

Enfield Grammar School



An Academy Trust

**Year 11**

**Mock Exams 2021**

**Mr. M. Pieri - November 2021**

# Mock Exams



## What is the point?

- **To give you experience of what it will be like in May & June**
- **To identify strengths**
- **To Identify areas for development**
- **To inform teaching and learning**
- **Build confidence**
- **Practice exam technique**
- **To learn from your mistakes**

# Mock Exams



**the science of  
teaching and  
learning**  
Teacher Network

## Practice makes perfect: why mock exams are great for students' brains

Many students see sitting mocks in December as nothing more than a cruel trick. But these tests have more value than you might imagine - here's why

**Bradley Busch**

@Inner\_drive

Thu 3 Dec 2015 16.00 GMT



1,595 24



▲ Sitting a mock exam early highlights areas that need attention to students. Photograph: Niall Carson/PA

Many things happen in the first week of December: Christmas songs get played incessantly in supermarkets and restaurants; you have to turn the thermostat up to 23 degrees; and for many students, mock exams start. It

## Article says:

- **Motivating students** to start revision early
- **Practising effective** revision strategies
- **Improving knowledge**
- **Practising under exam conditions**
- **Identifying topics** that need attention

# Mock Exams



“(...) researchers found that students who did a practice test after a period of revision **did better on the final exam** than those students who didn’t do the mock exam and had just spent the whole time revising.”

“Also, if students have a particularly bad mock exam, better to have the shock in the mock, than the final exam. It **can act as a call to action** that perhaps they need to do more work, change revision strategies and develop skills needed to perform under pressure.”

# WHY ARE MOCKS GOOD FOR YOU?

Taking your Mock exams is rather like having a healthy diet or making the effort to exercise - you'll feel a lot better afterwards if you take it seriously!  
Here's why ....



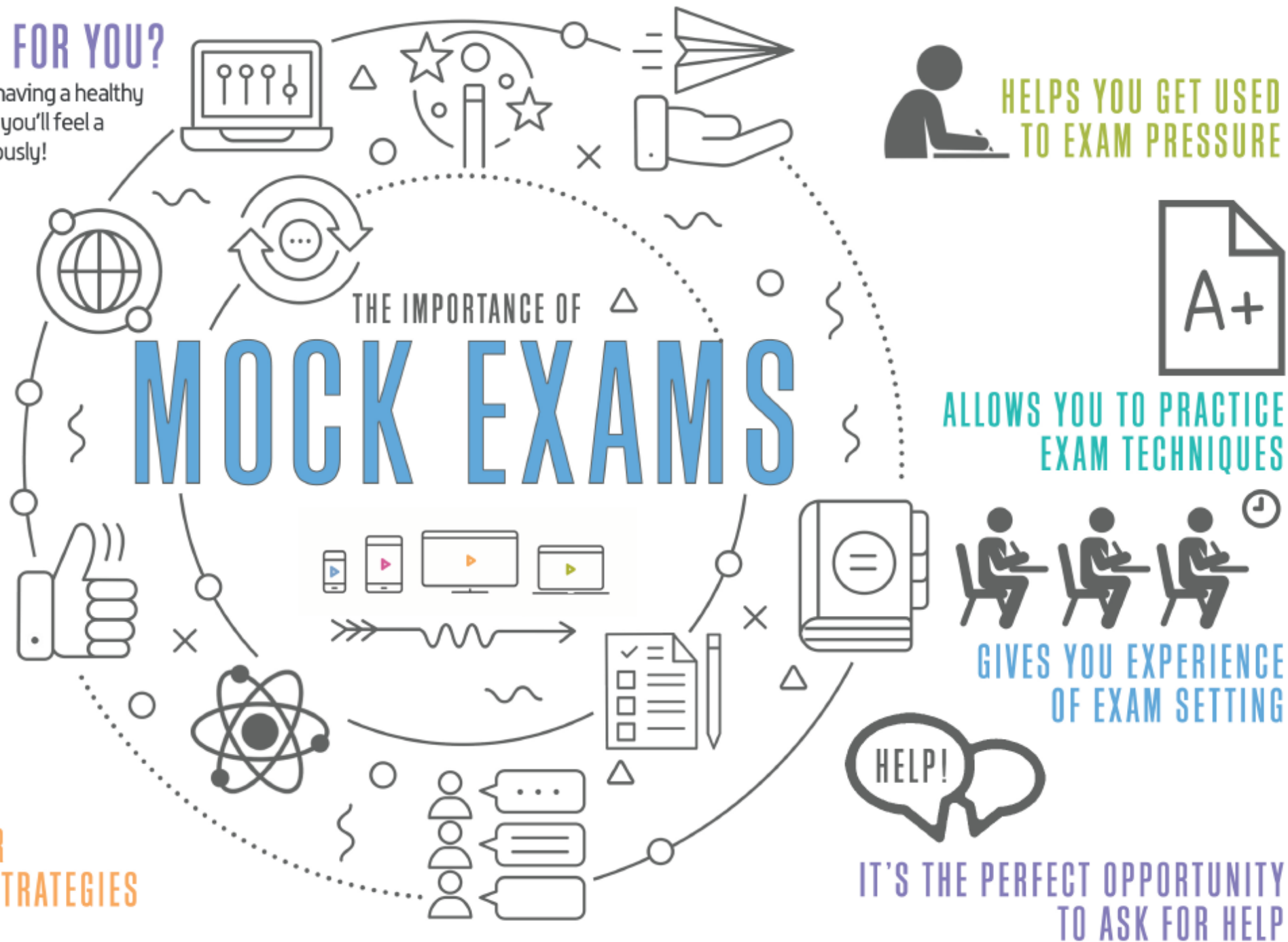
EXERCISES YOUR BRAIN  
TO BUILD EXAM STAMINA



HELPS  
IDENTIFY TOPICS  
YOU NEED TO REVISE



TESTS YOUR  
REVISION STRATEGIES



# What You Need To Do...



**What you need to do:**

- **Treat the Mock Exams seriously**
- **Revise and prepare**
- **Check issues with staff before the exam!**
- **Know the timetable**

# Before The Exam...



What you need to do:

- **Know** your exam timetable;
- Revision should **focus** on gaps in your knowledge;
- Use past exam **papers**;
- **Eat** well. Stay **hydrated**;
- Have a regular **sleeping** pattern;
- Limit **screen time** before bedtime (1 hour before);
- Build in **time outs** and reward yourself.

## Session 1 (Exams start at 8.45am)

	Subject	Length	Rooms
Mon Dec 6	Geography 1	1.10	S Hall
Tues Dec 7	History 1	1.20	S Hall
Weds Dec 8	Maths 2	1.30	S Hall
Thurs Dec 9	Bus Studies	1.30	S Hall
Fri Dec 10	History 2	0.50	S Hall
Mon Dec 13	Maths 3	1.30	S Hall
Tues Dec 14	PE	1.00	S Hall
Weds Dec 15	Art	All day	A1 + A4
	French P1&P3	1.45	1, 2, 3
	Spanish P1&P3	1.45	5, 6, 7
Thurs Dec 16	Art	All day	A1 + A4
	French P2		1,2,
	Spanish P2		5,7
Fri Dec 17	Missed Exams		
	Media (CA)	2.00	16
	Art clashes	2.00	A1

## Session 2 (Exams start at 11.15am)

	Subject	Length	Rooms
	Biology 1	1.15	S Hall
	Chemistry 1	1.15	S Hall
	Eng Lit	0.55	S Hall
	Geography 2	1.10	S Hall
	Citizenship 1	1.00	S Hall
	Physics 1	1.15	S Hall
	I.T	1.15	S Hall
	Music	1.30	MFL
	Art	All day	A1 + A4
	Clashes		Conf. Rm
	Art	All day	A1 + A4
	French P2		1,2,
	Spanish P2		5,7
	Missed Exams		
	Media (CA)	1.00	16

## Session 3 (Exams start at 2.00pm)

	Subject	Length	Rooms
	Maths 1	1.30	S Hall
	Eng Lang	1.45	S Hall
	French P4	1.00	S Hall
	Spanish P4	1.00	S Hall
	Media	1.30	S Hall
	Comp. Science	1.30	S Hall
	Citizenship 2	1.00	S Hall
	Food	1.45	S Hall
	RS	1.20	S Hall
	D&T	2.00	S Hall
	iMedia	1.15	S Hall
	Art	All Day	A1 + A4
	Art	All Day	A1 + A4
	French P2		1,2,
	Spanish P2		5,7
	School Closed		

# The Exam...



What you need to do:

- **Arrive** LATEST 15 minutes before the start of the exam
- **Line up** in the playground behind the gym
- Line up in your **classes**
- You will be called one group at a time.
- Mobile phones / uniform check / changing room / conduct / lunch card

# Exam Conditions...



What does this mean?

The Mock Exams aim to replicate how you **HAVE** to behave and the rules you **HAVE** to follow in the real exams

# NO EXCEPTIONS

(these are not MY rules...they are THE rules)

# Exam Conditions...



- **Uniform**
- **Punctuality**
- **Equipment (clear pencil case)**
- **Mobile phones / electronic items**
- **You are allowed water (no fizzy drinks) but labels need to be removed**
- **Exam room conduct**

**Failure to comply may put at risk you sitting the exam**

# Exam Do's



- Do **know your timetable**. (Where and when are your exams?)
- Do arrive at least **15 minutes early** for your exams;
- Do bring your **equipment** with you;
- Do wear correct, full school **uniform**

# We can help with shoes!



# Exam Do's



- Do write in **black ink** only.
- Do bring your equipment in a **see-through pencil case**.
- Do use a **calculator** if you need to, unless otherwise instructed. (Remember to check that it is working before the exam, and clear anything that is stored in the memory).
- Do have your **conduct card / lunch pass**. Place on desk.

# Exam Don'ts



- Do not **cheat** in any way, attempt to borrow anything, or try to communicate with other students once the exam has started;
- Once in the exam hall – you have to be **SILENT**;
- Do not take any **devices** into the exam on which you can access the internet. Preferably leave your phone at home.
- Don't arrive **late** – you may not be allowed to sit the exam

# Exam Don'ts



- Do not ask to go to the **toilet** in the first 90 minutes of the exam. This request will be refused;
- Do not have any **notes** in your pockets;
- Do not have any **writing** on your hands / arms.
- All exam conditions continue while you are in the exam hall.

# During The Exam



- Do **listen** to the **invigilators** and follow their instructions at all times.
- Do follow the **rules**.
- Do read carefully and follow the **instructions** on your paper.
- Do fill in your candidate details on your answer sheets.

# During The Exam



Raise your hand to speak with the invigilator if...

- You think you have the **wrong** paper.
- You need more **paper**.
- You do not **feel well**.
- You have any **problems** and are in doubt about what to do.

**NOTE: If you leave the room without an invigilator during the exam, you will NOT be able to return.**

# At The End Of The Exam



- Exam conditions are in place until you **leave** the exam room;
- **Do not leave** the room until instructed to do so by the invigilator;
- **Do not take** any stationery or the exam paper from the room;
- There may be another exam taking place. Leave the room **in silence** so that you don't disturb other students.

# Important Dates



**Monday 6 December 2021 - Mock Examinations Start**

**Friday 17 December 2021 - Mock Examinations Finish**

**Thursday 13 January 2022 – Mock Results Day**

**Thursday 13 January 2022– Year 11 Parents Evening**

**Friday 14 January 2022 – 6th Form Taster Day**

**Thursday 17 January 2022 – 2nd Elevate Education Revision Seminar**

**Monday 16 May 2022 – First GCSE Exam (104 school days / 20 school weeks)**

**Thursday 25 August 2022 – GCSE Results Day**

# LETTER / EXAM LEAVE / MOBILE PHONES:



- A **letter** will go out to your parents this week.
- Exam **leave of absence** is granted to all **UNLESS** your parents tell us otherwise.
- **Mobile phones** are not permitted in the exam room.
- **Envelope** procedure

# HOW TO DEAL WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



## BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



## GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



## MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.



## OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teaching or revising on GCSEPod.



## FIT EXERCISE IN EVERYDAY

It's easy to put off exercise but remember a healthy body = a healthy mind. Doing at least 20 minutes of physical activity a day can help to improve focus and keep you relaxed.



## EAT RIGHT

Eat three healthy meals a day and limit your consumption of caffeine and sugars. Power foods for your brain include blueberries, salmon and nuts.



## TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams, but bottling it up will only make it worse. Talking to your friends and family about how you are feeling is a great way of alleviating stress and worry.



## KEEP THINGS IN PERSPECTIVE

The exams might seem like the most crucial thing right now, but in the grander scheme of your whole life they are only a small part. Just concentrate on the actual exam in hand not what may or may not happen after.

# Words of Wisdom



***“...procrastination is the thief of time...”***

**Finally**



**Good Luck**