Year 11 Countdown

Exam start times – AM 8.30am / PM 12.45pm

April	May	June
Fri 1	Sun 1	Wed 1
Sat 2	Mon 2 Two weeks to go	Thu 2
Sun 3	Tue 3 English ASL	Fri 3
Mon 4 Four weeks to go *Ensure your revision timetable is in place*	Wed 4 Maths ASL	Sat 4
Tue 5 English ASL	Thu 5 Science ASL	Sun 5
Wed 6 Maths ASL	Fri 6	Mon 6 *Unplug your devices to make sure you stay focused*
Thu 7 Science ASL	Sat 7 *Don't forget to eat a healthy diet to boost your brainpower!*	Tue 7 Maths P2 (AM) Geography P1 (PM)
Fri 8	Sun 8	Wed 8 English Literature P2 (AM)
Sat 9 Easter Holidays	Mon 9 One week to go	Thu 9 History- Weimar and Nazi Germany (AM) Physics P1 (PM)
Sun 10 *Make sure you have a 'study space' – away from distractions*	Tue 10 English ASL	Fri 10 English Language P2 (AM)
Mon 11 Music / iMedia / Comp Sci / Maths / Spanish	Wed 11 Maths ASL	Sat 11
Tue 12 iMedia / Chemistry / Trilogy / Maths / Fine Art / Textiles / Digital Art	Thu 12 Engineering- Responding to a brief (AM) / Science ASL	Sun 12
Wed 13 Physics / Maths	Fri 13 Engineering –Responding to a brief (AM)	Mon 13 Maths P2 (AM) iMedia (PM)
Thu 14 Enterprise and Marketing / Trilogy	Sat 14	Tue 14 Geography P3 (AM) Hair and Beauty (PM)
Fri 15	Sun 15 *Revise with a friend – talking through what you've learnt can help!*	Wed 15 Biology P2 (AM)
Sat 16	Mon 16 RE – Christianity (AM) Computer Science (PM)	Thu 16 History –Anglo Saxon and Normans (AM) French Writing (PM)
Sun 17	Tue 17 Biology P1 (AM)	Fri 17 Spanish writing (AM)
Mon 18 *Past papers are a great way to help you with your revision*	Wed 18 English Language P1 (AM)	Sat 18 Keep going – you're on the final leg!
Tue 19 Spanish / Biology / Chemistry / Computer Science	Thu 19 History – Crime and Punishment (AM)	Sun 19
Wed 20 English	Fri 20 Maths P1 (AM)	Mon 20 Chemistry P2 (AM)
Thu 21	Sat 21	Tue 21 Hospitality and Catering (PM)
Fri 22 History	Sun 22 *Make sure you take regular breaks from revision!*	Wed 22 Music (AM)
Sat 23	Mon 23 Geography P1 (AM)	Thu 23 Physics P2 (AM)
Sun 24	Tue 24 French Listening and Reading (AM) Sport Science (PM)	Fri 24 – You did it, now relax!
Mon 25 Three weeks to go	Wed 25 English Literature P1 (AM)	Sat 25
Tue 26 English ASL	Thu 26 Spanish Listening and Reading (AM) RE – Islam (PM)	Sun 26
Wed 27 Maths ASL	Fri 27 Chemistry P1 (AM) Computer Science (PM)	Mon 27
Thu 28 Science ASL	Sat 28 May Half Term	Tue 28
Fri 29 *Sometimes it is helpful to revise in smaller chunks*	Sun 29	Wed 29
Sat 30	Mon 30 *Plan some fun activities with your family and friends*	Thu 30 – Prom 7pm start! Exam Contingency Day
	Tue 31	

GCSE Results Day – Thursday 25th August

Dealing with exam stress

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.

If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

Let your trusted friends and family know if you are struggling

so they can be there to support you, encourage you and offer a listening ear. You don't have to go through this alone. Keeping it all in will only make things worse in the long run, so don't be afraid to open up.

Ask for help. Think about all the practical support you need

and be honest with yourself about it. You are allowed to ask for help. Talk through your concerns with your teacher/tutor who can let you know what support your school, college or uni can offer you. They will have spoken to lots of students before who are going through similar things.

Try finding a study group, or start your own

Working through problems with other students can be a nice way to keep your social life going and boost your morale.

Revision tips

Try breaking it up into chunks and creating a daily timetable

so you know what you want to study when. This can make revision feel less overwhelming and much more manageable.

Be realistic about what you can achieve in a day

An unrealistic revision plan won't help you and will put you under unnecessary stress.

Make sure you take regular breaks from studying

Your brain cannot concentrate for hours at a time.

Not everyone studies the same way

Some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.

Focus on you and don't compare yourself to others

It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. But we're all different and that's ok. Remember, your friends don't have their results guaranteed – life is unpredictable – and they might well be feeling just as worried as you are.