

Year 9 Exams

Start: 7th January 2019

What are they for?

- To give you an idea of how you are doing in your subjects.
- To give you information you can use to help you choose your options.
- To help you get used to working in a silent, focussed environment under a time pressure.
- For some subjects – to give you an experience of doing an exam in the hall.
- To help your teachers teach you well.

How can you prepare for them at school?

- **TAKE RESPONSIBILITY**
- **Find out from your teachers what you need to do to prepare for your exams – don't wait to be told.**
- **Be brave about things you don't understand and get better at them. Ask for help if you need it!**
- **Find out how to answer certain types of question – different techniques apply in different subjects and you need to find out how to get the best marks. For example, in Maths GCSE there is a 4 mark question. Only one of the marks is for the answer (the other 3 are for the working out)**

How can you prepare for them at home?

- **BE INDEPENDENT**
- **Set aside time for study and time to relax.**
- **Use good revision websites to help you – ask your teachers which the best ones for your subject are and use those.**
- **Make notes that make sense to you – start with bullet points with key information you know you need. Use mind maps, revision cards – whatever you know works for you.**

What should you do during the exams at school?

- **BE ORGANISED**
- **Don't miss any exams.**
- **Bring the correct equipment.**
- **Make sure you know when and where your exams are and go to the right place at the right time.**

What should you do during the exams at school?

- **BE PERSISTENT**
- **Read the question carefully – several times if necessary. Make sure you know what to do.**
- **Use the time you have wisely to finish all the tasks and check your work at the end.**
- **Don't leave any answers blank – even a guess might get you a mark or two.**

What should you do during the exams at home?

- **BE SELF AWARE**
- **Know how much sleep you need to feel great the next day and make sure you get it.**
- **Get some exercise and fresh air – it will give you more energy!**
- **Pay attention to the kind of foods that give you energy and eat well – nourish your body and your mind will be nourished too.**
- **Don't use social media to grow problems – if you need to use it at all, use it to build up and encourage one another.**
- **Put your phone away at a reasonable hour every evening and have a good bedtime routine.**

What should you do after the exams?

- **THINK ABOUT THE BIG PICTURE**
- **Be proud of yourself for trying your best.**
- **Reflect on what went well and what didn't go so well – what can you do about this?**
- **Think about your options for GCSE and discuss with teachers and parents.**

Remember:

You can only revise what you know. The more you learn well in lessons, the less stressful revision will be.

HOW TO DO WELL ALL OF THE TIME:

- Show up – with your body AND your brain.
- Listen to your teachers.
- Follow instructions.
- Ask for help when you need it – we ALL want you to do well!
- Take responsibility for your learning.