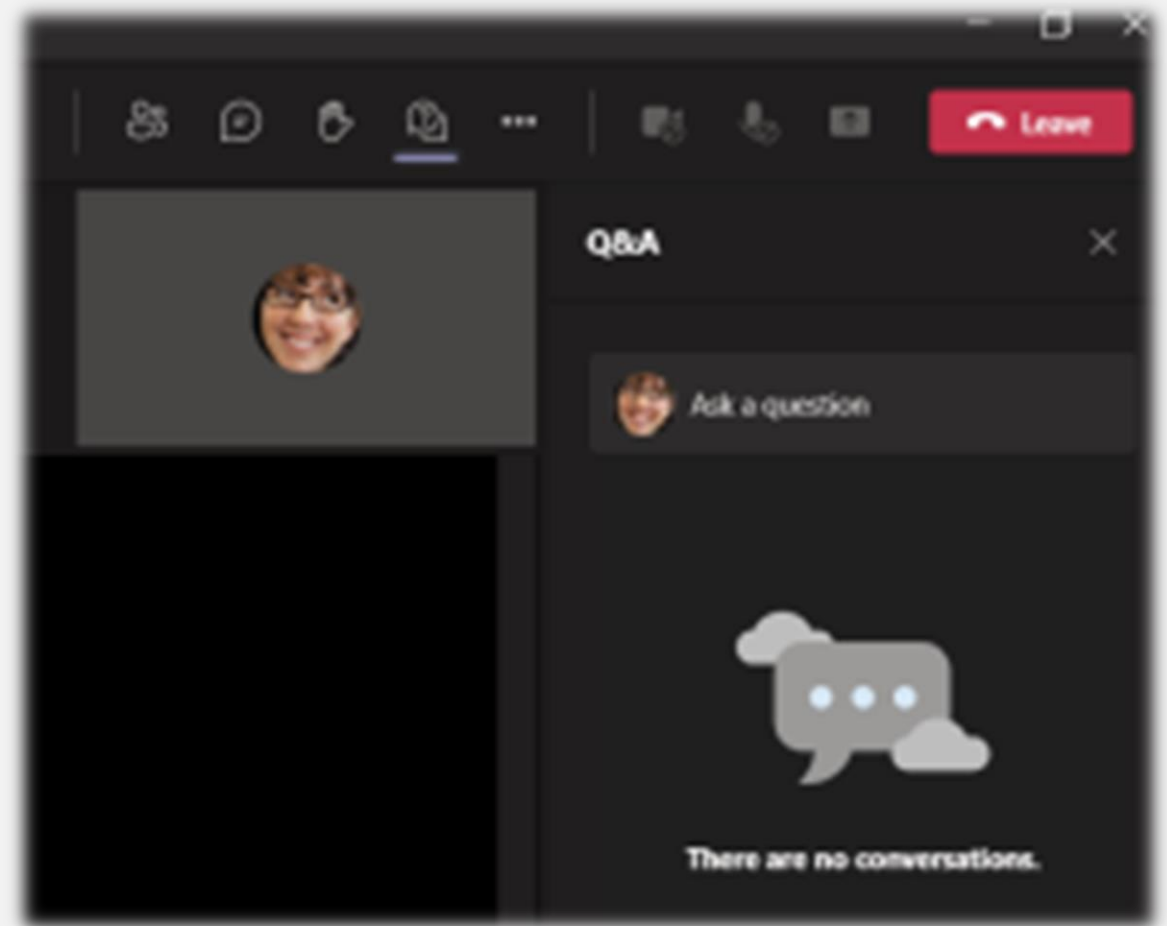


Hayley Ellen
Senior Tutor Division 10
Lead Practitioner

WELCOME

Overview of Tonight

1. The Technical Bits
2. The Revision Mindset
3. Revision Strategies;
Content & Application
4. What to do during exam
season
5. Final Questions




KEY DATES









| 1st Year Students | 2nd Year Students |
|---|---|
| <ul style="list-style-type: none">∇ Mock Exams: Tuesday 6th May – Friday 9th May∇ Public Exam Season: Monday 1st May - Monday 23rd June* | <ul style="list-style-type: none">∇ Study Leave: Thursday 15th May (PM)∇ Public Exam Season: Monday 1st May - Monday 23rd June* |


*Please note that there is a final contingency date on the 25th June and students shouldn't leave the country until after that date, regardless of their individual exam dates.

Students will have been advised by their subject teachers of any NEA/practical exams/controlled assessments that take place before the 1st May.

EXAM TIMETABLES

Find 

-  My Home
-  My Details
-  Enrolments
-  Current Timetable
-  Curriculum and Achievement
-  Presence
- x A+ Exams**
 - A+ Exam Results**
 - ★ Prior Achievements**
 -  Exam Timetable**
 -  Planning Ahead

 Back  Home  Logout

 [My Home](#) ▶ Exam Timetable

A+ o
A+
★


| Course | Paper | Date |
|--|-----------------------------------|-------------------|
| English Literature A Level - Full Stage Yr 2 | 9ET0 01 - DRAMA | Wed 14th May 2025 |
| Politics A Level - Full Stage Yr 2 | 9PL0 01 - UK POLITICS | Tue 20th May 2025 |
| English Literature A Level - Full Stage Yr 2 | 9ET0 02 - PROSE | Thu 22nd May 2025 |
| Politics A Level - Full Stage Yr 2 | 9PL0 02 - UK GOVERNMENT | Thu 5th Jun 2025 |
| Politics A Level - Full Stage Yr 2 | 9PL0 3B - COMPAR. POLITICS-GLOBAL | Tue 10th Jun 2025 |
| English Literature A Level - Full Stage Yr 2 | 9ET0 03 - POETRY | Wed 11th Jun 2025 |

PLEASE NOTE:

Physical copies (which will include seating arrangements) will be disseminated to students in due course.



The Revision Mindset



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KEY FACTORS IN EXAM SUCCESS

Look after yourself

- And that starts with eating healthily and drinking plenty of water
- Stay physically active doing a sport you love, or just head out for a brisk walk
- Get enough rest and good quality sleep to help you recharge and focus
- Reward yourself for your hard work with something you enjoy

Revise effectively

- Start with finding a quiet space to revise, away from distractions
- Use your time wisely - create a timetable, prioritising subjects you feel less confident about
- Work through class notes and past papers - identify gaps and likely topics
- Take regular breaks during revision - move around and get some fresh air

Ask for help

- Don't forget to ask for help from teachers, family or friends if you need it

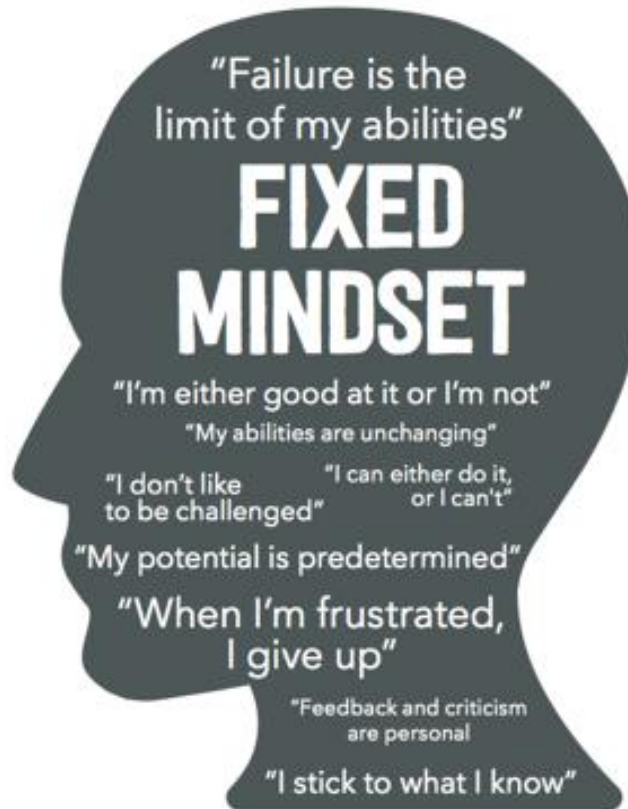
Plan ahead

- Check your exam timetable to be sure of times and locations well in advance

YOU'VE GOT THIS!



MINDSET-THE KEY TO SUCCESS



Mindset is not fixed and can change -but takes effort!

CHALLENGING A FIXED MINDSET

Solution
focused

Strengths
focused

Goal setting

Accountability

OPENING UP THAT CONVERSATION

Discuss with your young person to find strengths, solutions, set goals and accountability

- 1. I am good at saying 'no' to requests from others when I have planned to study.**
- 2. I am good at avoiding distractions (phone, social media) when I am revising.**
- 3. I give myself plenty of short breaks when revising.**
- 4. I celebrate successes and give myself credit when I work hard.**
- 5. If I am falling behind or struggling in some way, I will ask for help.**
- 6. I don't allow my inner critic to influence me too much.**
- 7. I drink plenty of water and eat healthily especially when I am studying hard.**
- 8. I get a decent nights sleep.**
- 9. I have a plan for each of my subjects.**
- 10. I know what time of day I am most productive and work then.**

REFRAMING THOUGHTS

OPPORTUNITY IS NOWHERE

Ask your young person what they see

OPPORTUNITY IS NOWHERE

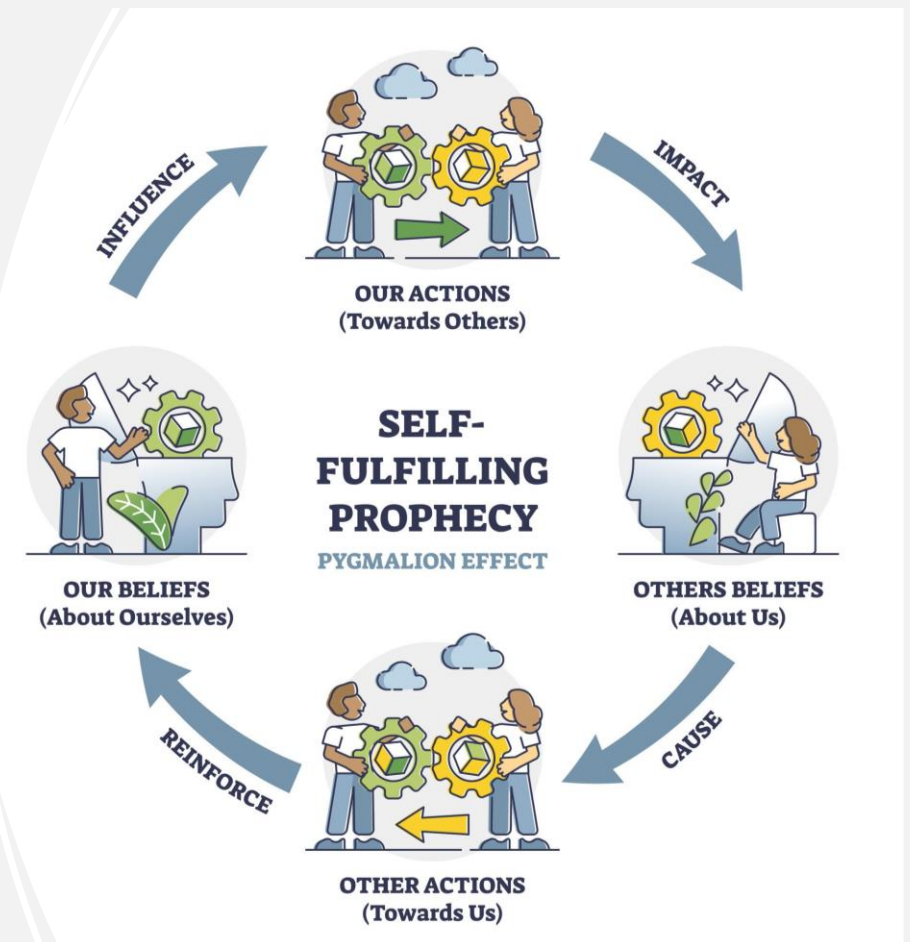
Re-frame negative thinking styles – these can cause a self-fulfilling prophecy and feel demotivating for students.

How? Conversations grounded in the following questions:

What are you thinking?

Where is your proof?

How does this impact on your beliefs about yourself and your exams?



**ENCOURAGE THEM TO BE AN INNER COACH NOT A CRITIC!
CHALLENGE THE NEGATIVE SELF-TALK**

**I am never going to be
able to do all this
revision**

**I am not good enough
to get an A**

**I am totally stressed
out and overwhelmed**



**Small steps make big
leaps**

**I will get better with
practise, progress not
perfectionism!**

**I can figure out how to
use this stress wisely**

The background features a collage of architectural images. On the left, there are several overlapping hexagonal shapes containing images of building windows and facades. On the right, there are larger, semi-transparent images of brick buildings with windows and classical architectural details like arches and columns. The overall color palette is light blue and white, with a dark blue triangle at the bottom right.

Revision Strategies



THE SIXTH FORM COLLEGE COLCHESTER

IDENTIFICATION AND PRIORITISATION

A2 Government and Politics Content Confidence Audit

Name: _____

1 = Least Confident
5 = Most Confident

| Topic | 1 | 2 | 3 | 4 | 5 |
|----------------------------|---|---|---|---|---|
| Conservatism | | | | | |
| Liberalism | | | | | |
| Socialism | | | | | |
| Conflict War and Terrorism | | | | | |
| Poverty and Development | | | | | |
| Environmental Issues | | | | | |
| Human Rights | | | | | |

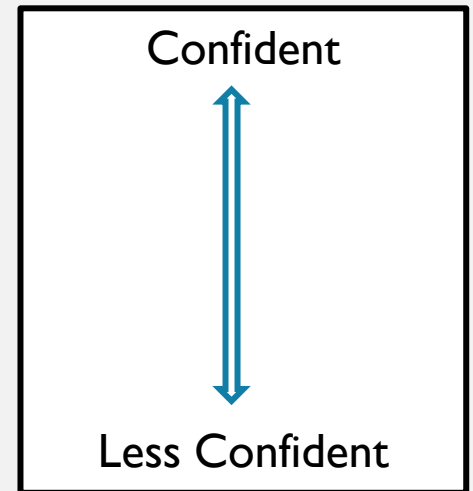
Topic 3 Ideologies:

Topic 4 Global Politics:

- Encourage them to audit their current confidence levels against key topics within each course. This will help them *prioritise* their revision and make the prospect less daunting.



*‘What are the top three trickiest topics in Biology?
What are you doing to address this?’*





FINDING THE TIME AND USING IT WISELY!

Encourage your young person to:

- Make the most of the college timetable, making the most of non-contact time between lessons.
- Avoid dedicating significant, uninterrupted blocks of time to revision during weekends and holidays.
- Approach every revision session with a clear goal as to what they would like to achieve.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|---|---|--|--|--|
| 09:00 | | ACT20230011286 (Tue 09:05) Room: 645 Teacher: Ford, Clarissa Module: English Literature ... | | ACT20230011216 (Thu 09:05) Room: 612 Teacher: Laycock, Samantha Module: Politics A Level Gro... | ACT20230010652 (Fri 09:05) Room: 309 Teacher: Hathaway, Bel Module: Photography A Lev... |
| 10:00 | | | | | |
| 11:00 | ACT20230010649 (Mon 10:35) Room: 309 Teacher: Hathaway, Bel Module: Photography A Lev... | | ACT20230011287 (Wed 10:35) Room: 904 Teacher: Glozier, Julia Module: English Literature ... | | ACT20230011217 (Fri 10:35) Room: 612 Teacher: Laycock, Samantha Module: Politics A Level Gro... |
| 12:00 | ACT20230012247 (Mon 11:50) | ACT20230012248 (Tue 11:50) | ACT20230012249 (Wed 11:50) | ACT20230012250 (Thu 11:50) | ACT20230012251 (Fri 11:50) |
| 13:00 | | ACT20230012952 (Tue 12:05) Room: 902 Teacher: Gravina, Giovanni Module: Italian Additional S... | | ACT20230012250 (Thu 11:50) Room: 510 Teacher: Pritchard, Sarah Module: Politics A Level Gro... | |
| 14:00 | ACT20230011214 (Mon 13:25) Room: 612 Teacher: Stewart-Douse, Ava Module: Politics A Level Gro... | ACT20230010650 (Tue 13:25) Room: 309 Teacher: Hathaway, Bel Module: Photography A Lev... | | ACT20230011288 (Thu 13:25) Room: 645 Teacher: Ford, Clarissa Module: English Literature ... | |
| 15:00 | | ACT20230011215 (Tue 14:50) Room: 904 Teacher: Stewart-Douse, Ava Module: Politics A Level Gro... | ACT20230010651 (Wed 14:50) Room: 309 Teacher: Hathaway, Bel Module: Photography A Lev... | | ACT20230011289 (Fri 14:50) Room: 645 Teacher: Glozier, Julia Module: English Literature ... |

3. STAYING FOCUSED

THE POMODORO TECHNIQUE[®]

A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS



1 PLAN YOUR TASKS
How many pomodoros might you need?

2 DO 1 POMODORO
Time for 25 mins then take a 5 min break

NO SNEAKY
WORKING!

PROTECT
YOUR POMODORO!



3 REPEAT x 4 POMODOROS
Then take a longer break



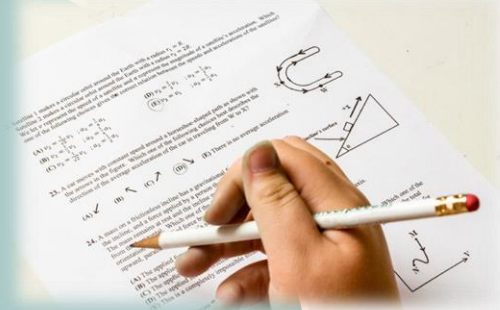
Divide revision time into smaller, manageable chunks.

Try this app for improved focus during study sessions – FLORA

<https://flora.appfinca.com/en/>

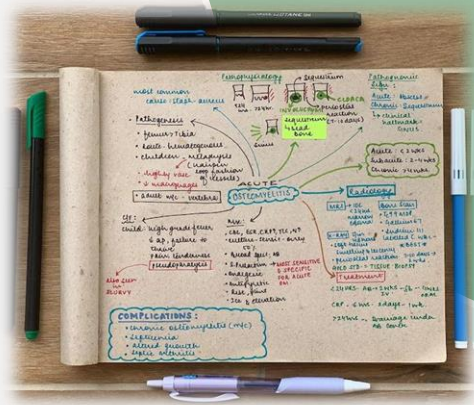


REVISION IN A NUTSHELL



Content
'Low Utility'

Application
'High Utility'



Conflict

Character into

Mum is anxious

Dad is confident

Curious

Peace

Crying upset

NAPLAN

"Examination Day" by Henry Slesar

Name: _____ Date: _____ Block: _____

The lord never spoke of the exam, not until their son, Dickie, was twelve years old. It was on his birthday that Mrs. Jordan first mentioned the subject in his presence, and the absentminded of her speech caused her husband to answer sharply.

'Forget about it,' he said. 'He'll do all right.'

They were at breakfast table, and the boy looked up from his plate curiously. He was an alert-eyed youngster with flat blond hair and a quick, nervous manner. He didn't understand what the sudden tension was about, but he did know that today was his birthday, and he wanted harmony above all. Somewhere in the little apartment there were wrapped, beribboned packages waiting to be opened, and in the tiny wall-kitchen something warm and sweet was being prepared in the automatic stove. He wanted the day to be happy, and the moistness of his mother's eyes, the scowl on his father's face, spoiled the mood of fluttering expectation with which he had greeted the morning.

'What exam?' he asked.

His mother looked at the tablecloth. 'It's just a sort of Government Intelligence test they give children at the age of twelve. You'll be taking it next week. It's nothing to worry about.'

(Small text at the bottom: "You mean a test like in school?")

REVISION ACTIVITIES

Low Utility

- Reading through class notes
- Reading course textbooks
- Mind Maps/Diagrams
- Rewriting class notes
- Flashcards / content revision 'apps'
- Revision 'posters'

Moderate Utility

- Studying mark schemes and examiner's reports
- Reading model answers
- Planning exam questions
- Source annotation exercises

High Utility

- Writing exam answers in timed conditions
- Self-assessing their work against the mark scheme before handing in to their teacher
- Comparing model answers against their own work
- Creating their own exam questions

PRESSURE TESTING



- ∇ A crucial but often neglected element of student revision
- ∇ Attempting practice/past questions should be in timed conditions to replicate the pressures of the exam
- ∇ Source material (where applicable) should also be annotated in timed conditions



‘How many practice questions have you attempted since the January mocks?’

PRESSURE TESTING: 'FEAR OF THE UNKNOWN'



A good activity to develop your young person's 'in-exam' resilience and response:

- ✓ Write/type/print a series of past/practice exam questions.
- ✓ Individually fold them and place them in a jar/container
- ✓ When revising, select one at random. Without any notes/prompts attempt to plan and/or write.
- ✓ After, check against content notes

The background features a collage of images related to a college building. On the left, there are several overlapping hexagonal shapes, some containing images of windows and architectural details. On the right, there is a larger, semi-transparent image of a brick building with multiple windows. At the bottom, a dark blue triangular shape contains the text 'THE SIXTH FORM COLLEGE COLCHESTER'.

What to do during exam season



THE SIXTH FORM COLLEGE COLCHESTER

A FEW PRACTICAL THINGS YOU CAN DO TO SUPPORT YOUR YOUNG PERSON

Ask them what they need today



Say: "Shall we take a walk together later, or do silly dances?"

Look after their needs when they forget



Say: "It's time for a break, I made us some dinner – your favourite!"

Become a pro study buddy



Say: "Can I help you set up a practice test in exam conditions?"

Remind them of their worth



Say: "Don't forget I love you, no matter what happens in your exam!"

Let them unburden on your shoulder

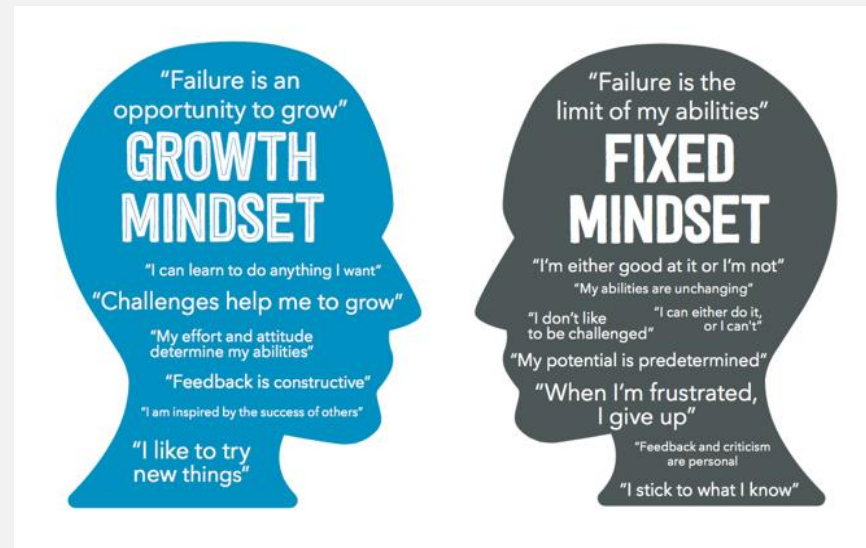


Say: "Do you want to talk about it? I've got time"

Be there for them on exam day



Say: "I believe in you! I'll be thinking of you tomorrow"



WHAT SHOULD THEY BE DOING THE DAY BEFORE AN EXAM

- Last minute revision- pressure testing BUT NOT cramming
- Check:
 - Dates and Times
 - Location
 - How they are getting here
 - Papers and Content

Encourage them to prioritise sleep despite the temptation to cram at night

What should you do the day before an exam?

The 5 fool-proof steps to take to ensure exam-day confidence:

PRACTICE

1

Re-test yourself

Spaced retrieval practice or practice papers: tackle those tricky sections one last time

2

Warm-up your brain

Get into the gameday mindset by practising some exam questions & essay plans

3

Check the rubric

Be confident you know what to expect, what to do and where & when your exam is!

4

Check your kit

Stationery, clothes, special equipment: pack all your stuff ready for a stress-free morning

5

Stop early

Most importantly, don't work late. You need to relax and get a good night's sleep!

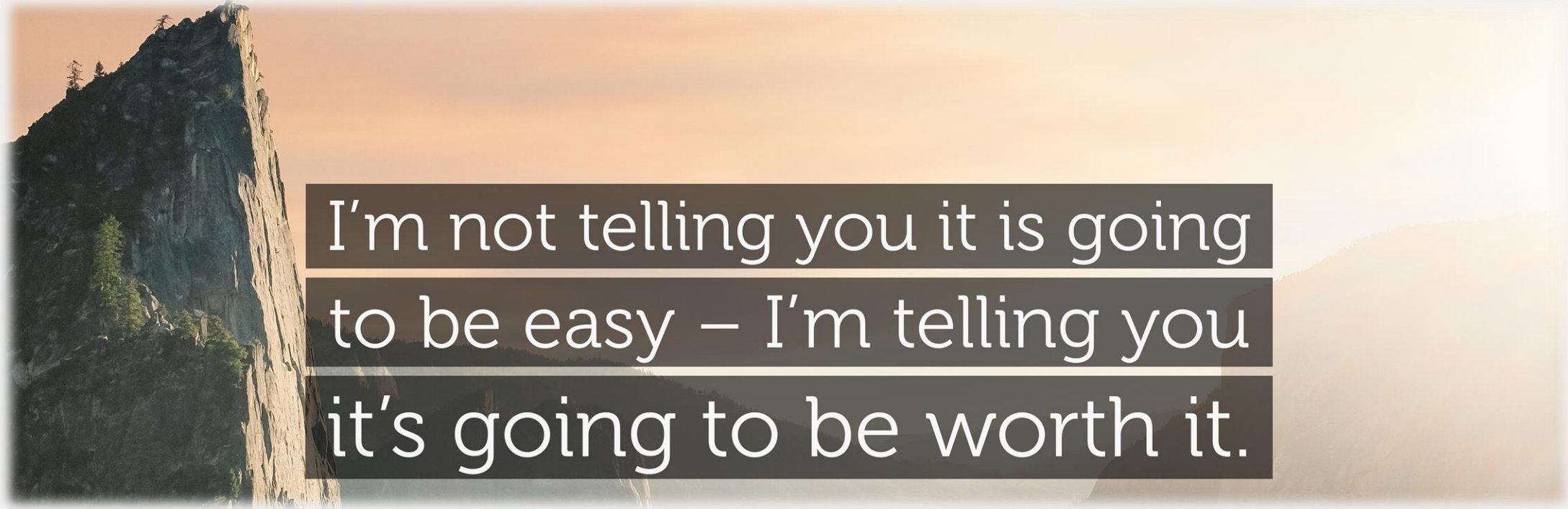
PREPARE

WHAT ABOUT ON EXAM DAY?

- Check times and dates again
- Arrive early
- Eat and drink.....but nothing new
- Check the paper
- Breathe and read carefully
- Time plan – How many questions, how much time
- Prioritise the questions



THANK YOU FOR JOINING US



I'm not telling you it is going to be easy – I'm telling you it's going to be worth it.