



# Year 11 Guidance Evening

October 2024

*"I am the vine, you are the branches. Whoever remains in me, with me in him, bears fruit in plenty." John, 15:5*

# Agenda



- Teenage brain
- Preparing for exams
- Information from local 6<sup>th</sup> form providers

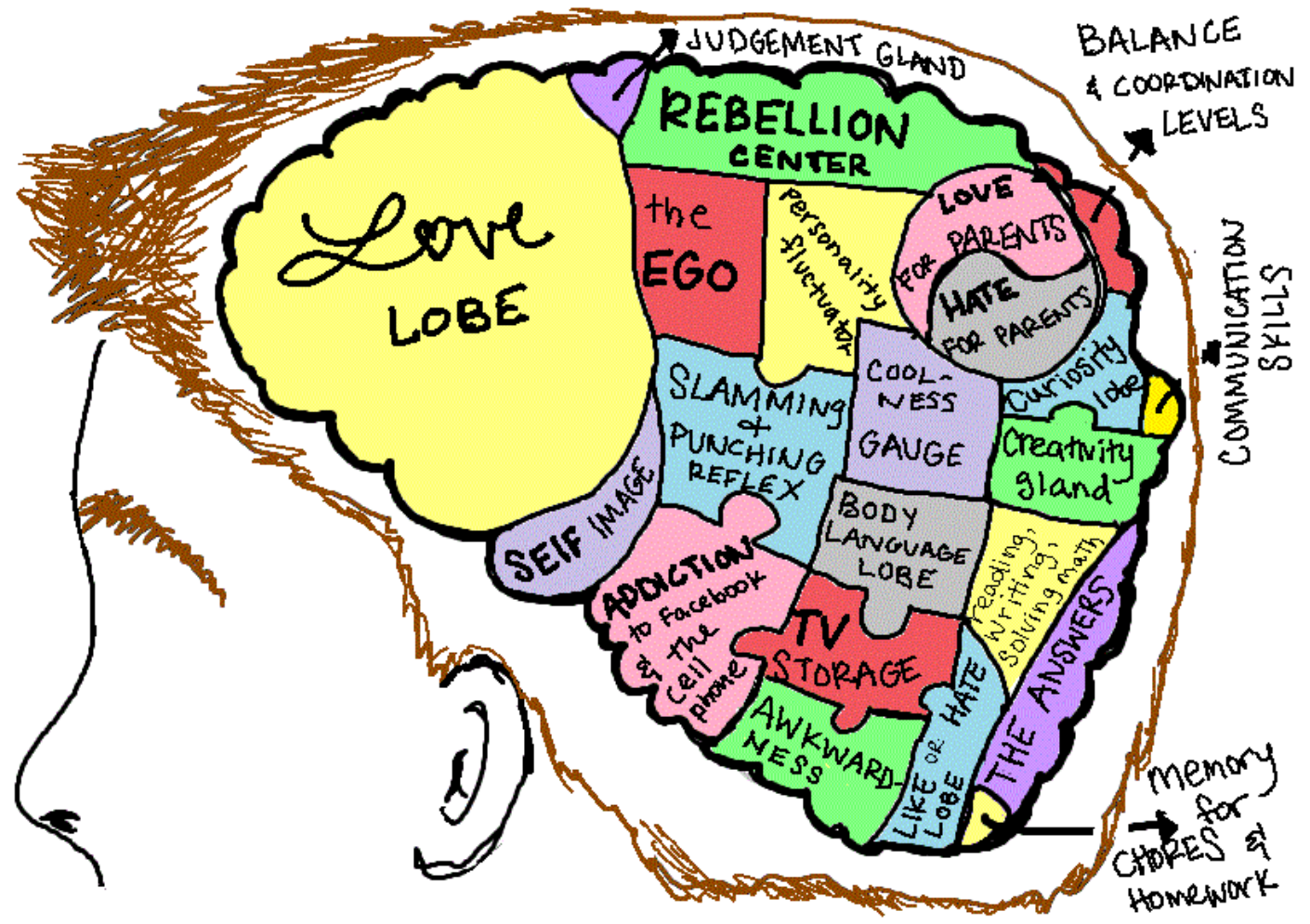
# Teenage brain



- What is going on?
- Why are you so difficult at times?
- What can we do to help?

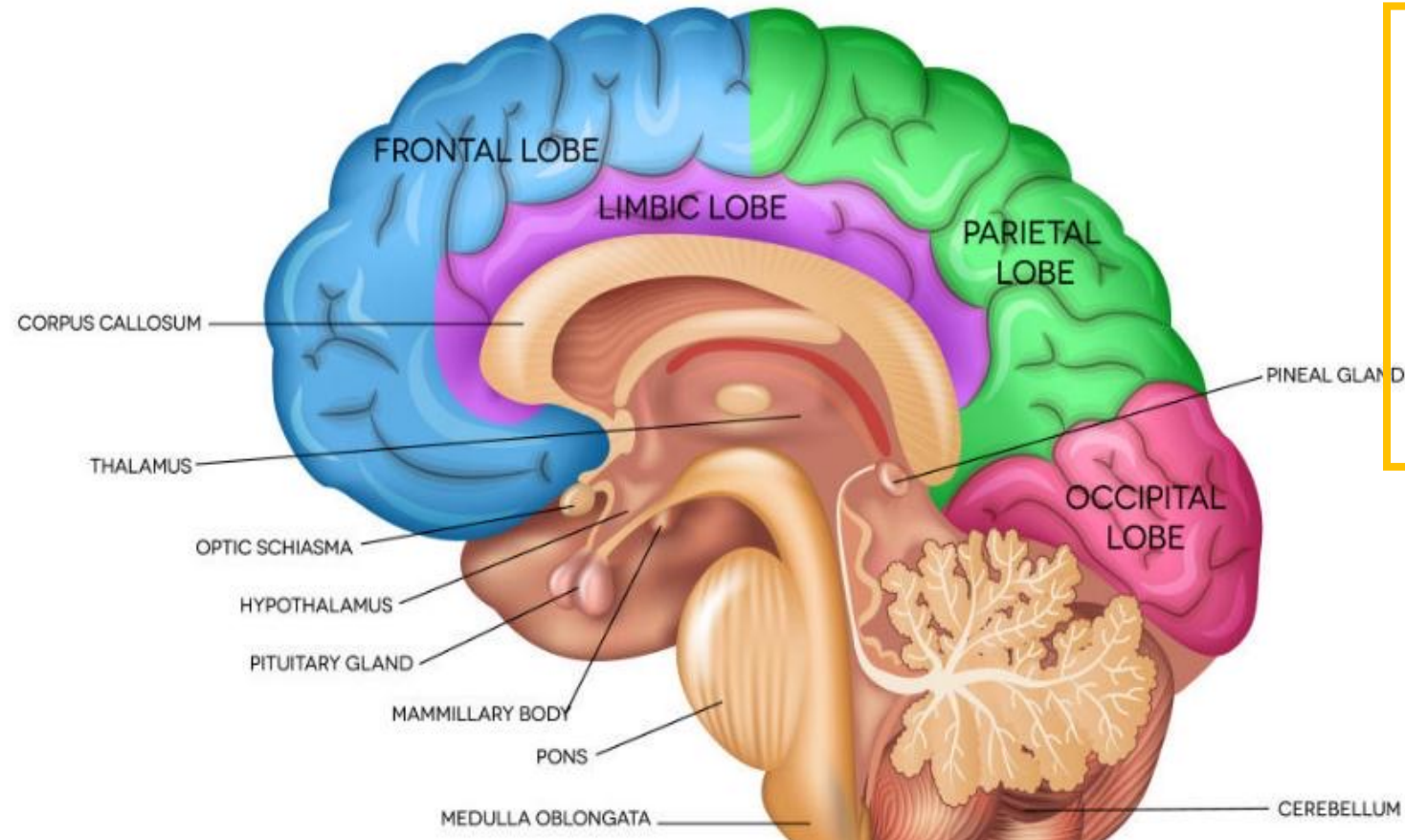


# THE AVERAGE TEENAGE BRAIN





- Decision making
- Reasoning
- Consciousness of emotions
- Movement

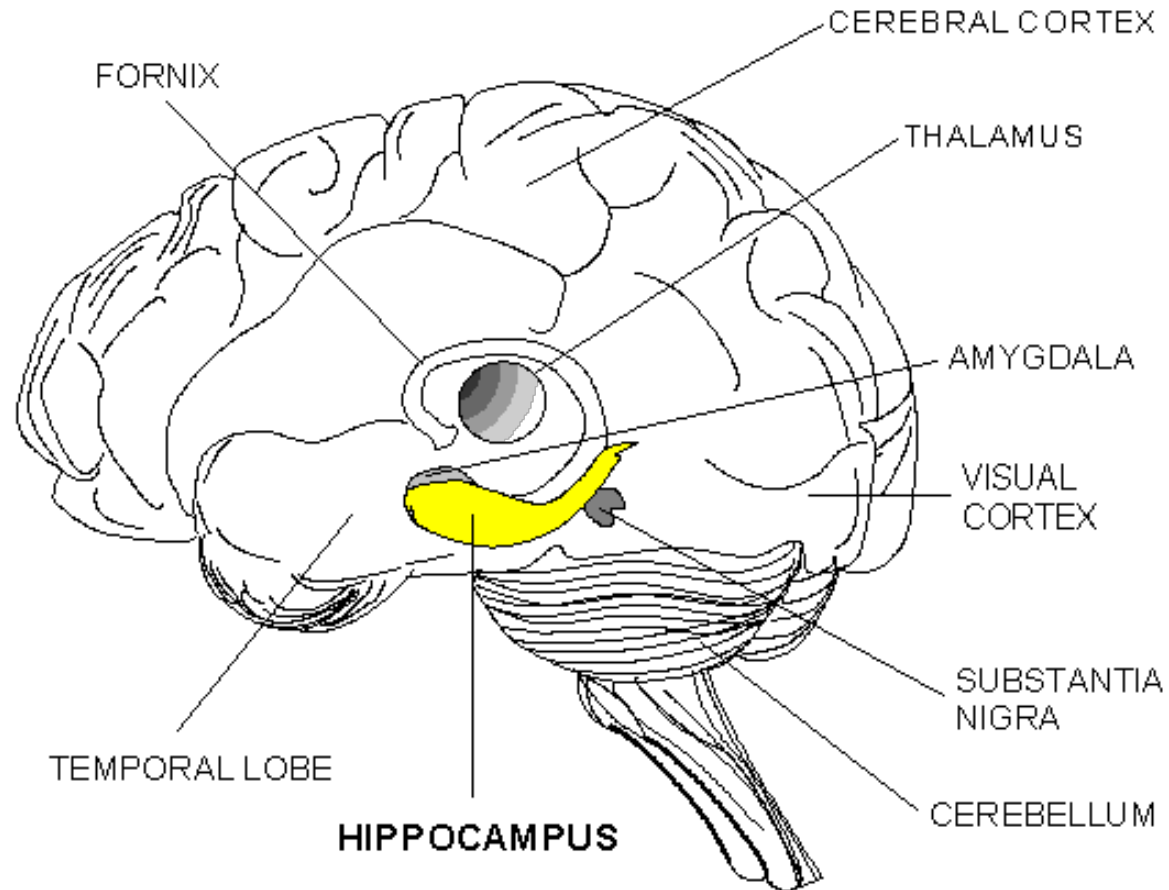


- Orientation
- Movement
- Sensation
- Calculation

# Hippocampus



- Learning
- Memory



# Key points



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Drawn to risk

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Highly emotional

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Deeply affected by shame and embarrassment

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Shifting dependence from adult approval to peer

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Prefrontal tasks still in development

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Lowered ability to see other perspectives

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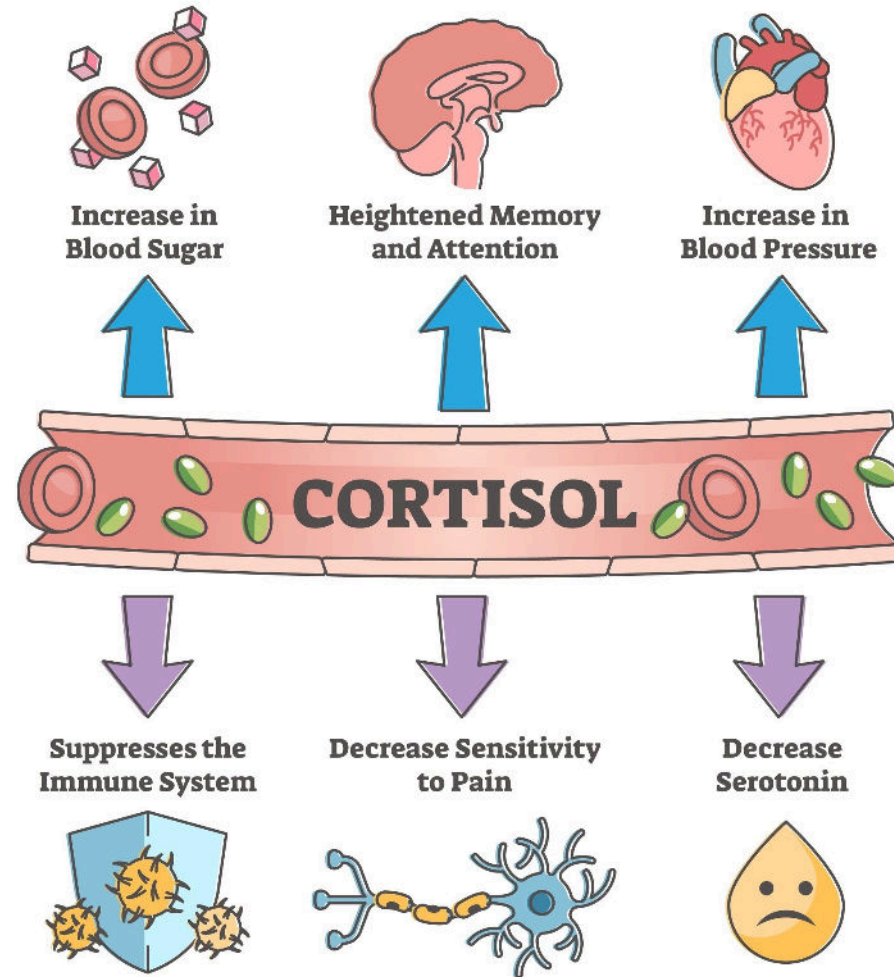
Particularly prone to hormonal stimulants such as dopamine and cortisol

# Stresses?





# Cortisol



# Cortisol and the brain



Males produce more cortisol when stressed than females (Cohen and Stemmer 2007).

Cortisol impacts on empathy and heightens feelings of fear and aggression (Yakayama 2007).

Children with high levels of cortisol are more likely to get ill and miss school (House et al 2003).

Cortisol damages the hippocampus, central to learning and memory (Sapolsky 2000).

Children suffering from persistent stress suffer verbal declarative memory loss. They have an impaired ability to recall words and information (Newcomer 2009).

# Find the middle ground



There is something wrong.

It doesn't help to think who is to blame.

It helps to find a solution.

I am part of the solution.

# Key principles



Relationships

Routines

Rigour

# Preparing for your exams



**“By failing to  
prepare, you are  
preparing to fail.”**

*– Benjamin Franklin*

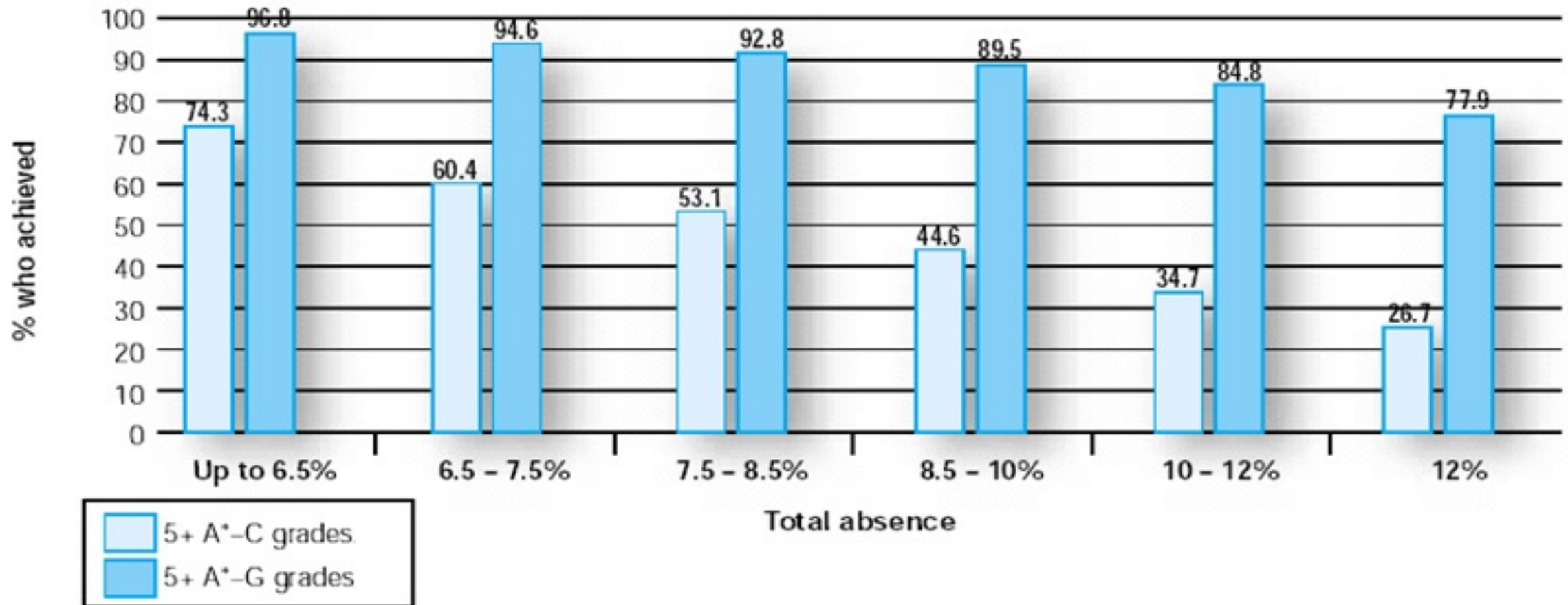


# Attendance matters



<b>% Attendance</b>	<b>Weekly</b>	<b>Termly</b>	<b>Yearly</b>
<b>90% =</b>	<b>½ day</b>	<b>1 week 2 days</b>	<b>4 weeks</b>
<b>80% =</b>	<b>1 day</b>	<b>2 weeks 4 days</b>	<b>8 weeks</b>
<b>70% =</b>	<b>1 ½ days</b>	<b>4 weeks 1 day</b>	<b>12 weeks</b>
<b>60% =</b>	<b>2 days</b>	<b>5 weeks 3 days</b>	<b>16 weeks</b>
<b>50% =</b>	<b>2 ½ days</b>	<b>7 weeks</b>	<b>20 weeks</b>
<b>40% =</b>	<b>3 days</b>	<b>8 weeks 2 days</b>	<b>24 weeks</b>
<b>30% =</b>	<b>3 ½ days</b>	<b>9 weeks 1 day</b>	<b>28 weeks</b>

# The impact



# Know when the exams are



**Mock exams begin on Monday 18th  
November – 2 weeks**

MFL orals week beginning 11th Nov

**GCSE Summer Exam Season  
8th May till 18th June** (25th June contingency day)

MFL orals will take prior to this date

# Know your exam boards



Subject	Exam Board	Subject	Exam Board
RE	Edexcel	Computer Science	Edexcel
English and Drama	Eduqas	German	AQA
Mathematics	AQA	Art / Photography	AQA
Sciences	Edexcel	Music	OCR
Geography	AQA	Media	AQA
History	Edexcel	Food and Nutrition	AQA
Media	AQA	DT	Edexcel
		PE	OCR

# Use various strategies to revise



Read content

Make notes/flashcards

Summarise

Watch videos

Listen to podcasts

Make Mind Maps

Use mnemonics

**But TEST yourself;**

**Have someone ask you questions**

**Use Apps or websites, such as Seneca to test yourself**

**Practise exam questions**

**See if you can memorise key facts**



# Revision Tips



- Use your exam specifications to check what knowledge and skills you will be tested on
- Identify topics/skills that you need to focus on
- Produce a revision timetable and stick to it
- Include topics on your revision timetable and not just the subject
- Start your revision **now!**

# Example revision timetable



Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Revision</b>	Maths – Algebra 40min  Science (biology) – cell structure 40min  Option A – 40 min	English Lit – AIC 50min  RS – 40min  Option B – 40min  Option C – 40min	Science (chemistry) – Mixtures 40min  Option D – 40min  Maths – Geometry 40min	English Lit – AIC 50min  Option A-40min  Option B – 40min  RS – 40min	NO REVISION	Option C – 1 hour  Science – 1 hour	Option D – 1 hour  Exam practice-English Lang

## REVISE AND TEST

# Revision Tips from Students



I use flashcards repeatedly on Quizlet or paper

I attempt practise questions

I downloaded past papers to complete

I watch videos if I am stuck on a particular topic.

# Revision Tips from Students



I found chocolate helped and daily exercise, as well as still giving myself time to do stuff I enjoy. Breaks are really useful!

I would stress the importance of exam technique and exam boards- particularly in essay subjects like geography, English and media.

I keep my phone away from me when revising

# Revision Tips from Students



I watched videos to understand certain topics and made flash cards off the back of them and learnt and tested myself on

I looked at model answers for essay exams and learnt the technique and structure that I could copy in my exam

I used revision materials given by my teachers/ found online and made flash cards to learn and test myself on



# Managing stress



*Complete work early*

*ASK for help*

Attend study sessions

Make some tough compromises

# Remember



Hard work beats talent  
when talent doesn't  
**WORK HARD**



# Information from local colleges and post-16 providers



- A NUMBER OF COLLEGES ARE PRESENT TONIGHT AT THE BACK OF THE HALL. PLEASE CIRCULATE AT THE END AND ASK QUESTIONS AND PICK UP LITERATURE.
- IT IS REALLY IMPORTANT THAT YOU VISIT THE COLLEGES OPEN DAYS/EVENINGS AND ALL PUPILS MUST **APPLY TO AT LEAST 3 COLLEGES BY DECEMBER 2ND**. PLACES WILL NOT BE RESERVED UNLESS APPLICATION AND INTERVIEW HAS TAKEN PLACE. AFTER CHRISTMAS, TIME MUST BE GIVEN TO REVISION NOT APPLICATIONS!



**ST. BEDE'S CHS**  
**LEAVER DESTINATIONS 2024**

DESTINATION	NUMBER	PERCENTAGE
APPRENTICESHIPS	5	3.65
WINSTANLEY	48	35.0
RUNSHAW *	20	14.6
SOUTHPORT	8	5.8
WEST LANCS *	8	5.8
CITY OF LIVERPOOL	7	5.11
LIPA	3	2.19
SJR	13	9.5
ROBBIE FOWLER FOOTBALL ACADEMY/6 <sup>TH</sup> FORM	4	2.9
CARDINAL NEWMAN *	1	0.72
SCARISBRICK HALL	2	1.46
KGV	7	5.11
CARMEL COLLEGE	1	0.72
RARE (DANCE STUDIO)	1	0.72
LIVERPOOL MEDIA ACADEMY	2	1.46
EVERTON FOOTBALL COLLEGE	4	2.9
ST HELENS COLLEGE	1	0.72
<b>NEET</b>	<b>2</b>	<b>1.46</b>

**LANCASHIRE (\*)      21.2%**

FURTHER EDUCATION      95%

WORK BASED LEARNING      3.6%

OTHER (NEET)      1.4%