

# How to survive and thrive at Key Stage 4





## From the experts (year 11s)

Listen in class, do your homework, and ask about anything you don't understand - never go into the next lesson not understanding what happened in the last one. So many say "she goes too fast!" or "she doesn't explain it properly!" The problem being that they never actually told the teacher this, so how was she supposed to know? So whenever you don't understand, ask until you do understand.

Don't worry. There is only so much you can do in year 9. You will forget most of what you learnt in year 9 by the end of year 11 and have to revise it all again - that's perfectly normal. As long as you understand it at the time, that's the important thing.

Just make sure that you safeguard any revision materials you get. This may include typing or writing revision notes or creating revision material as the teacher teaches the content. This means that you will have much less work to do in Year 11 as I did this from experience and I'm aiming for 9 A\*s. I treated my revision notes as my most valuable revision tool, and the Year 10 and 11 mocks we had gave me time to re-evaluate them if necessary.



...continued

My main piece of advice would be to make sure you stay on top of your work! Do homework the night you get it, if possible, and when it gets nearer exams, even mocks, create a revision timetable so that you can plan for activities you enjoy as well!

I've just finished Year 11, but at the beginning of Year 9 I just continued like in previous years and found myself up too late finishing homework for the next day!

I recommend making decent revision notes at the end of every topic if you can bring yourself to do it, it will help you MASSIVELY in Year 11, and in end of year 10 exams. It basically means that you won't have to waste valuable revision time writing up notes before your mocks/real exams. Other than that, do all of your homework and try to do it on the night it's set where possible, it just helps you keep on top of it. If you have any coursework in Year 10 then definitely try to get as best a grade as possible; if you do well, you'll be less nervous for the actual exam which means you'll probably do better in that, too. Pay attention in class and you'll be fine!



**Be equipped for all lessons – book, pens, calculator...  
Look after completed exercise books, you'll need them to revise from**



**Attendance Matters**  
...every school day counts!

The lesson you missed to go to the dentist in year 9 may be a 6 mark question on the final exam in year 11!

Students who miss school frequently can fall behind with their work and do less well in exams. Good attendance also shows potential employers that a young person is reliable.

### The effect of absence on progress

A whole year has 365 days; a school year has 190 days. That leaves 175 days to spend on family time, visits, holidays, shopping and other appointments.

No Absence	10 days absence	12 days absence	19 days absence	29 days absence	38 days absence
190 days of education	180 days of education	178 days of education	171 days of education	161 days of education	152 days of education

1



### Get up early

Early to bed and early to rise, makes a man healthy, wealthy and wise.

2



### Get enough sleep

Most adults need at least 7 hours of sleep to refresh their body and mind. Kids and teen need even more sleep, ranging up to 10-11 hours.

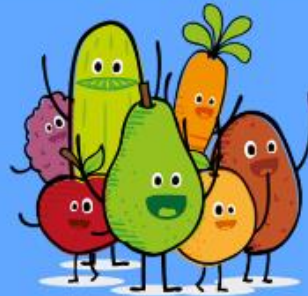
3



### Exercise regularly

Exercise for at least 30 minutes every day.

4



### Eat healthy

Eat lots of fruit and vegetables. Add as many varieties of nutrient items as possible in your meals. Avoid junk.

5



### Drink enough water

Drink enough water to keep your body hydrated, min 2 liters a day.



# Every Little Helps!

Spend just 15 minutes extra each school day and you will have worked an extra 112 hours of revision by the exams (based on 2 ½ school years). Make the most of any dead time you have like on your way to school, waiting for friends or while you eat your breakfast.

4 ½ extra weeks!  
Even with the weekends off





Make a quiz, test your friends



# Revision Methods

Find ones which work for you

Use online resources and videos



Use past papers

**gcsepod**  
education on demand



# Flash Cards

**Make these for all subjects, different colours for different units. Make them as you go along and have them all ready made at the end**

