Orion Eden Park

Year 11
Study Guide

Revision • Routines • Confidence • Exam Success

Top 10 ways to beat exam stress

(Year 11 edition)

1. **Make a realistic revision plan**
   Break subjects into small chunks and spread them out. Slow and steady beats last-minute panic.

2. **Use active revision**
   Flashcards, practice questions, teaching someone else, and past papers beat re-reading notes.

3. **Take proper breaks**
   Try 25 minutes work → 5 minutes break (Pomodoro). Short rests keep your focus sharper.

4. **Get enough sleep**
   Sleep is part of revision. Aim for 8–9 hours when possible — tired brains learn less.

5. **Eat and drink well**
   Water and proper meals help concentration. Go easy on energy drinks and caffeine.

6. **Talk it through**
   Share worries early — tutor, teacher, friend or family. You don't have to carry stress alone.

7. **Try simple breathing**
   Breathe in 4… hold 4… out 6. Repeat for a minute to calm your nervous system.

8. **Keep perspective**
   Exams matter, but they don't define you. There are always routes, retakes and next steps.

9. **Stay active**
   A short walk, stretch or sport can lower stress hormones and clear your head.

10. **Celebrate small wins**
    Finished a topic? Improved a score? That's progress. Reward effort and keep momentum.

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HOW TO USE PAST EXAM PAPERS (YEAR 11 GUIDE)

Past papers are one of the best revision tools for GCSEs – if you use them properly. Here's how to get the most out of them.

1. START WITH THE RIGHT PAPER

Make sure you use:

- The **correct exam board** *(AQA, Edexcel etc.)*
- The **right subject and tier** *(Foundation or Higher)*
- Recent papers if possible

Ask your teacher or check your exam board website for past papers.

2. TRY A PAPER WITHOUT NOTES

Treat it like the real exam:

- Time yourself
- No phone
- No notes
- Quiet space

This helps you practise **exam pressure** and timing.

3. LOOK AT THE MARK SCHEME

Don't just check the answers – read:

- How marks are awarded
- What keywords are needed
- How much detail is expected

This shows you **how examiners think.**

4. LEARN FROM YOUR MISTAKES

Ask yourself:

- Was it a knowledge problem?
- A misunderstanding?
- A timing issue?

Mistakes = learning opportunities.

5. CREATE A 'FIX-IT' LIST

Write down:

- Topics you struggled with
- Common mistakes
- Weak exam skills

Use this to focus your next revision session.

6. REDO THE SAME QUESTIONS

After revising the topic:

- Try the same questions again
- Aim for full marks

This proves you've improved.

7. PRACTISE EXAM TIMING

Learn how long to spend on:

- 1-mark questions
- 4-6 mark questions
- Extended answers

Good timing = more marks.

8. LEARN THE COMMAND WORDS

Know what these mean:

- **Describe**
- **Explain**
- **Compare**
- **Evaluate**

They tell you *how* to answer the question.

9. DIFFERENT PURPOSES

You can use papers for different purposes:

- Do full papers
- Just practise one topic
- Focus on 6-mark questions
- Practise maths calculations

Mix it up and stay motivated.

10. TRACK YOUR PROGRESS

Keep a record of:

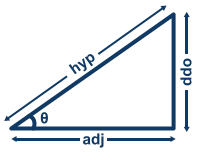
- Scores
- Weak areas
- Improvements

Seeing progress boosts confidence.

HOW TO USE PAST PAPERS IN MATHS

PRACTISE WITHOUT A CALCULATOR

Make sure you practise both calculator and non-calculator papers.



USE THE FORMULA SHEET

Learn what's on it and practise using it properly.

SHOW ALL YOUR WORKING

Even if the final answer is wrong, you can still get method marks.

MARK CAREFULLY

Check:

- Method marks
- Accuracy marks
- Where you lost marks

SPOT TOPIC PATTERNS

Maths papers often repeat topics like:

- Algebra
- Percentages
- Angles
- Graphs

Focus on your weak areas.

PRACTISE WORDED PROBLEMS

These are usually the hardest. Slow down and underline key information.

REDO HARD QUESTIONS

Repeat tricky questions until you can solve them confidently.

IMPROVE YOUR SPEED

Time yourself so you don't rush the last questions.

USE EXAM TRICKS

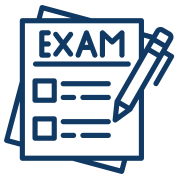
Check answers by:

- Estimating
- Substituting back
- Checking units

LEARN COMMON MISTAKES

E.g. rounding errors, missing units, incorrect rearranging.

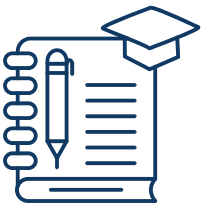
HOW TO USE PAST PAPERS IN ENGLISH



KNOW THE PAPER FORMAT

Learn what each section is:

- Reading
- Writing
- Literature



USE PEEL/PETAL

Structure your paragraphs:

- Point
- Evidence
- Explain
- Link

PRACTISE PLANNING ANSWERS

Spend 2–5 minutes planning longer answers.

LEARN KEY QUOTES

For Literature, memorise short, powerful quotes.

ANALYSE LANGUAGE

Use words like:

- "suggests"
- "implies"
- "creates"

PRACTISE CREATIVE WRITING

Try:

- Descriptions
- Story openings
- Persuasive writing

IMPROVE TIMING

Don't spend too long on one question.

IMPROVE SPAG

Spelling, punctuation and grammar matter.

MARK USING THE CRITERIA

Check:

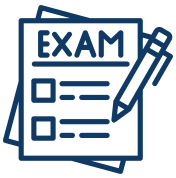
- Structure
- Vocabulary
- Analysis

LEARN EXAMINER PHRASES

Phrases like:

- "This shows..."
- "The writer suggests..."

HOW TO USE PAST PAPERS IN SCIENCE



USE THE CORRECT PAPERS

Choose:

- Biology, Chemistry, Physics
- Foundation or Higher
- Combined or Triple

LEARN THE REQUIRED PRACTICAL METHODS

These often appear in questions.

USE KEYWORDS

Marks depend on using scientific language correctly.

PRACTISE CALCULATIONS

For example:

- Speed
- Density
- Energy
- Magnification

REVISE WEAK TOPICS

Use your mistakes to guide your revision.

ANSWER IN FULL SENTENCES

Especially for 4–6 mark questions.

STUDY MARK SCHEMES

Look for:

- Key phrases
- Exact wording

MEMORISE REQUIRED FACTS

E.g. equations, processes, definitions.

PRACTISE GRAPH QUESTIONS

Learn how to:

- Label axes
- Describe patterns
- Explain trends

REDO QUESTIONS AFTER REVISING

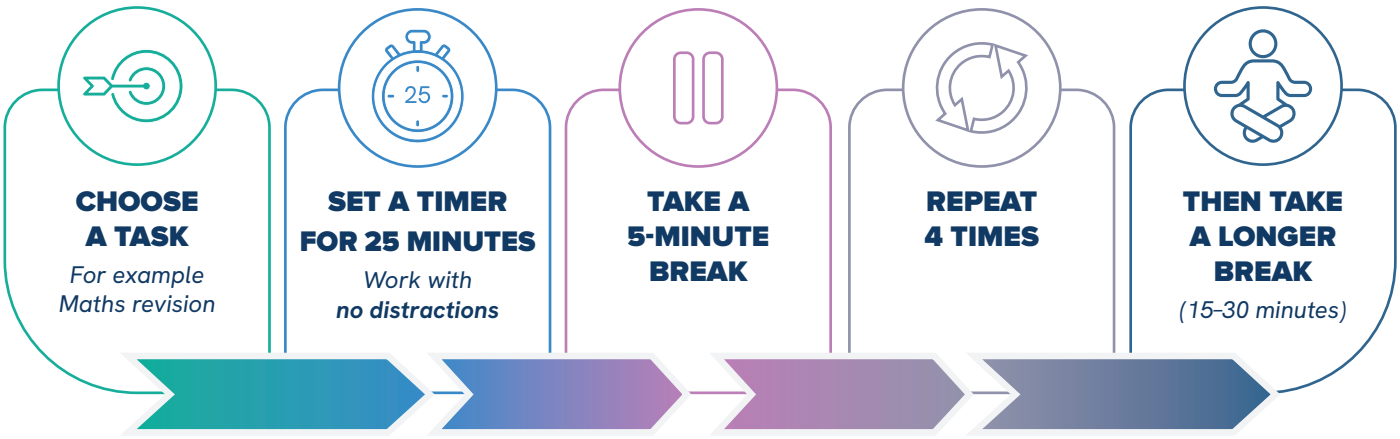
This proves your improvement.

THE POMODORO TECHNIQUE – A SIMPLE GUIDE

The Pomodoro Technique is a time-management method that helps you stay focused, avoid burnout, and get more revision done in less time.

A Pomodoro = 25 minutes of focused work, then a 5-minute break.

HOW IT WORKS



WHY IT HELPS

- Keeps your focus sharp
- Stops procrastination
- Makes revision feel manageable
- Reduces stress
- Helps you avoid burnout

HOW TO USE IT FOR REVISION

Use one Pomodoro to:

- Revise one topic
- Complete past paper questions
- Make flashcards
- Learn key quotes
- Practise calculations

Small goals = big progress.

BREAK TIME IDEAS

During breaks:

- Stretch
- Drink water
- Walk around
- Rest your eyes
- Avoid social media if possible

TOP TIPS

- Put your phone away
- Use a proper timer
- Write a to-do list first
- Be realistic
- Reward yourself after sessions

Final Thought

You **don't** need to revise for hours non-stop.
25 minutes of focus beats 2 hours of distraction.

TOP 5 EXAM DAY TIPS

1

ARRIVE EARLY & STAY CALM
Get to school with time to spare. Rushing = stress.
Take a few deep breaths to settle your nerves.

2

READ EVERY QUESTION CAREFULLY
Underline key words and check what the question is *actually asking.*

3

MANAGE YOUR TIME
Don't spend too long on one question.
Move on and come back later if needed.

4

SHOW WHAT YOU KNOW
Write something for every question – you can still earn marks even if you're unsure.

5

STAY POSITIVE
You've prepared for this.
Trust yourself and do your best.

Bonus Tips

- ✓ Bring the right equipment
- ✓ Drink water
- ✓ Don't panic if others finish early
- ✓ Focus on your paper, not anyone else's

HOW TO USE AI FOR EFFECTIVE REVISION

AI can be a revision coach that helps you practise, understand, and improve - but it must never replace your own thinking. Use this guide to make AI work for you, not against you.

USE AI TO HELP YOU:

Understand Topics and Concepts

- Explain topics in simple language
- Break down difficult concepts
- Give step-by-step examples
- Summarising lots of text

Try these prompts:

> *"Explain photosynthesis in simple GCSE-level language."*
> *Or "Explain photosynthesis like you are explaining it to a Year 7 student".*

> Copy and paste text from your booklet/document and type – *"Summarise this text and select the 10 most important pieces of information. Give me this information as 10 bullet points".*

Practise Exam Questions

- Generate exam-style questions
- Create quizzes and flashcards
- Check answers against mark schemes

Try this prompt:

> *"Create 5 AQA GCSE Science (physics) exam-style questions on electricity with answers using AQA specification language and typical AQA command words. Include mark allocations and clear mark-scheme style answers".*

Plan Your Revision

- Make a realistic revision timetable
- Break subjects into small chunks
- Help you revise a little, often

Try this prompt:

> *"Create a 3-week GCSE revision plan for Edexcel GCSE Maths. A maximum of 1 hour per day".*

Improve Exam Technique

- Help structure 6–12 mark answers
- Explain why marks were lost
- Show what grade 7-9 answers include

Try this prompt:

> *"How can I improve this answer to achieve a grade 7-9 using the AQA GCSE Geography mark scheme?" (Copy and paste your answer).*

Creating Revision materials

- Create revision cards
- Create a quiz with answers

Try this prompt:

> *"Create for me a set of revision cards with a question on one side and an answer on the reverse using the Edexcel GCSE History specification for Paper 2 Superpower Relations."*

WHAT AI IS NOT ALLOWED FOR

YOU SHOULD NEVER USE AI TO:

- × Write coursework or controlled assessments
- × Complete homework to hand in as your own
- × Copy answers without understanding them

If you wouldn't be allowed help in the exam, don't use AI for it.

HOW TO USE AI PROPERLY (THE RIGHT WAY)

ALWAYS

- ✓ Read and understand the answer
- ✓ Check it against your notes/textbook
- ✓ Ask why, not just what

NEVER

- × Copy and paste answers
- × Memorise without understanding
- × Use AI instead of revising yourself

HIGH-QUALITY REVISION PROMPTS YOU CAN USE

FOR TESTING YOURSELF: *"Test me on this topic. Don't give hints unless I ask."*

FOR FIXING MISTAKES: *"Here is my answer. What went wrong and how do I improve it?"*

FOR CONFIDENCE: *"Explain this like I'm in Year 7, then again at GCSE level."*

A SIMPLE RULE TO REMEMBER

AI can help you practise and improve - but you must do the thinking.

USED PROPERLY, AI CAN:

- ✓ Boost confidence
- ✓ Save time
- ✓ Improve exam performance

USED BADLY, IT CAN:

- × Stop you learning
- × Lower your grades

HOW TO CREATE AND USE A REVISION TIMETABLE

A simple guide for Year 11 students.

WHY USE A REVISION TIMETABLE?

A revision timetable helps you:

✓ Stay organised
✓ Avoid last-minute cramming
✓ Balance school, revision, and free time
✓ Cover every subject properly

It turns "I should revise" into a clear plan.

1

STEP 1: LIST YOUR SUBJECTS AND TOPICS

Write down:

- All your GCSE subjects
- The main topics for each subject

Example:

- **Biology:** Cell biology, infection & response, bioenergetics
- **English:** Poetry, Macbeth, unseen texts

This helps you see what you actually need to revise.

2

STEP 2: BE REALISTIC ABOUT YOUR TIME

Look at your week and mark:

- School hours
- Homework
- Clubs/Work
- Relaxing time
- Family time

Now see where revision can fit.
Even **30–60 minutes a day** is enough if you use it well.

3

STEP 3: CREATE YOUR TIMETABLE

Use:

- A planner
- A printed sheet
- A notes app
- A whiteboard

For each day, add:

- Subject
- Topic
- Time

4

STEP 4: MIX YOUR SUBJECTS

Don't revise the same subject all day.

Mixing subjects:

- Keeps you focused
- Helps your memory
- Stops boredom

Try to include:

- A written subject
- A science or maths subject
- A lighter task (like flashcards)

5

STEP 5: USE ACTIVE REVISION

Avoid just reading notes.

Instead, try:

- Flashcards
- Past exam questions
- Blurting (write what you remember)
- Mindmaps
- Teaching someone else

These methods help you remember, not just read.

6

STEP 6: ADD BREAKS

Your brain needs rest.

Use:

- 25–30 minutes revision
- 5-minute break
- After 2 sessions, take a longer break

No breaks = less focus.

7

STEP 7: STICK TO IT (BUT BE FLEXIBLE)

You won't follow it perfectly every day - that's normal.

If you miss a session:

- Don't panic
- Just move it to another day

The timetable is there to **help**, not stress you out.

8

STEP 8: REVIEW IT WEEKLY

Every week, ask:

- What's working?
- What isn't?
- Do I need more time for any subjects?

Adjust your timetable to suit you.

EXAMPLE YEAR 11 GCSE REVISION TIMETABLE (COLOUR-CODED)

Maths	*Trigonometry & sequences*
English Language	*Fiction conventions and features, figurative devices & structure devices*
English Literature	*Plot characterisation and theme in Macbeth and Animal Farm*
Biology	*Cell biology, infection & response, bioenergetics*
Chemistry	*Quantitative chemistry & equations for reactions*
Physics	*Magnetism and electromagnetism*
History	*Elizabethan society & exploration 1569 - 1588*
Geography	*Coastal landscapes - the Jurassic Coast, coastal processes & geological structure*

WEEKDAY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00 - 4:30	Break	Break	Break	Break	Break
4:30 - 5:15	Maths	Chemistry	Physics	Biology	Physics
5:15 - 6:00	English Language	History	English Literature	Maths	English Language
6:00 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner
6:30 - 7:15	Biology	Maths	Geography	Chemistry	

SATURDAY

TIME	SUBJECT
10:00 - 11:00	History
11:15 - 12:15	Maths
1:00 - 2:00	Chemistry
2:15 - 3:00	Geography

SUNDAY (REVIEW DAY)

TIME	SUBJECT
11:00 - 12:00	Biology
12:15 - 1:00	English Literature
2:00 - 3:00	Weekly Review

Final Tips!

- ✓ Start early – little and often
- ✓ Be honest about your effort
- ✓ Reward yourself
- ✓ Ask for help when you need it
- ✓ A good revision timetable can make exams feel **manageable**, not scary.

HOW YOUR BRAIN LEARNS

1. LEARNING MEANS STORING IN LONG-TERM MEMORY

Your brain works like a library - information needs to be retrieved and stored, not just read once. Practising recall helps information "stick" better.

2. RETRIEVAL PRACTICE IS KEY

Instead of just rereading notes, you should test yourself and practise bringing information up from memory. This builds stronger recall pathways in your brain.

3. REORGANISE YOUR NOTES

Organise what you learn into:

- mindmaps
- flashcards
- summaries in your own words

This helps you understand and remember better.

4. SPACED REVISION BEATS CRAMMING

Studying a topic over **several sessions** spaced out over time is much more effective than doing it all at once. Imagine revisiting a topic several times before exams - that's powerful revision!

5. TEACH SOMEONE ELSE

Explaining a topic to another person (or even to yourself!) forces you to organise and practise the information - which strengthens memory.

HOW LEARNING WORKS

Learn Something	Practice Retrieval	Organise & Re-write	Spaced Repetition	Strong Long-Term Memory
Read, watch or listen	*Test yourself from memory*	*Notes, flashcards, mindmaps*	*Revisit several times over weeks*	*You can recall info under pressure*

TOP REVISION TIPS

✓ Use past papers and quizzes to practise retrieval

✓ Don't just read notes - rewrite them in new formats

✓ Mix up topics rather than block one subject for hours

✓ Spread your revision over days/weeks

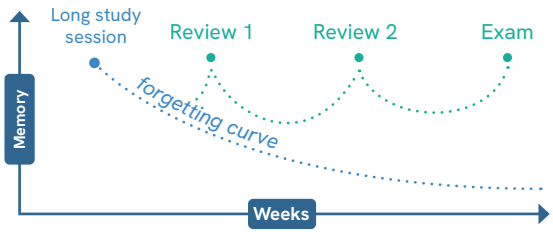
✓ Teach someone else to check your understanding

SPACED PRACTICE

And the Forgetting Curve

✓ Spread your learning out

✓ Three is better than one.



Your memory gets stronger with each spaced review.

✓ Flashcards ✓ Quizzes
✓ Mindmaps ✓ Past papers

NOTES...

NOTES...

YEAR 11 REVISION TIMETABLE

Name: ..... Week Beginning: .....

WEEKDAY TIMETABLE (MONDAY - FRIDAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00 - 4:30	Break	Break	Break	Break	Break
4:30 - 5:15					
5:15 - 6:00					
6:00 - 6:30					
6:30 - 7:15					

TOP REVISION WEBSITES FOR YEAR 11

BITESIZE

Best for:

- All subjects
- Clear explanations
- Videos & quizzes
- Exam practice

Perfect for daily revision.

www.bbc.co.uk/bitesize

SENECA

Best for:

- Science, Maths, English, Humanities
- Interactive courses
- Memory-boosting quizzes

Great for independent study.

www.senecalearning.com

Maths Genie

Best for:

- GCSE Maths
- Topic questions
- Past papers
- Video tutorials

Ideal for exam practice.

www.mathsgenie.co.uk

PMT

resources • tuition • courses

Best for:

- Science, Maths, Psychology
- Mark schemes
- Exam questions
- Revision notes

Excellent for high-quality exam prep.

www.physicsandmathstutor.com

save my exams

Best for:

- Clear revision notes
- Exam questions
- Science & Maths

(Some content is paid, but free resources are useful.)

www.savemyexams.com

Quizlet

Best for:

- Flashcards
- Key terms
- Quick revision

Search your subject + exam board.

www.quizlet.com

OAK NATIONAL ACADEMY

Best for:

- Video lessons
- GCSE topics
- Structured learning

Great if you've missed content.

www.thenational.academy

YouTube

Search for:

"GCSE Maths tutor"
"GCSE Science revision"
"Mr Bruff English"

Useful for visual learners.

www.youtube.com/@TheGCSEMathsTutor

Top Tip!

Don't use too many websites at once.
Pick 2–3 and use them regularly.

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