

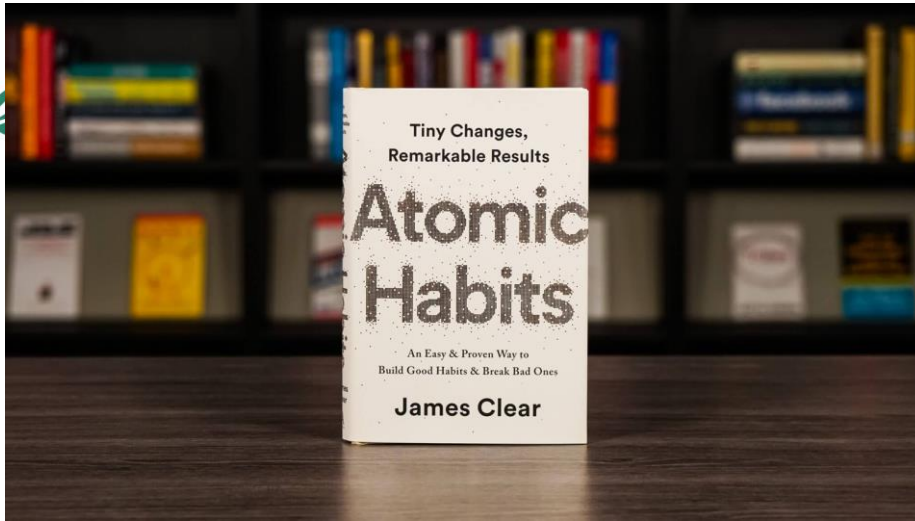


Atom

1. An extremely small amount of a thing; the single irreducible unit of a larger system.
2. The source of immense energy or power

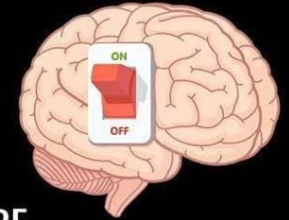


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HOW TO BE MENTALLY STRONG

- **DON'T** FEAR ALONE TIME
- **DON'T** DWELL ON THE PAST
- **DON'T** EXPECT IMMEDIATE RESULTS
- **DON'T** GIVE UP AFTER THE FIRST FAILURE
- **DON'T** FEAR TAKING CALCULATED RISKS
- **DON'T** LET OTHERS INFLUENCE YOUR EMOTIONS
- **DON'T** RESENT ON OTHER PEOPLE'S SUCCESS
- **DON'T** WASTE TIME FEELING SORRY FOR YOURSELF
- **DON'T** WASTE ENERGY ON THINGS YOU CAN'T CONTROL



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ALPERTON
COMMUNITY SCHOOL

YOU ARE A STUDY NINJA!



End of Year Exams 29th January - 2nd February 2024

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STUDY TECHNIQUES

If you're a heavy **procrastinator**, it's better to use **HEALTHY fear motivation** instead of positive motivation. When you use positive motivation, you dream about the perfect life and getting better grades, which makes you comfortable for the state that you're in which means you push all your goals and you end procrastinating until the last minute when you start the work. **Fear Motivation** makes us uncomfortable which makes us take action in our current state today.

However it has to be a healthy dose of fear as it could overwhelm you and make you believe you can't do anything. To invoke a healthy dose of fear motivation you should try educate yourself on the consequences of your procrastination!

Procrastination: Delaying or putting off tasks or decisions

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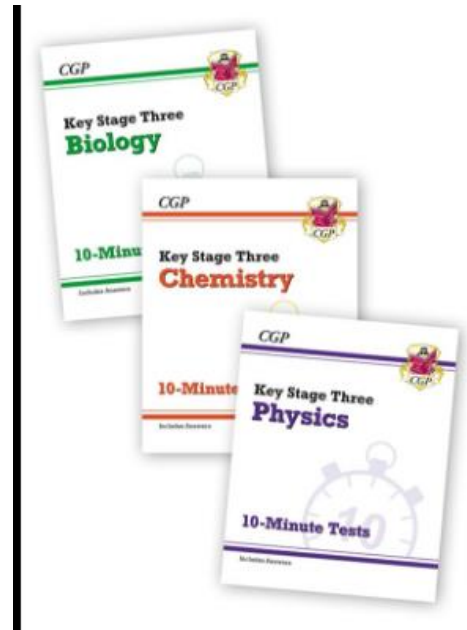
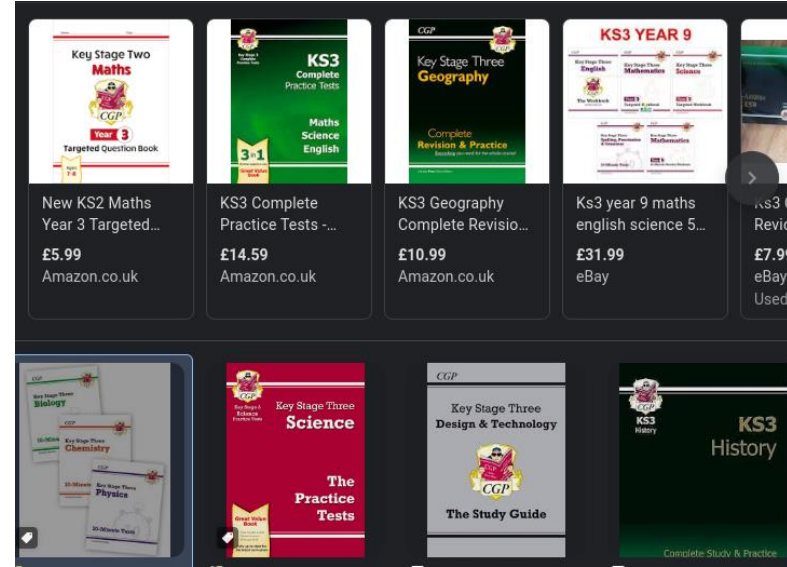


The traffic light method:

Go over the curriculum and label each topic a colour green-you are confident in this topic. Amber- needs a little revision and red- you don't know anything in this topic. Essentially, you focus on the red topic the most and then the amber and then the green.

2nd trick

You would revise a topic/subject for say 30 minutes, then after a 15 min break you come back and test yourself. When you think you really have it locked it then you will extend the break to say like you will revise then after the next day you would test yourself.













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1) Students could create a set of alarms to signify when to start revision for a certain subject and when to take a break.

2) Students could ask parents or siblings to read out questions, and the students could attempt to answer these questions, if they get a question correct then they can get a reward from their parents or siblings.

- 1 | Make a detailed study plan**
and try using a planner or calendar to mark out your time. 
- 2 | Make sure you have a short break every 50-90 minutes**
it will help you retain your focus. 
- 3 | Get a good night's sleep**
lack of sleep can play havoc with your memory function. 
- 4 | Avoid distractions**
by turning off the TV and banishing your phone from your study space until break time! 
- 5 | Get moving!**
A daily workout can boost your hippocampus (which helps with memory & learning) and give you more energy. 
- 6 | Stay hydrated**
by drinking plenty of water rather than caffeinated drinks - these can contain a lot of sugar which can affect concentration. 
- 7 | Eat plenty of 'brain food'**
like apples, walnuts and blueberries which can improve your ability to focus and retain information. 
- 8 | Use mind maps**
to visualise your topics better, improve your memory and prioritise information. 
- 9 | Assign a colour code**
to each of your topics and use markers and post-it notes to group information together to help you memorise everything faster. 
- 10 | Treat yourself!**
Take a break after sitting an exam or handing in an assignment and reward yourself with things that you enjoy. 

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Tips for students to BE MORE PRODUCTIVE



Organise your projects and exam dates



Volunteer – this can give you real life experience



Set a weekly to-do calendar



Tackle bigger projects first



Limit time on social media



Look for apps to assist with studying



Set goals – short and long term



Divide large projects into manageable tasks



Ensure you get enough sleep



Set a schedule to ensure nothing is missed



Review assignments in advance



Use highlighters and post-it notes for perfect note taking



Get in the habit of setting a routine for homework



Review material frequently



Turn phone to silent when studying



Avoid multi-tasking, focus on one project at a time



Get exercise – healthy body, healthy mind



Reward yourself when you meet goals

EXAM STUDY TIPS

TO GET YOU THROUGH
MIDTERMS

01



BUILD A STUDY GUIDE

You want to ensure you understand the main topics of each chapter. Start studying by creating a study guide with all the topics on the exam.

02



RECAP AND RELEARN

It is likely you forgot some concepts covered in class. Going through past notes or finding videos on accredited sites like Khan Academy will help you brush up on the material.

03



REPETITION IS KEY

The more comfortable you are recalling the material and utilizing the information the better. Redoing past questions and taking advantage of exam review questions is vital.

04



STUDY WITH OTHERS

Studying can be difficult on your own. Having a friend to recall material and practice with will make studying easier and maybe even fun.

05



ORGANIZE YOUR TIME

When studying for multiple exams in a short period of time, time management is tough. Try creating a schedule for each day you study and customize it to your needs in each subject. Do not waste your time on material you know.



1. Prepare learning media

Before studying we must make sure all the equipment needed is complete. For example, books, stationery, and other learning media. Also make sure we have software that supports if learning activities are carried out online

2. Create a conducive learning space

It is important for us to create a conducive learning atmosphere. Choose a quiet room with good lighting to be more focused. Avoid studying in bed because it can cause us to become sleepy easily and too comfortable with the bed so that it makes us fall asleep.



3. Discipline with study time

Time management is very important to increase productivity. To spur ourselves to This can eliminate boredom when studying and can lighten the mind a little. Or any form of gift that can make us more enthusiastic in continuing our tasks remain disciplined, we can apply rewards and punishments.



4. Make a To Do List (Daily Target)

To make our activities or assignments more organized, we should plan in advance what the class schedule will be that day and also a list of tasks that must be done. Through this list we can sort out which tasks must be completed immediately and which can be done later.



5. Avoid things that can make you fail to focus

Keep away from things that make the focus distracted like smartphones, don't let through this media we fail to focus on opening social media. As much as possible we should ignore social media notifications that appear. After the lesson is finished, may we be free to play with smartphones again. But there must be limits too.



- Use active learning techniques: Rather than just reading and highlighting your notes, engage with the material actively. This could involve summarizing key points in your own words, teaching the material to someone else, or making flashcards.
- Set clear goals: Before you begin studying, set specific, achievable goals for what you want to accomplish. This will help you stay focused and motivated.

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INSTRUCTIONS FOR EXAMS – KS3

Winter 2024 Examination Series



Why are they important?

- You have completed 14 weeks of learning.
- These exams are an opportunity to show your understanding of the knowledge and skills you have learnt in each subject.
- These exams will help you to identify any gaps in your learning and set targets for improvement.



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How do I prepare?

Your teachers will provide revision lists.

Use the VIP Zone for top tips on revision strategies and important information on wellbeing during exams.

[Y7 VIP ZONE](#)

[Y8 VIP ZONE](#)

[Y9 VIP ZONE](#)



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What else do I need to know?



- Exams will take place in form rooms
- Each exam will last a maximum of one hour
- You will receive a full timetable before the Christmas holiday
- Your exam week is:

Monday 29th January to Friday 2nd February

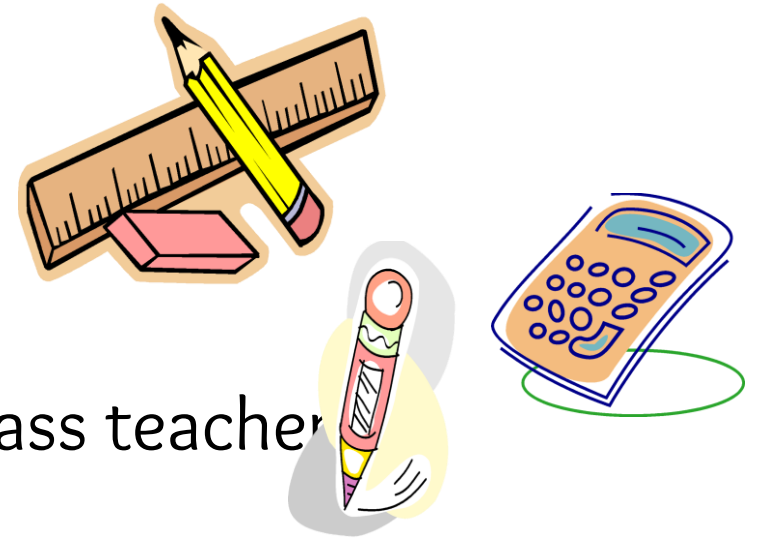
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Exam Equipment

- Equipment needed for the exams

1. Pens with black ink only
2. Pencils
3. Erasers
4. Rulers
5. Calculators without casing (check with class teacher)
6. Coloured Pencils/Highlighters
7. **CLEAR PENCIL CASES ONLY**





Examinations

Once you enter the exam room you are under “**Exam Conditions**”. Come in silently, **NO TALKING**, go and sit in your allocated seat:

- **DO NOT** bring mobile phones, watches, smart devices, MP3/4, iPods or any other electronic equipment
- **YOU MAY** bring a transparent bottle of water into the examination room, if you wish. However ensure you take off any wrapping
- Wait silently for instructions for the start of the exam
- You will start all at the same time
- Try and answer all questions and keep an eye on the time
- **NO COMMUNICATION** with any other students
- If you need clarification about anything put your hand up
- They will not explain the question or words within the question
- **READ THE QUESTION** carefully and check through your answers and remain silent until you are dismissed.



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Be Considerate

- Outside Venues



Show consideration inside & outside the venues whilst exams are going on





Ill for an Exam?

- **Before exams illness**
 - You should contact the Pastoral Manager who will advise you what to do

- **During exam illness**
 - You should put your hand up and tell the invigilator immediately



Late or Missed An Examination?

- **Late**
- If you arrive after the start of an examination go and see your pastoral manager to explain. You may be allowed into the exam room to sit it
- Late entrance has to be reported to the pastoral manager
- **Missed**
- You will receive ZERO marks for the paper.



1. Continue to revise for your Exams
2. Use the revision techniques in the VIP zone
3. Know your exam timetable in the VIP zone
4. **MAKE SURE YOU BRING YOUR FULL PE KIT DURING THE EXAM WEEK!!!!!!**

Your exercise books are a great source of revision. Please can you ensure your books display the AQS:

- All work completed
- All targets responded to
- All sheets stuck in
- All work well presented
- H/W clearly signposted



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Physical Time

Keep your mind and body healthy by taking your daily exercise.



Focus Time

Make time to focus on work commitments; give time to get tasks completed.



Learning Time

This is a great time to capitalise on learning opportunities or try a new hobby.



Family Time

This is the time to connect with family, the moments in the day when you all come together.



Connectivity Time

Make time to connect with yourself and others; use creative ways to reach out to people.



You Time

Time for reflection and self-care, the simple things you do to take care of your emotional wellbeing.

Your health is the most important thing and you need to take care of yourself!

If you are worried or concerned about anything, please tell someone!

You can talk to your form tutors, and any teacher – we are here to help.

These organisations also help:

<https://www.mind.org.uk/>

<https://www.childline.org.uk/>

<https://www.place2be.org.uk/>

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Highly Motivated - The Road to Mastery

- ✓ Excellent focus
- ✓ Organises time effectively
- ✓ Invites feedback, responding positively to praise and critique
- ✓ Reviews own progress, acting on the outcomes
- ✓ Seeks own solutions to problems
- ✓ Learns from setbacks and mistakes
- ✓ Asks questions to extend thinking
- ✓ Perseveres and seeks challenge
- ✓ Make points or arguments clearly and constructively
- ✓ Speaks persuasively to an audience
- ✓ Sets an example
- ✓ Approaches learning with active interest
- ✓ Starts learning readily
- ✓ Completes work set to an exemplary standard

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1. Attendance and punctuality - 20 minute detention!
2. ATL
3. Uniform - jackets off and blazers on in the building
4. Litter - put your rubbish in the bin and recycle!
5. Break and lunch – canteen line, behaviour, library route, canteen or outside!
6. Conduct around the school – keep left
7. After school - go straight home as soon as you leave!
8. Manners - always use them!
9. Reading books
10. Extra curricular activities

