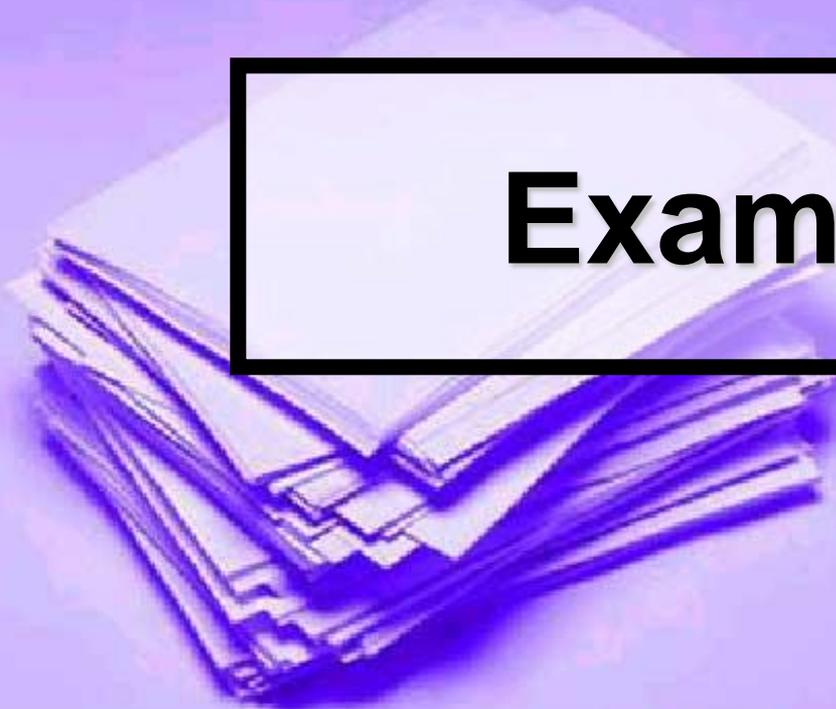
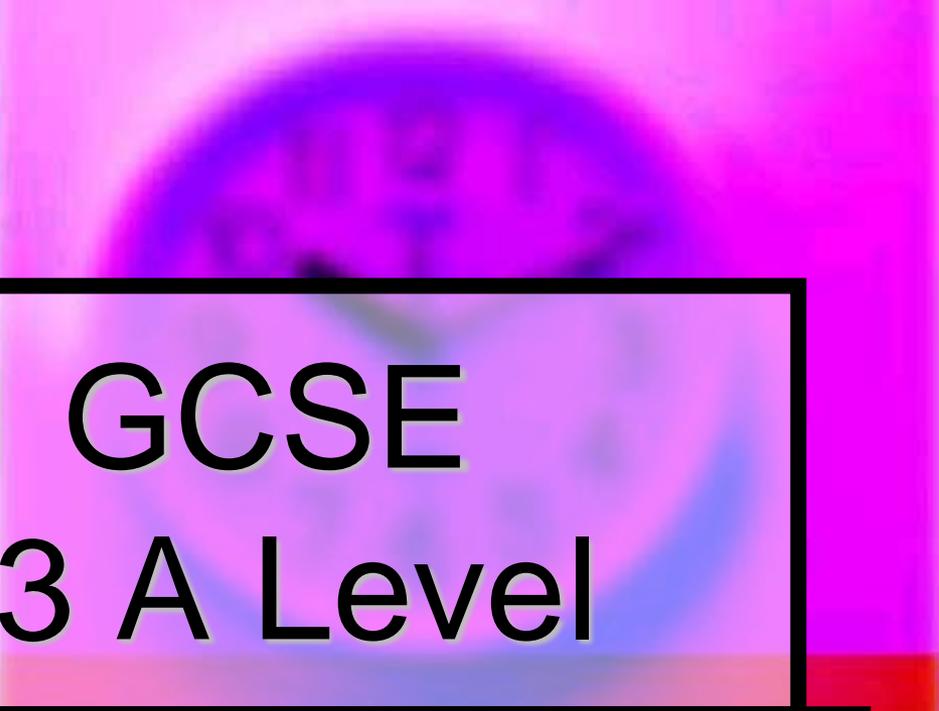
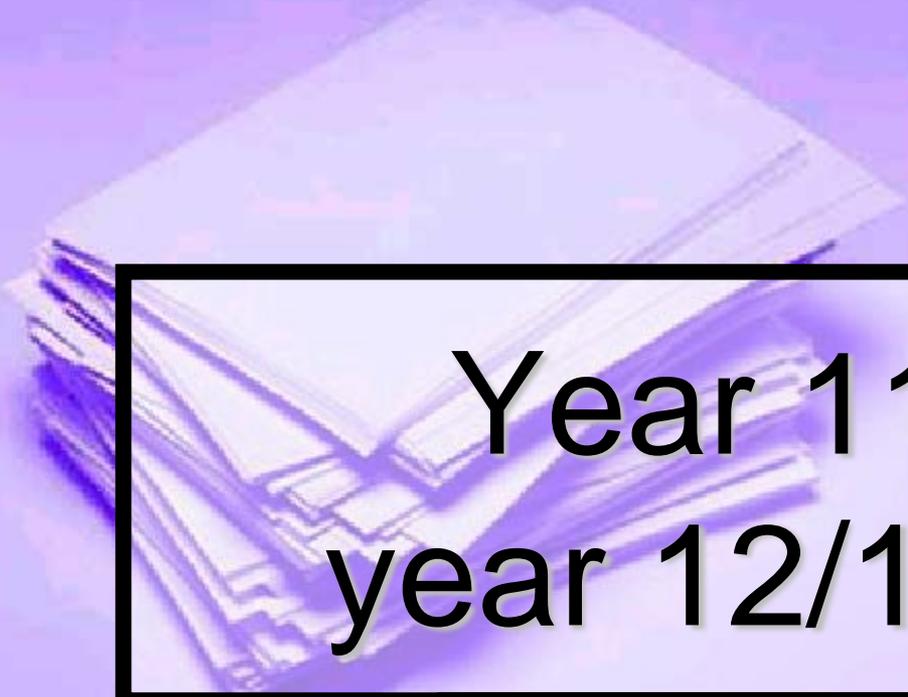
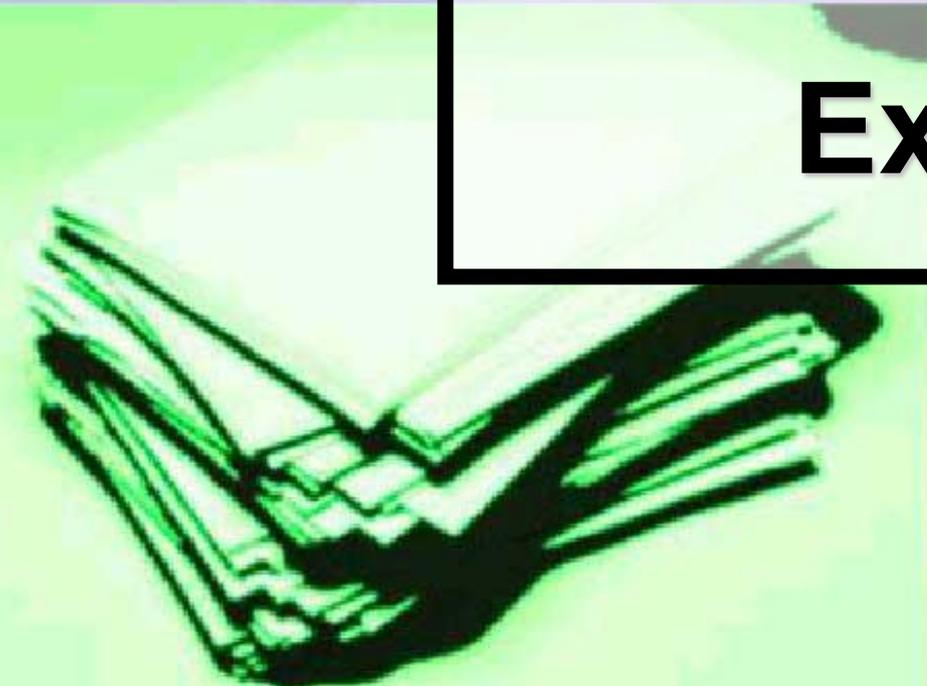


Exam Access





Year 11 GCSE
year 12/13 A Level



Extra Time



Why have I got extra time?

- Access arrangements due to learning needs
 - Need to re-read text
 - Need longer to formulate ideas
 - Need longer to write answers



**KEEP
CALM**

AND

DO YOUR BEST
WITH THE EXAMS

How is it supposed to help me?

- Reassurance
- Longer to read question to fully understand
- Longer to plan answer
- Longer to ensure handwriting legible
- Longer to proof read and check

Specifically?



- At start of exam, take time and relax - try some brain gym
- Close your eyes, control your breathing

<https://www.youtube.com/watch?v=DJt6ORwxKmE>

- More about stress later



Read the Question

- Read the question thoroughly
 - Question the question
 - What is the directive?
 - What is the scope?
 - What are the limitations?

For example...

How is Santiago's view that the sea is 'something that gave or withheld great favours' developed in the novel?

Directive?

- **HOW IS...?**

you would need to explain how this happens, not just say **what** happens or **when** but **how**

Other directives could be

Discuss

Compare

Explain

Contrast

Argue that

Why does...?

These affect the way you need to answer your question. There is a huge difference between a 'why' and a 'how' for example.

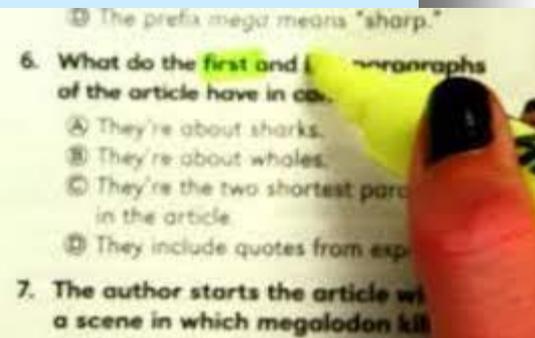
Limitations?

- The question is only asking about Santiago.
 - Don't write about Manolin or the other villagers
- The sea giving or withholding favours
 - Don't write about other people's attitudes or reaction

Scope?

- Development of the idea –
- The sea giving
- The sea withholding favours

Underlining and highlighting



- As soon as you have identified the directive – **highlight it**
- As soon as you have identified the topic – **highlight it**
- Make sure you are reading these words carefully.

In Geography a develop**ing** country could be misread as develop**ed** – **underline anything tricky!**

Choose your question carefully



- Read all the possibilities.
- Choose the subject you have studied in class
- Choose the question where you are confident you can give a good answer – relevant to the question
- Think about the directive, limitation and scope of each

Answer the question!

- Don't write everything you know about the subject.
 - Waste of time
 - Less marks for waffle
- Keep rereading the question to make sure you are still answering it
 - Don't go off the subject

How to do that



- PLAN your answer
 - Use some of your extra time to plan what you need to say
 - Mindmap
 - List ideas
 - Pictogram
- Refer back to the plan and amend it as you go
- Hand the plan in

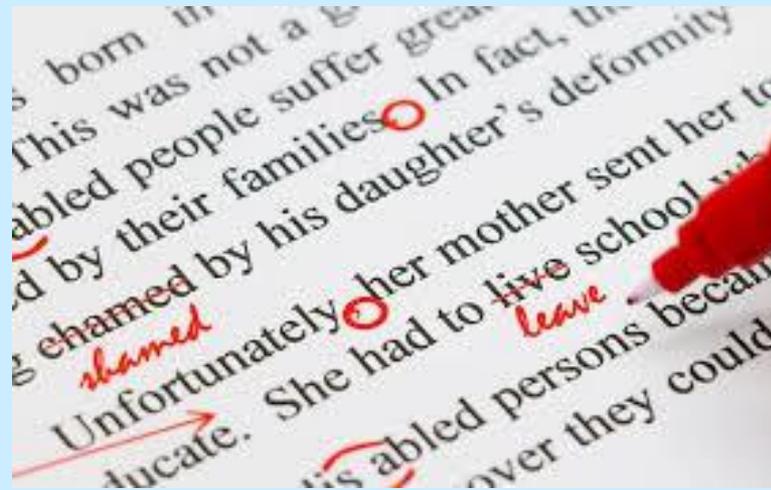
Proof read

- Check for capital letters
- Check for punctuation
- Look for spelling errors
- Check the things you know are your weaknesses like muddling there and their
- Work backwards through each essay a bit at a time



More proof reading

- Check that your conclusion actually answers the question
- Amend it if necessary



What not to use extra time for

- Frantic writing
 - You should take time to make sure every word you write is worthwhile.
- Waiting for the exam to end
 - Don't waste your extra time by rushing your answers – if you finish, look again.

Stress and Panic



- Increased heart rate
- Butterflies in the tummy
- Staring eyes
- Sweating
- Rapid breathing
- Freezing up

Control the stress



- Use your cortex to control the panic.
- Slow your breathing
- Think 'calm'
- Don't stare
- Ideas will return

Controlling Stress, Panic and Tiredness.

- Take as many breaks as you feel are useful

- Between questions

- Exercise - rotate your shoulders, neck and ankles, arch your back
- Breathe deeply. Sitting in the same position for a long time can restrict oxygen intake and make you tired.
- Have a go!

(Be careful not to distract other students)



- Visualise - Before writing anything down, close your eyes and visualise the answer.
 - the room where you revised.
 - your books and notes

- Panic - If you start to panic, close your eyes and take control
 - an imaginary "safe place"
 - massage - hold the back of your neck with one hand and massage your forehead with the other

- If you start to fall behind your time plan,
 - go into note form
 - leave some space to come back to.

Getting Peak Performance...

Before the exam



- Drink water - a dehydrated brain will work slower and you will feel more tired
- Avoid fizzy drinks and fatty foods like crisps. -they will make you sleepy.
- Eat protein, cereals, fruit

Plan your time

- Know the number of minutes for each exam including the extra time.
- Note when the exam is to start and when it is to finish including extra time
- Deduct time to read the question more than once and for proof reading

Plan your time ..2



- Look how many questions need to be answered. Divide your time between them.
- With longer written answers work out the number of minutes for each question and make a note of when each question should begin.
- Practice timing yourself to answer questions in the right time.

Revise

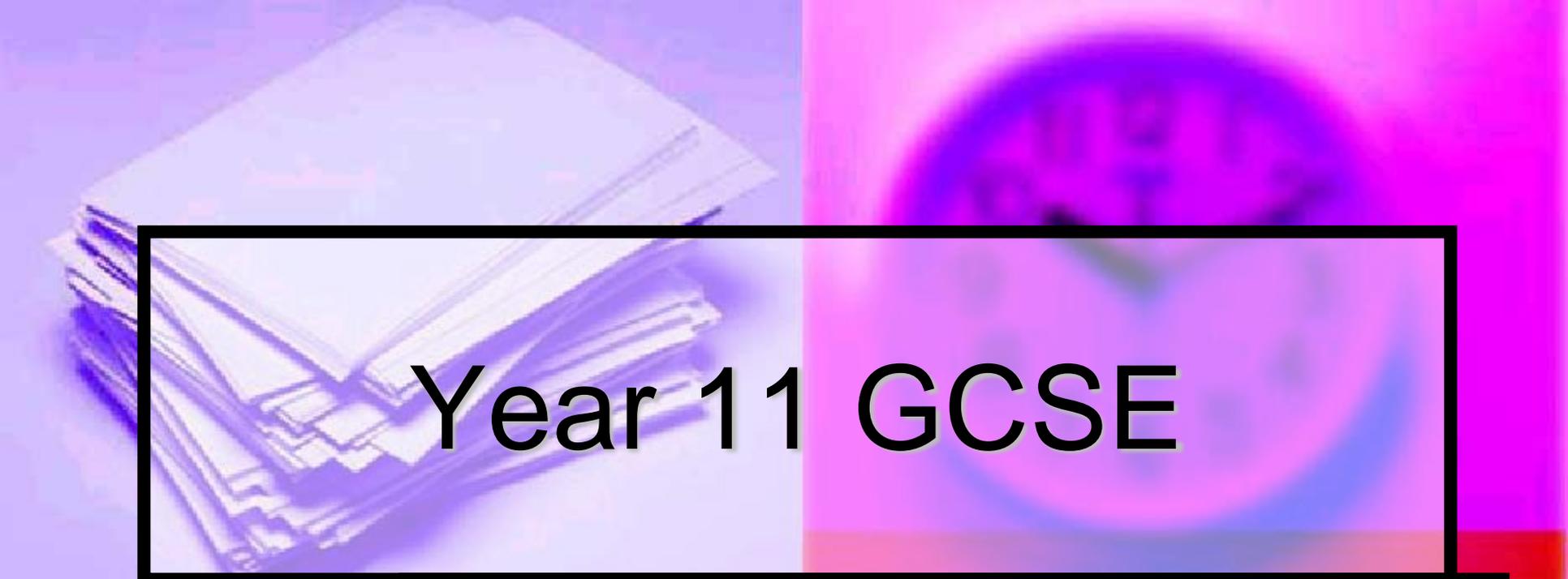
The greatest confidence booster is the knowledge that you know your stuff.

Don't cram the night before, it only makes you more stressed

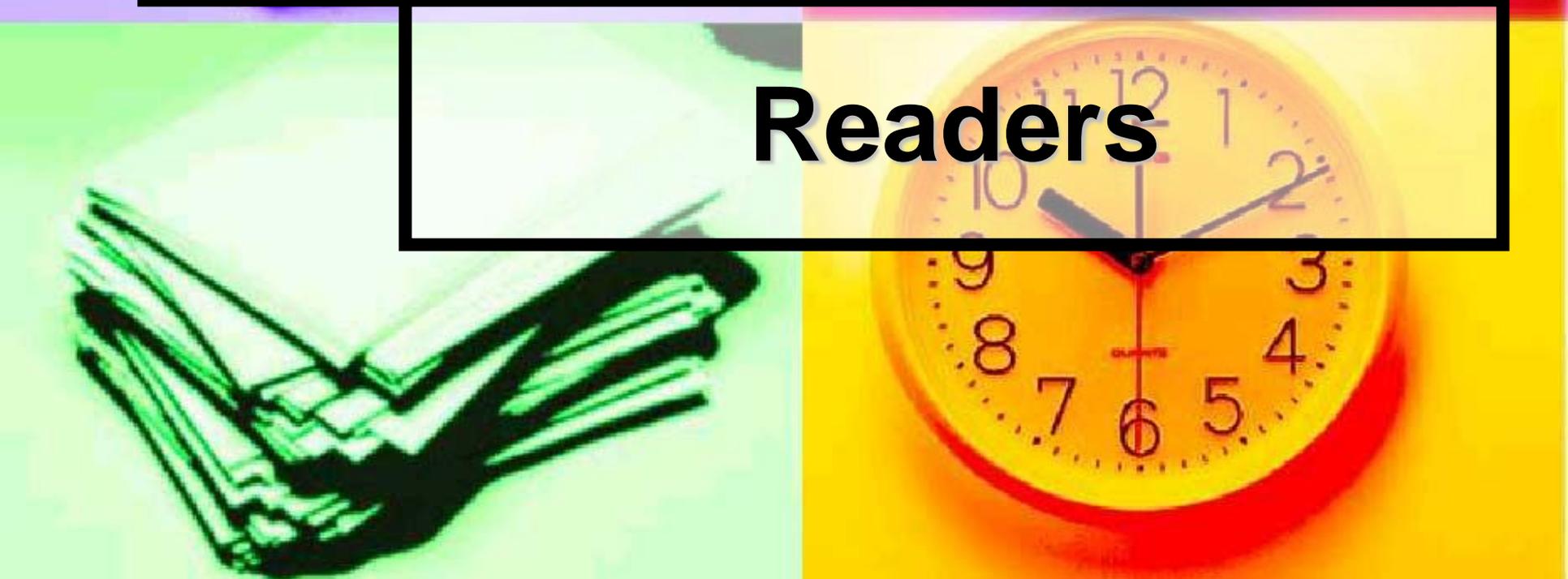
Practical tips

- Get a good selection of pens
- Get a see through pen bag (not an old plastic bag)
- Make sure you have pencils, rubbers, ruler, maths equipment, highlighters etc.
- Bring them to every exam



A composite image for the top section. The left half shows a stack of white papers on a light blue background. The right half shows a blurred clock face on a pink background.

Year 11 GCSE

A composite image for the bottom section. The left half shows a stack of white papers on a light green background. The right half shows a clear clock face on a yellow background.

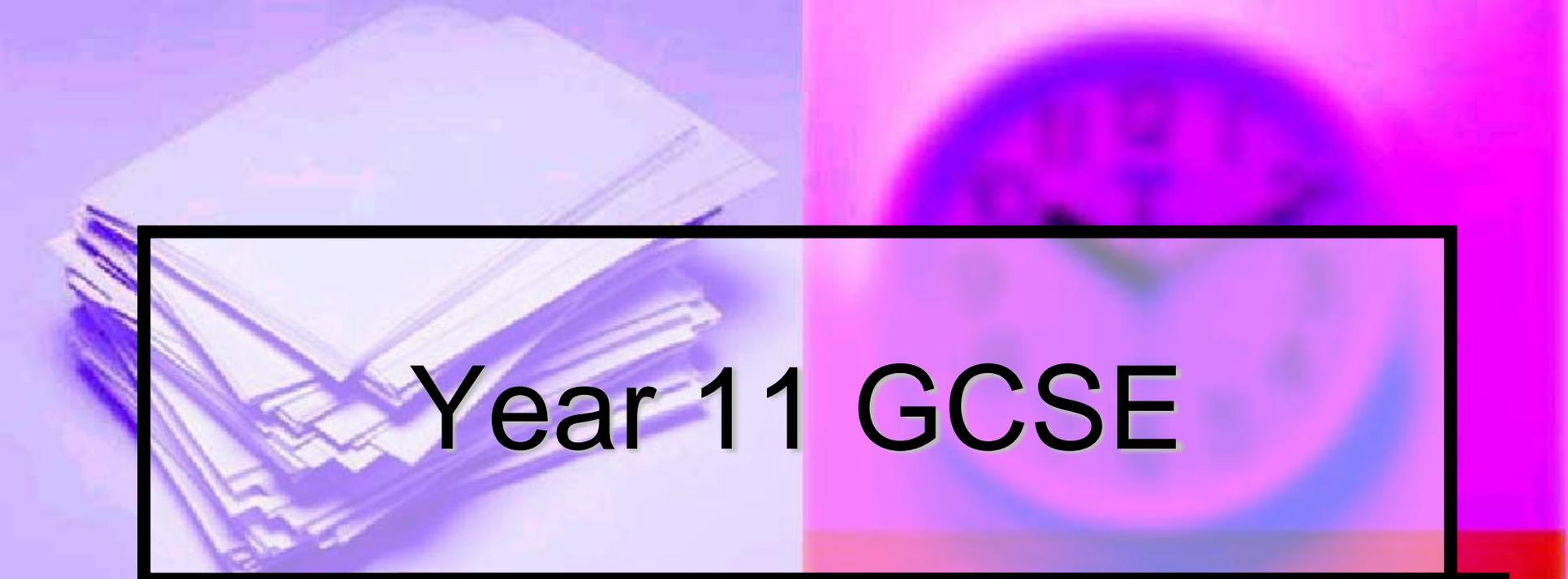
Readers

Reader

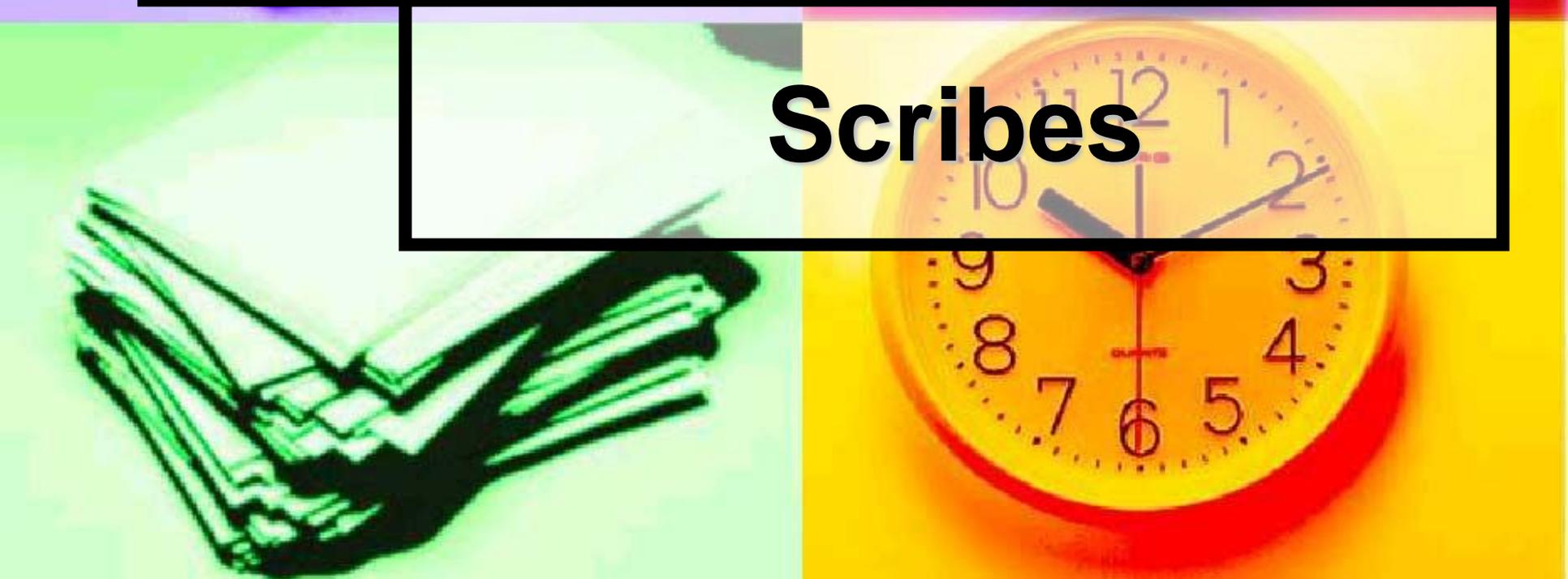
Some of you have readers or reading pens

Watch this to see best use...

<https://www.youtube.com/watch?v=egeTupa19gs>

A composite image with a purple and pink background. On the left is a stack of papers, and on the right is a clock face.

Year 11 GCSE

A composite image with a green and yellow background. On the left is a stack of papers, and on the right is a clock face.

Scribes

Scribe

- A few of you have a scribe...

Please come to the session on Monday if you have a scribe – if you are not sure then see us at the end

Finally

- Exams are hard work – they can be stressful BUT....
- They can be rewarding
- You can do your best
- You do have extra time to think, read, plan, check and amend
- **Don't waste it!**

