



St Mary's Catholic School

WELCOME

Y13 INFORMATION
EVENING 2022

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Meet the Team

Mr Palmer – Head of Sixth Form

13A – Mrs Wilkinson/Mrs McGloin

13J – Mr Graves

13M – Mrs Hughes

13T – Mrs Brewin

Mrs Knight – Careers Support

Mrs Newman – Sixth Form Support

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Stay in touch
on Twitter:
[@StMarysRCDOW](https://twitter.com/StMarysRCDOW)

Please make sure
we have your
correct [email](#)

Our website:
www.stmarys.net

Contacting Us
info@stmarys.net

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1. Journey so far
2. Organisation and Study Habits
3. Post St. Mary's Pathways
4. Mock Exams
5. How we can help



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Journey so far

Year 7 – 10

Year 11 and Year 12 – Covid19

Year 13 – Never faced a year like this

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How to revise – The Parental Support Guide



Effective Revision at St. Mary's

What is it?

***Poor preparation can lead to
Poor Performance***



Exams are coming....



- Have they started to revise?
- How are they revising?
- What barriers are there for succeeding?
- Are they being Smart with their time?



What are we going to look



- Memory – How it works
- St. Mary's 10 of Effective revision
- Ways to revise Time Smart
- How parents can support



Memory Test – 5 secs



OECRCAOWHST



Memory Test



- How many letters were there?
- What letters can you remember?
- What were the first 4 letters in order?
- What were the last 4 letters in order?
- What order were all the letters in?



Memory Test – 10 secs



OECRCAOWHST



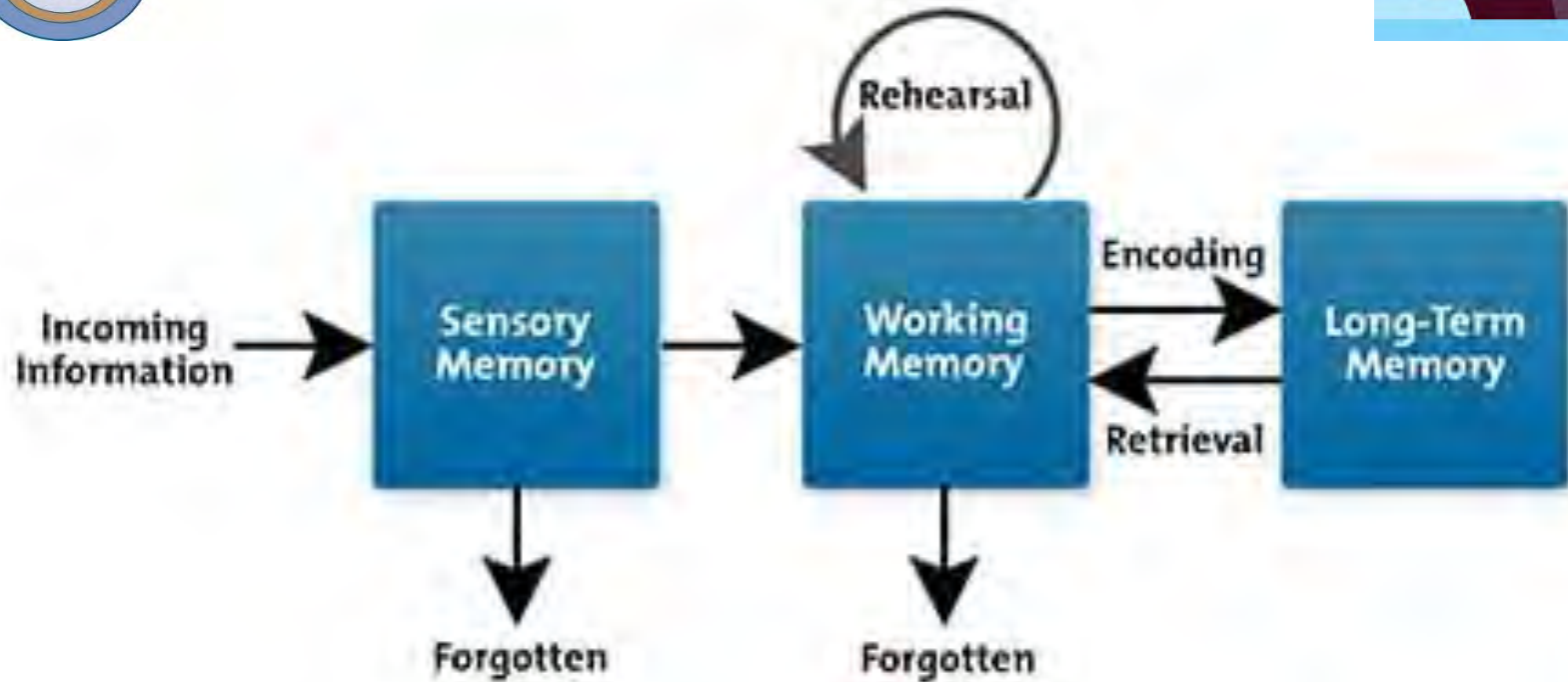
Memory Test



- How many letters were there?
- What letters can you remember?
- What were the first 4 letters in order?
- What were the last 4 letters in order?
- What order were all the letters in?



Working & Long term memory





Memory Test – 3 secs



COW HORSE CAT



Memory Test



- How many letters were there?
- What letters can you remember?
- What were the first 4 letters in order?
- What were the last 4 letters in order?
- What order were all the letters in?



Ebbinghaus forgetting curve

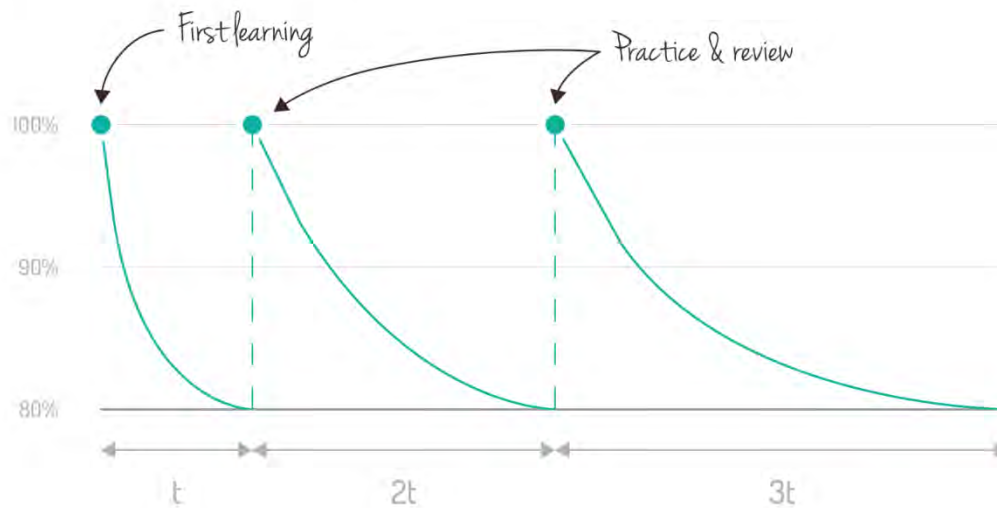




How can you help?

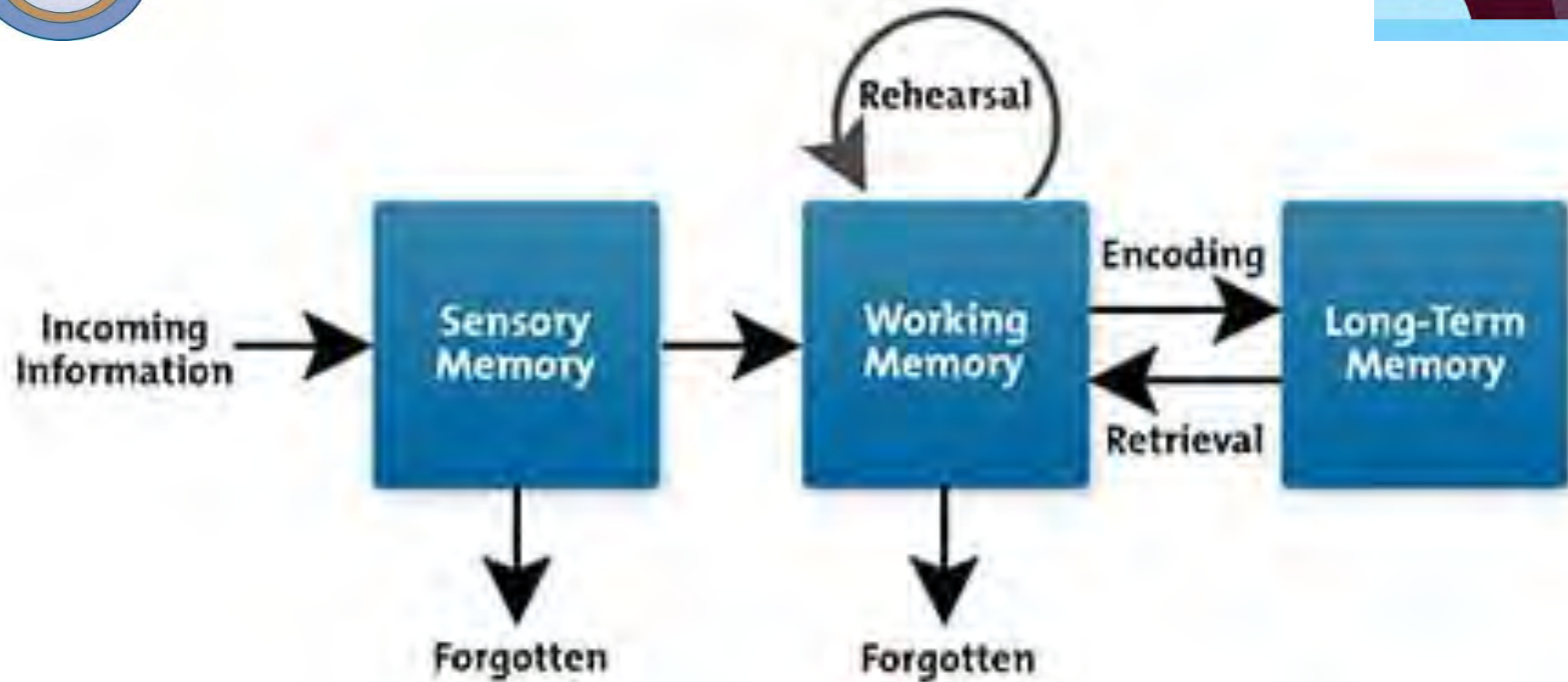


The Forgetting Cycle





Working & Long term memory v2



High Tariff / Most effective Revision

Table 1: Effectiveness of ten learning techniques, from Dunlosky et al (2013) ³⁹

High utility	Practice testing	Self-testing or taking practice tests on material to be learned.
	Distributed ('spaced') practice	Implementing a schedule of practice that spreads out activities over time.
	Elaborative interrogation	Generating an explanation for why an explicitly stated fact or concept is true.
	Self-explanation	Explaining how new information is related to known information, or explaining steps taken during problem solving.
rate utility	Interleaved practice	Implementing a schedule of practice that mixes different kinds of problems, or a schedule of study that mixes different kinds of material, within a single study session.

Low Tariff / Less effective Revision

Low utility

Highlighting

Marking potentially important portions of to-be-learned materials while reading.

Keyword mnemonic

Using keywords and mental imagery to associate verbal materials.

Imagery use for text learning

Attempting to form mental images of text materials while reading or listening.

Rereading

Restudying text material again after an initial reading.



1. ***Be prepared*** – Create a Revision Timetable, know what resources you need/have available to you – “Fail to Prepare, Prepare to Fail” – Put the plan somewhere visible for all to see.
2. ***Find a Space*** – Ideally quiet, uncluttered, a space that has everything you need to succeed.
3. ***Limit Technology*** – Get app/social media blockers, turn on “focus time”, and avoid Procrastination – A plan will help you
4. ***Self-Care*** – Make sure you are eating healthily, drinking water, exercising, sleeping, & having time for rewards
5. ***Be Time Smart*** – Memory Clock technique – Recap/Review topic, Test knowledge, Review/Mark answers – Ensure your time is effectively used. 1 hour revising, 20 minute break, or 30 min revising, 10 minute break, little and often.

1. ***Be prepared*** – Create a Revision Timetable, know what resources you need/have available to you – “Fail to Prepare, Prepare to Fail” – Put the plan somewhere visible for all to see.

**Making a
'home study' plan**

- Sit down with your child and go through the teacher's homework instructions, noting exactly what needs to be done and by when.
- Plan how long the homework will take.
- Split each homework period into 30-minute sessions.
- Make sure your child has a break between each session, especially if they are using a computer.
- Each session should start with tackling the parts your child finds most difficult.



[illegible]

2. *Find a Space* – Ideally quiet, uncluttered, a space that has everything you need to succeed.

- Creating the right environment
- The ideal space needs to:
 - Clear work surface
 - Good lighting
 - Quiet and free from interruptions.

Avoid Distractions

3. *Limit Technology* – Get app/social media blockers, turn on “focus time”, and avoid Procrastination – A plan will help you

- Only set for very limited periods
- Have the conversation as part of the revision plan
- Consider what technology children will need to complete revision.



4. *Self-Care* – Make sure you are eating healthily, drinking water, exercising, sleeping, & having time for rewards

Brain Food

SNACKS THAT'LL BOOST YOUR ENERGY AND FOCUS

As excerpted from Fast Company



AVOCADO

As if we needed another reason to smear it on our toast every morning, it helps with cognition.



DARK CHOCOLATE

It improves focus and energy, fights stress and is delicious.



WATER

Water improves every single bodily function, including quick thinking and focus.



ALMONDS

The healthy fats in nuts help your brain process information and make connections.



GREEN TEA

Drink a cup after lunch for better mental speed and accuracy.



PUMPKIN SEEDS

Throw them into trail mix with some almonds and dark chocolate for a brain-boosting snack.



BROCCOLI

Mix it into a stir-fry, bring it for lunch and improve your cognitive function.

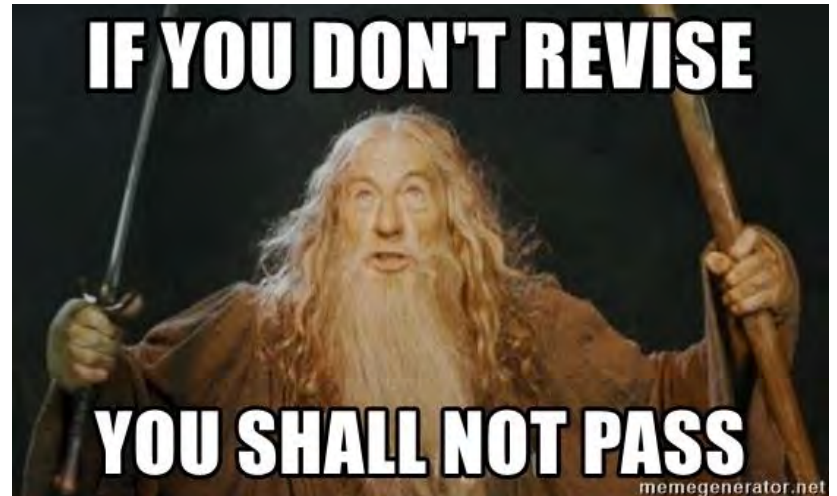


BROWN RICE

Cross two off the list—avocado sushi with brown rice. Done.

5. *Be Time Smart* – Memory Clock technique – Recap/Review topic, Test knowledge, Review/Mark answers – Ensure your time is effectively used. 1 hour revising, 20 minute break, or 30 min revising, 10 minute break, little and often.

- Setting a routine and managing homework Your child needs to learn how to manage their homework. Supporting them in this will help them to take responsibility for their own work, while learning valuable planning and time management skills.
- Routines are important to children, so it may be worth helping your child to find one that suits them. For example, some children prefer to do their homework straight after school, while others like to 'unwind' first and do their homework later.



6. **Active Revision** – If you are not being forced to remember then you won't retain it – reading & highlighting is passive learning, don't do it.
7. **Practise – Testing** – Regularly doing Retrieval questions/practice, attempting Exam questions under timed conditions puts you under pressure, just like an exam. Then use a mark scheme/answer sheet to add in corrections.
8. **Practice – Distributed** – Space out the time you revise subjects/topics – It forces your brain to remember
9. **Practice – Interleaved** – Switch up the topics you revise in the day, again it forces your memory to work harder and recall the information
10. **Start Now!** – Revision needs to start somewhere so start now, Revise!



Memory Clock



THE MEMORY CLOCK



Stage 1 – Review – $\frac{1}{4}$ Time – 15 Mins

Use flashcards, Blur, Recap Content

Stage 2 – Practice – $\frac{1}{2}$ Time – 30 Mins

Test yourself/ Friends – Exam Questions – “No notes” under time pressure

Stage 3 – Check / Reflect – $\frac{1}{4}$ Time – 15 Mins

Self Mark using mark scheme, Correct mistakes in green, Highlight topics still to be understood, redraft your answer



Distributed practice

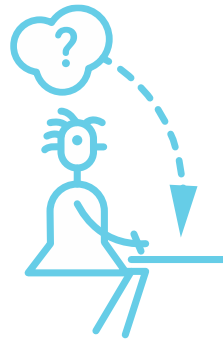
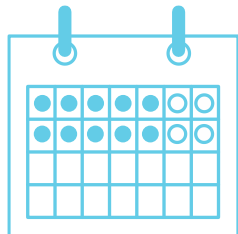


Spaced Practice

HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.

M T W Th F Sa Su M T W Th F Sa Su



Example

Date: Sunday 10 March		
Times	Subject / Activity	Focus score out of 10
9:00	Biology – Recap B1 & B2	7
9:15	Biology – Exam Paper 1 2017 Q1 – Q4	8
9:45	Biology – Mark answers	8
10:00 – 10:15	Break – Drink water & Eat healthy snack	NA
10:20	Maths – Recap	5
10:35	Maths – Exam Paper 2020 Q1 to 10	7
11:05	Maths – Mark answers	8
11:20 – 11:35	Break – Drink water & Eat healthy snack	NA
11:40	French – Recap	8
11:55	French – Exam Paper	7
12:25	French – Mark exam Question	8
12:40	Flash card Quiz with Mum, Dad, Brother, Sister, Friend	10





What to do Now?



- Is there a revision plan in place?
- What are the barriers to success? Time / Phone / Social media / understanding the content
- How can they overcome these barriers with your help?
- Can they access exam papers and mark schemes in all your subjects?
- Find opportunities to talk about revision / what they have learnt? Be a supporter



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WHAT ARE YOU PREPARING FOR?

To be ready

TO LEAVE

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POST ST MARY'S PATHWAYS

UNIVERSITY

APPRENTICESHIP

EMPLOYMENT

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UNIVERSITY

- SOME HAVE COMPLETED THIS PROCESS – AND ALREADY **HAVE OFFERS**
- I RECOMMEND COMPLETING OVER HALF TERM, SUBMIT BEFORE YOUR MOCKS
- OUR INTERNAL DEADLINE IS **END OF DECEMBER TERM**
- DEADLINE FOR APPLICATIONS – JAN 25TH 2023

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UNIVERSITY

- £27 – IS ALL IT COSTS TO APPLY – YOU DON'T HAVE TO GO IF YOU CHANGE YOUR MIND
- YOU CANNOT GO IF YOU HAVE NOT APPLIED



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UNIVERSITY

- A DEGREE GIVES YOU A BROAD RANGE OF OPTIONS UPON COMPLETION.
- OPPORTUNITIES OUTSIDE OF YOUR STUDIES ARE VAST
- RANGE OF COURSES AVAILABLE IS HUGE (35000)

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Accounting & Finance and Contemporary Fashion Design


Liverpool Hope University

Hope Park

 BA (Hons)

 3 years

 Full-time

 09/2023

112


UCAS Tariff Points





Oceanography and Coastal Processes


University of Plymouth

Main Site

 BSc (Hons)

 3 years

 Full-time

 18/09/2023

112-128

UCAS Tariff Points

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UNIVERSITY – TO DO

- DECIDE WHAT YOU WANT TO DO
- DECIDE WHERE YOU WANT TO GO



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UNIVERSITY – TO DO

- COMPLETE UCAS DETAILS
- WRITE PERSONAL STATEMENT AND HAVE IT CHECKED
- FORM TUTOR COMPILES REFERENCE
- PAY £27
- APPOINTMENT TO SEE ME
- SEND
- OFFERS HOPEFULLY COME IN

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UCAS Timeline

The insurance choice should be lower than the firm choice.

Students will receive conditional offers or rejections from their 5 choices via UCAS track.

They must check Track regularly for information eg requests for interviews and applicant days.

In May – once all their replies have been received – students will need to make a firm choice and an insurance choice by a set deadline.



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EARNINGS CONSIDERATIONS

- 2021 Employment rate for graduates was 86.7%
- Starting salary for graduates is, on average, £10000 higher than non-graduates
- There is a calculated life time earning gap of £320000 between graduates and non-graduates



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STUDENT FINANCE

Yearly income before tax	Monthly income before tax	Monthly repayment
£27,295	£2,274	£0
£28,000	£2,333	£5
£29,500	£2,458	£16
£31,000	£2,583	£27
£33,000	£2,750	£42

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Student Finance

Any debt not repaid after 30 years is written off

- Students will need to apply for their loans via the Student Finance England website: *(March 2023)*
www.gov.uk/studentfinance
- **Key Points:**
- All students are eligible for a loan for fees
- Payments start at 9% of anything above £25,725
- Students do not have to repay anything until they are earning at least £25,725
- Living cost loans are means tested





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DEGREE APPRENTICESHIPS

- Combines work, education and training.
- Can earn some money while continuing education
- If you know what you want to do, these can be the perfect route
- Increasingly valued as the same as a bachelors degree
- Significant amount of practical work (80%)
- Takes longer to progress academically (3 – 6 years)



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apprentice engineer

Employer

AFI group of companies

Location

Bishop's Stortford

Salary

9783.00 GBP Annual

Closing date

2 Nov 2022

ICT Consultant Apprentice

Employer

QA Apprenticeships

Location

Royston

Salary

£14,000 per annum.

Closing date

12 Nov 2022

[View more](#) ▼



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KEEP AN EYE ON TEAMS



VIRTUAL WORK
EXPERIENCE

PROPERTY MANAGEMENT
& REAL ESTATE

BIDWELLS



Carter Jonas



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IMPORTANT

Where **you** want to go and what **you** want to do is up to you.

We want the **best for you** – we have no agenda

But if **you do nothing**, you will have nothing

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NOVEMBER MOCK EXAMS

- START MONDAY 14TH NOVEMBER
- FINISH WEDNESDAY 23RD NOVEMBER
- TO RECREATE THE SUMMER EXPERIENCE STUDENTS WILL ONLY NEED TO COME TO SCHOOL IF THEY HAVE AN EXAM



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NOVEMBER MOCK EXAMS

- DURING MOCKS THE SIXTH FORM STUDY REMAINS OPEN
- CLASS TEACHERS CAN BE ASKED FOR SUPPORT DURING NORMAL LESSON TIMES
- IF STUDENTS ARE IN SCHOOL, ALL NORMAL EXPECTATIONS APPLY.



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NOVEMBER MOCK EXAMS

- THERE WILL BE SOME QUIETER TIMES DURING THE MOCKS, STUDENTS SHOULD
 - REVISE THOROUGHLY, INCLUDING COMPLETE TASKS FOR COURSEWORK ETC
 - COMPLETE THEIR PERSONAL STATEMENT READY TO SEND OFF
 - LIAISE WITH THEIR TEACHERS TO BE PREPARED FOR POST-MOCK LESSONS



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NOVEMBER MOCK EXAMS

- STUDENTS SHOULD ARRIVE ON TIME FOR EXAMS – THE PUBLISHED TIME IS THE START TIME, NOT THE QUEUE UP TIME
- THEIR PERFORMANCE IN THESE EXAMS CAN GO ALONG WAY TO BOOSTING CONFIDENCE READY FOR THE SUMMER – EQUALLY, ILL-PREPARED STUDENTS MAY NOT BENEFIT FROM THE EXPERIENCE.

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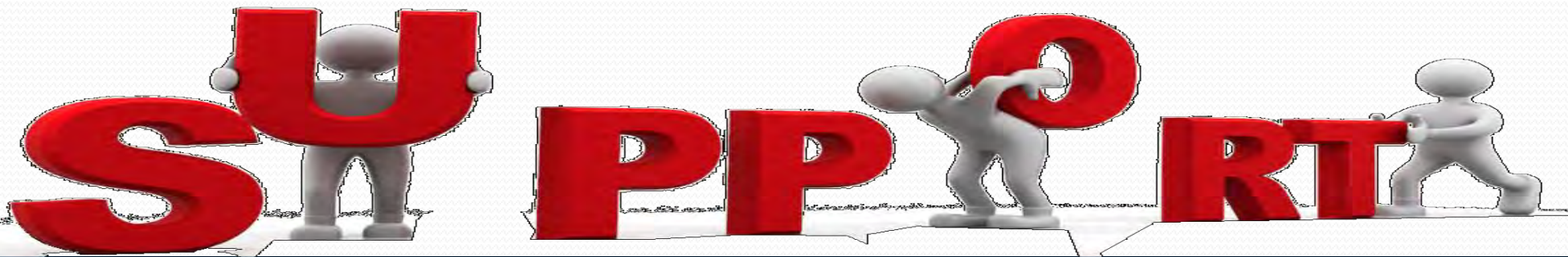
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WHAT CAN YOU DO TO HELP?

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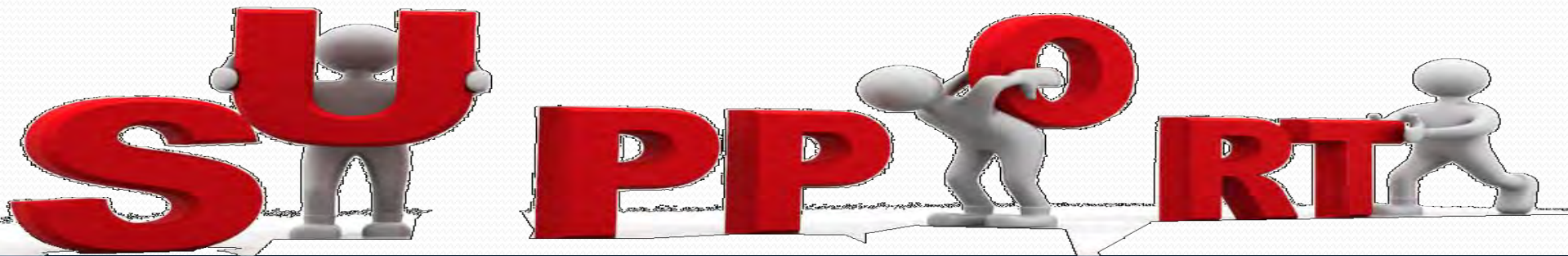


- Ensure excellent attendance and contact us on each day of any absence.
- Ensure that work is being done at home - at least 5 hours per subject / per week..



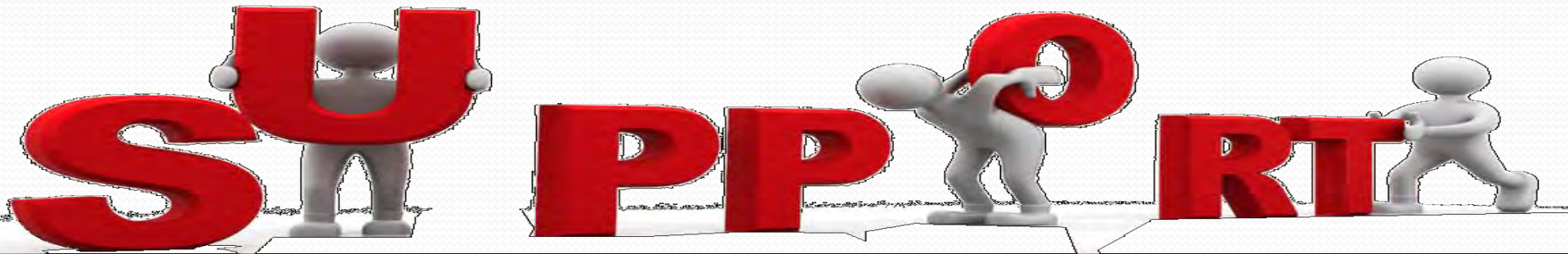


- Help with organisation/ time management. Identify a time to talk through what work they have coming up and how they plan to fit it in.
- Encourage your son / daughter to be making revision notes.
- Ensure that they have a structured revision timetable.





- Avoid family holidays at crucial times.
- Help them to sort out priorities and balance study, hobbies, relaxation and paid work.





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Wellness

Supporting your son/daughter

- Sleep
- Exercise
- Healthy Diet
- Paid work
- Clubs and Interests Outside School
- Designated Study Time
- Designated Study Space
- Limit Screen Time before Bed



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THANK YOU

We have come to the end, for this evening.

Please do stay to chat to us if there is anything you would like to ask.

Have a safe Journey

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