

# ST LUKE'S SCIENCE AND SPORTS COLLEGE



'Fit to Succeed'

KEY STAGE 4

LEARNING CHALLENGE.

STUDY SUPPORT BOOKLET (Year 11)

STUDENT NAME: \_\_\_\_\_

T.G.: \_\_\_\_\_

**DEAR STUDENT**, here we are again..."YOUR MISSION, IF YOU CHOOSE TO ACCEPT IT AGAIN..." is to use this study support booklet to help you continue to focus your studies during your most important year at St Luke's!

**Why?** Because it will continue to help you to organise yourself and your work, enabling you to get the best out of your final year, by avoiding potential pitfalls like missing coursework deadlines or not focusing your efforts on a particular subject when it is most needed. It could make all the difference to your future!!!

**Remember**, there is plenty of help and support around you...all **YOU** need to do is **ASK!**

Within each section there is a **TASK** for you to undertake! Your teacher may introduce you to some of the tasks. You can work ahead or/and go back to them as you wish. **YOU WILL NEED TO USE ACTUAL WORK TO COMPLETE THE TASKS - SO HAVE YOUR WORK TO HAND!!**

**THIS BOOKLET IS NOT JUST SOMETHING FOR YOU TO COMPLETE AT COLLEGE - YOU SHOULD BE APPLYING THESE SKILLS AT HOME AS PART OF YOUR ON GOING REVISION.** Revision little and often as you work through the year will keep your work familiar to you and help you to understand it!

**'FIT TO SUCCEED'** is a theme that by now you should be familiar with. You will be under a lot of pressure this year therefore you **MUST** try to eat healthily, drink plenty of water and exercise regularly to keep you body and mind in good condition!

Look at the numerous activities on offer in and out of College and get involved!

Good luck, Mr Holt ☺

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## THE PLANNING CHALLENGE: Student Self Assessment

Complete these questionnaire as honestly as possible.(Tick one box)

### CLASSWORK

<u>I always try hard</u> <u>in:</u>	<u>YES</u>	<u>Nearly always</u>	<u>NO</u>
English			
Mathematics			
Science			
ICT			
History			
Geography			
RE			
Design & Tech			
PE			
Music			
Art & Design			
MFL			
MFL			

When you don't try hard in class it is because:


## Student Self Assessment

### HOMEWORK

<u>I always try hard</u> <u>in:</u>	<u>YES</u>	<u>Nearly always</u>	<u>NO</u>
English			
Mathematics			
Science			
ICT			
History			
Geography			
RE			
Design & Tech			
PE			
Music			
Art & Design			
MFL			
MFL			

When I don't do my homework it is because:


## Student Self Assessment

### COURSEWORK

<u>I always try hard</u> <u>in:</u>	<u>YES</u>	<u>Nearly always</u>	<u>NO</u>
English			
Mathematics			
Science			
ICT			
History			
Geography			
RE			
Design & Tech			
PE			
Music			
Art & Design			
MFL			
MFL			

I find coursework difficult because:


## Student Self Assessment

### REVISION

<u>I always try hard</u> <u>in:</u>	<u>YES</u>	<u>Nearly always</u>	<u>NO</u>
English			
Mathematics			
Science			
ICT			
History			
Geography			
RE			
Design & Tech			
PE			
Music			
Art & Design			
MFL			
MFL			

I don't find revision easy because:


## Student Self Assessment

### IN TESTS AND EXAMINATIONS

<u>I always try hard</u> <u>in:</u>	<u>YES</u>	<u>Nearly always</u>	<u>NO</u>
English			
Mathematics			
Science			
ICT			
History			
Geography			
RE			
Design & Tech			
PE			
Music			
Art & Design			
MFL			
MFL			

When I have difficulties in exams it is because:


**Task:** Once you have completed these questionnaires, look back to your Year 10 Booklet and compare your responses. There should have been a significant improvement

## What Coursework do I have to do this Year?

**TASK:** In the spaces beneath each subject write in the title of the coursework that you have this year and the deadline date. As you complete them, tick them off!

ENGLISH	MATHEMATICS	SCIENCE	ICT
HISTORY	GEOGRAPHY	HISTORY	RE
ART	D&T:	MUSIC	PE
MEDIA	MFL		

**TASK:** Organise your coursework into the grid below. Write them in according to their completion date, by the month that they have to be given in. See the example in the first box. You could copy this into you planner.

<u>Sept</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>	<u>Jan</u>	<u>Feb</u>	<u>Mar</u>	<u>Apr</u>	<u>May</u>	<u>Jun</u>
		Drama	PE PEP	English		Maths D&T			

## Timeline for one piece of coursework.

**TASK:** Last year you completed a timeline for a piece of coursework. I have left this here as a reminder / template for any other pieces of coursework that you wish to plan in the same way.

Title: \_\_\_\_\_

Subject: \_\_\_\_\_

Main Coursework sections - things to be included:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. Read through and redraft
6. Hand in.

Start Date	Date for completion of each section					
	1.	2.	3.	4.	5. Read through & redraft	6. Hand in by

**In the summer, the Year 11's achieved the best results ever for themselves. One reason for this was that they completed their coursework! This gave them the extra marks and confidence needed to prepare and perform well in their exams...**

**You too can achieve success!**

**Get your coursework in on time and ask for help to get the best marks possible for it!!!**

## Organising your On Going Revision Timetable.

### Daily Revision for one week


**TASK:** Work out for one typical week where you have commitments outside of college and where you can realistically plan in time to revise. Think about when you have meals, when you go to sleep, when you do other stuff like playing sport, seeing mates, etc. Hopefully you may well realise that you do have spare time and ultimately you will have to make some short term sacrifices!

**Include breaks, 25 min revision sessions at a time! Try background music to help you relax if you don't like quiet. Have a drink of water at the ready as it helps you to concentrate!**

Day	Subject	Time	Commitments & Revision Activity
Mon		5:00pm- 6:00pm- 7:00pm- 8:00pm- 9:00pm-	
Tue		5:00pm- 6:00pm- 7:00pm- 8:00pm- 9:00pm-	
Wed		5:00pm- 6:00pm- 7:00pm- 8:00pm- 9:00pm-	
Thur		5:00pm- 6:00pm- 7:00pm- 8:00pm- 9:00pm-	
Fri		5:00pm- 6:00pm- 7:00pm- 8:00pm- 9:00pm-	

Throughout the year, your weekly commitments might change, so again, use this grid as a template or change this one as you go through the year. Now try to do the same thing for the weekend (below). You should have more opportunities to fit in revision! Pin up a copy in your room to remind yourself.

**TASK:** And now for the weekend! Write in your own time slots, subjects that you want to revise, any other commitments including part time jobs and finally exactly what you will revise. Across the whole week, there should be a balance between subjects.

Sat	Subject	Time	Commitments & Revision Activity
			
Sun	Subject	Time	Commitments & Revision Activity

## Revision Challenge

Without doubt, the first thing you need to do is UNDERSTAND the work that you are revising. Next, you need to REMEMBER it & last year I suggested a number of ways to help you to revise including Mnemonics, Mind Maps, Study Cards & Hierarchies. Hopefully by now you are using these techniques or others that you have found work for YOU! This year you need to be able to APPLY it, completing practice Exam Questions & Essays etc.

### UNDERSTANDING!

Your brain will not memorise something it does not understand. Therefore it is vital that you know what everything means before you start to learn it. So there are three steps that you have go through in order to really begin to understand something:

1. Read, Listen or Watch	Three ways the brain receives information!
2. Make sense of it	Listen to teachers' explanations, read more about the subject or ask friends to explain certain points to you.
3. Summarise	Get rid of the information you don't need, keeping the key points that you need to remember

In order to really understand what a piece of text means, you must summarise the information so that it is easily accessible.

**Summarising:** All books, movies, lessons, conversations, magazine articles, TV shows, etc., contain two things: **Repetition:** saying the same things over and over again but in a different way each time. **Irrelevant information:** stuff you just don't need to know! In fact, if you got rid of all the repetition and irrelevant information from all books, movies, lectures etc., you could throw away about 80% of everything you read, watch or listen to! In order to get rid of repetition and irrelevant information you need to ask [six questions](#) about the information and then put the answers into a [hierarchy](#).

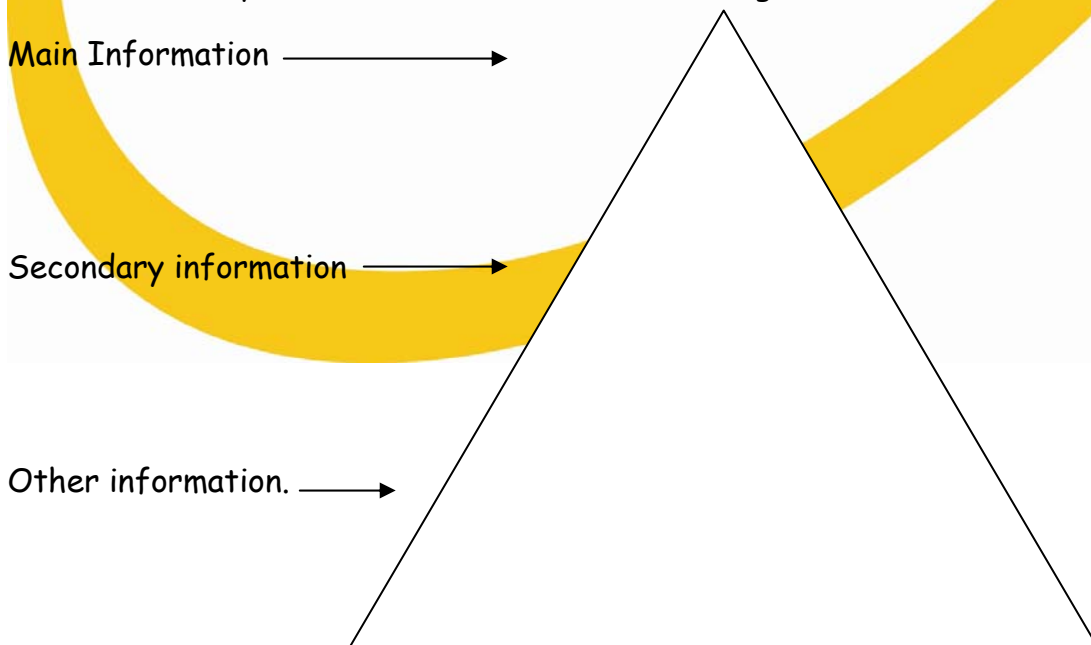
### Six Questions:

- WHO?
  - WHAT?
  - WHY?
  - WHERE?
  - WHEN?
  - HOW?
- Once you have an answer to each of these questions, then you can put all of these answers into order by building a hierarchy of the information or a mind map

**TASK:** With a partner, tell them a story about a book you have just read, or a film that you have watched recently, or explain some information that you have just learnt from a lesson. Before you do this tell them that they will need to complete you six questions grid about what you have said. They can ask questions if they wish. Finally, they must then explain this information back to you. **Did they understand?** Then change over and try this process with your own work from lessons.

<u>Who?</u>	
<u>What?</u>	
<u>Why?</u>	
<u>Where?</u>	
<u>When?</u>	
<u>How?</u>	

**TASK:** Now try to put this information into a Heirachy to organise the information logically. Remember last years...? Use different colours, diagrams etc, make it interesting 😊



## REMEMBERING - The Memory Process:

To do well this year above all years, depends to a large extent on how well you can:

1. Put information into your memory
2. Keep it there
3. Get it out when needed

There are two types of memory systems:

**Natural Memory Systems** Understanding the meaning or logic of the information you are studying.

**Aided Memory Systems** Ways of remembering information creating relationships between words using your imagination.

In case you thought you couldn't remember...

**DID YOU KNOW?**

If you were asked to remember all the names of all the people in the whole world (that's **6 billion people**) you would only use up approximately **2%** of your memory's capacity!

**Revision:** Good news and bad news!

The **good news** is that the more you read, the more you understand.

The **bad news** is that the longer you read, the less you remember!!

It takes 20 minutes for the mind to get into the rhythm flow of the material but after about 40 minutes we stop remembering information.

**Solution:** organise your study periods into 25 / 30 minute sessions with five minute breaks between them. This will allow you to maintain a high level of recall of material memorised while your level of understanding will continue to rise.

**"Studying without revision, is like running a bath without the plug in!"**

Remember, up to 80% of new memorising is lost in the first 24 hours, so keep going over and over the information. The more times you revise, the quicker it will be to recall, which means you will have to spend less time revising!

**Task:** On your own or with a partner, choose a list of information, or a piece of information that you need to remember e.g. a formula in science or maths, a set of rules for PE or D&T etc. Put the information into a easily memorable format (using a mind map or a mnemonic or whatever), and every tutorial for a week revise it. Copy it out a couple of times, then from memory write it out onto a blank piece of paper, see how much you can recall, and keep trying this until to get it all written out from memory without cheating! Then the week after see if you can still do it. You will notice the longer you leave it, the more you will start to forget or get wrong. Therefore...

**...ON GOING REVISION, LITTLE AND OFTEN !!!**

## APPLY IT!

### The Exam Challenge.

**What to do in exams!** Last year I suggested a number of things to do in exams to get the same routine together. Let's see what you have learnt. *Get ready to do this test.* **Before going any further, ask you tutor if all the other Year 11's in your tutor group can do it at the same time for a little bit of healthy competition.**

**TASK: Three Minute Test: Complete the following test in 3 minutes or less! Go...**

1. Read everything before doing anything else.
2. Write your name in the top right hand side of this page
3. Circle the word name in the sentence above
4. Draw five small squares at the end of this sentence
5. Put an X in each of the squares above
6. Draw a line connecting the middle of each of the X's in each square
7. Sign your name at the bottom of this page
8. After your signature write 'I will be prepared for my exams'
9. Draw a triangle on the right hand side of the page -----here→
10. Inside this triangle draw three connecting circles
11. On this page multiply  $25 \times 8 =$  \_\_\_\_\_
12. Loudly call your name out at this point.
13. If you have followed all of these questions correctly so far shout " I have"
14. Divide 100 by 20 = \_\_\_\_\_
15. Count in your normal speaking voice from 10 to 1.
16. Underline all of the uneven numbers on the left hand side of this page
17. If you are the first person to get this far shout " I win"
18. Now that you have read all of these questions, do only questions 2 and 7, then put your pen down, keep a straight face and wait.☺

Practice makes permanent! Not Perfect! You need to practice your exam routine but make sure how you prepare works for you. Q - How successful have you been so far in exams?

**TASK:** If you have struggled to do well, ask yourself why? (Tick the possible reasons below).

- Did you not understand the exam?
- Did you not bother to revise?
- Did you revise at the last minute?
- Did you read the first few questions and give up?
- Did you answer the wrong questions or miss parts out?
- Did you run out of time?
- Did you answer to quickly?

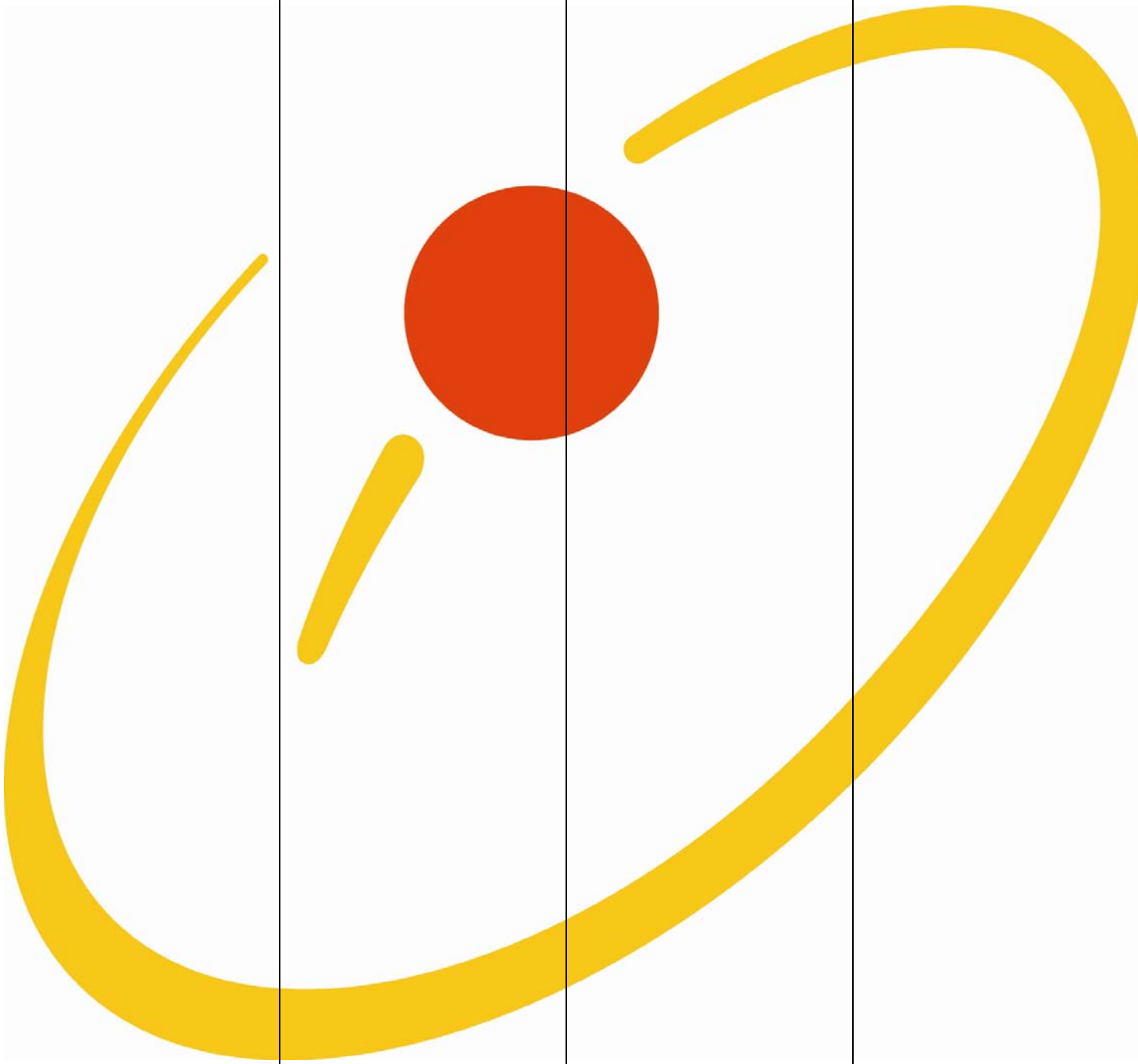
You can guarantee, if you didn't do well in the past and you prepare for your Mock and Final Exams in the same way, you will continue to be unsuccessful. "But you don't want thatttt!!!", take a chance and put this study support stuff to the test, literally!!! It just might work!!!

## Approaching YOUR Exams with Consistency.

**TASK:** In the table below are the same pieces of advice suggested last year. Have a read through them.

1. Always read the instructions carefully.	2. As you read through the exam paper, circle the questions you want to answer or have to answer. Don't be afraid to write on the paper.	3. Do the question you feel most confident about first	4. Arrive in good time for the start of the exam
5. Make sure you answer all the questions you need to.	6. Make sure you read through the whole paper before you start to write.	7. Check how many marks are given for each question. This gives important information for how much detail is required.	8. It's useful to plan a question before you begin to write. You may even get extra marks for this as it shows you thinking.
9. Underline key words in the question. This can help organise your answer.	10. Read through your answers after and check all parts of the question.	11. Make sure that you are dressed comfortably so that you are warm/cool enough in the exam room.	12. Stay calm don't panic. Counting to ten or breathing deeply may help you if your mind goes blank.
13. Go to bed early the night before the exam.	14. Leave some time at the end of the exam to check through your work. At least 10 mins.	15. Before you start writing, work out how much time you have for each question. Don't take too long on one question.	16. Read the question carefully and answer it directly. Repeating yourself is a waste of time and you will not get extra marks.
17. Think and organise your time carefully. Do not leave things to the last minute.	18. If it helps you work better, remember to take a bottle of water and/or some sweets. But don't let these become a distraction.	19. Get your bag ready with all the equipment you might need the night before. Always have a spare pen, and any other resources that you need such as calculators, anthologies or dictionaries.	20. If you are running out of time, show what you would have written in note form e.g. as a list, bullet points or a mind map. Showing your thinking can get you marks!

**TASK:** Using the advice in the boxes above, in the columns below, write what will be your own personal way of approaching each exam, so that you feel familiar, relaxed and ready! Organise the advice into what you would do, before the exam, during the first 10-15 mins, after the first 15 mins and during the last 10-15 mins. Will you approach your Mock and Final Exams in a different way to your year 10 Exams? You should!!

Before the Exam	During the first 10-15 minutes	After the first 15 minutes	The last 10-15 minutes of the exam
			

## Remember W.I.L.T?

When answering exam questions, consider W.I.L.T as a way of ensuring consistency and makes you give the question a bit more thinking time rather than jumping straight in...did you fall for the three minute test!!??

W	What is <b>W</b> anted?	Look at the command words - what do they mean? What other key information is there in the question?
I	What should <b>I</b> include?	What is really needed in the answer?
L	How <b>L</b> ong should I spend on it? Or How <b>L</b> ong should the answer be?	Look at the number of marks awarded - if it's only a few, the answer does not need to be very long.
T	What <b>T</b> ype of answer is needed?	What form should it take? Should it be a letter, diagram, explanation, essay etc.

TASK: Using a practice paper or exam question that you have to hand. Try using W.I.L.T to help you plan your way through. Make some notes below.

Q-	
What is <b>W</b> anted?	
What should <b>I</b> include?	
How <b>L</b> ong should I spend on it? How <b>L</b> ong should the answer be?	
What <b>T</b> ype of answer is needed?	

## Command Words

**TASK:** Last year I told you about **command words** & how important they are because they give instructions about what is required in the answer. You will notice them in your exam questions. Here are a number of command words and their definitions. Read through and remind yourself what they are. From a Past Exam Paper, find a question with each command word in and put a tick in the last column if you understand what the word is asking and whether it makes the question easier to answer.

Command Word	Definition	Understand
1. Analyse	Look very closely at the detail	
2. Comment on	Give your opinions or point of view with examples	
3. Compare	Say how things are the same and how things are different	
4. Contrast	Say how things are different	
5. Describe	Write about in detail	
6. Discuss	Give the main reasons for and against, come to a conclusion	
7. Estimate	Give a rough idea, with evidence	
8. Explain	Give reasons for	
9. Illustrate	Give examples that make the point clear - it can include diagrams, figures or drawings	
10. Interpret	Explain the meaning in your own words	
11. Justify	Give to reasons to support an argument or action	
12. Outline	Give only the most important details	
13. State	Write briefly the main point	
14. Summarise	Bring together the main points	

## Reviewing and the future

What are your **Academic Tutoring Targets?**

**TASK:** List them below with details of what you have achieved so far and what is still needed to be done to achieve them.

Target 1	Achieved so far...	Need to...
Target 2	Achieved so far...	Need to...
Target 3	Achieved so far...	Need to...

## Student Self Assessment - Review.

**TASK:** Go back to the first questionnaires in this booklet and in a different colour pen, answer the questions again, honestly. Is there any improvement in how you feel about your studies?

**TASK:** Finally as a subject to subject comparison, complete the following review. Which subjects need further attention? If you think you need help, go & get it!

Date:

<u>Subject:</u>	<u>My Rating</u>						<u>Help</u> ☹️ <u>(cross)</u>	<u>Happy</u> ☺️ <u>(tick)</u>	
English	Doing Well	1	2	3	4	5	6	I Need help!	
Mathematics	Doing Well	1	2	3	4	5	6	I Need help!	
Science	Doing Well	1	2	3	4	5	6	I Need help!	
	Doing Well	1	2	3	4	5	6	I Need help!	
	Doing Well	1	2	3	4	5	6	I Need help!	
	Doing Well	1	2	3	4	5	6	I Need help!	
	Doing Well	1	2	3	4	5	6	I Need help!	
	Doing Well	1	2	3	4	5	6	I Need help!	
	Doing Well	1	2	3	4	5	6	I Need help!	
	Doing Well	1	2	3	4	5	6	I Need help!	
	Doing Well	1	2	3	4	5	6	I Need help!	
	Doing Well	1	2	3	4	5	6	I Need help!	

## FINAL TASK:

If you have found this booklet of any help, DO NOT throw it away or forget about it.

DO continue to use its contents as you go through Year 11 to support your learning and enable you to find success and achievement in the future.

You can find many more ways to help you revise and memorise in the Study Support Folder on the College IT Network, Central Resources (T Drive):

or visit:

[www.learningperformance.com/review](http://www.learningperformance.com/review)

Your username is **learning**

Your password is **success**

For website specific subjects, please see your subject tutors.  
BBC Bitesize is always full of useful tips and advice.

Good luck, Mr Holt & all the staff at St Luke's Science & Sports College!



### Triple medal glory for Liam

'Ex-St Luke's student & Exeter swimming sensation Liam Tancock brings home a gold and two silver medals from the Commonwealth Games in Melbourne after an exhilarating set of results in both individual and team events' (BBC.CO.UK)

"It amazing what you can achieve if you put your mind to it!"

