

Ace Your Exams

Follow-up Tutor Pack

Elevate UK

Maria Fidelis Catholic School

elevate
education



Resource Outline

This follow up series is built around the Elevate Ace Your Exams workshop and is designed to reinforce the revision and exam room skills covered in the session.

How to Use

These resources are designed to fit around your form time schedule. As such, you have a 5-, 10- or 20-minute option with each skill:

- 5 minutes highlights the application of a skill through a follow-up **video**;
- 10 minutes allows for a class **discussion** around the contents of the video and the skill itself;
- 20 minutes gives students the opportunity to put into practice what they've watched and discussed through an **activity**.

These slides are editable, so please change activity and discussion content where applicable to your students needs!

Further resources

We want students to re-visit these resources as much as possible. As such, you can find a link to all the templates and videos on the next slide. Please share these with your students **after** they have first gone through the pack with you in class.

We can then track the engagement of your students with the resources for additional oversight. To access this data, please speak with whoever is in charge of organising the Elevate Programme at your school.

1. How to Create an Exam Planner

- ▶ [Video](#): How to create a planner
- ▶ [Discussion](#): What is your process for planning for exams?
- ▶ [Activity](#): What advice would you give to this student to improve their exam planner?

2. How to Create A Deluxe Planner

- ▶ [Video](#): How to create a deluxe planner
- ▶ [Discussion](#): How confident do you feel walking into an exam that you know everything that could come up?
- ▶ [Activity](#): Help this student set deadlines

3. How to Identify Mistakes

- ▶ [Video](#): How to identify mistakes
- ▶ [Discussion](#): Do you currently analyse where you lost marks in exams?
- ▶ [Activity](#): Fill out the first 3 columns of the Bullet Proof Booklet

4. Analysing and Correcting Mistakes

- ▶ [Video](#): Analysing and Correcting Mistakes
- ▶ [Discussion](#): Do you currently analyse where you lost marks in exams?
- ▶ [Activity](#): Fill out the first 3 columns of the Bullet Proof Booklet

5. Creating an Exam Routine

- ▶ [Video](#): How to create an exam routine
- ▶ [Discussion](#): What is your exam routine?
- ▶ [Activity](#): Create an exam check list

6. Creating an Exam Routine

- ▶ [Video](#): Exam room techniques
- ▶ [Discussion](#): Do you struggle to manage your time in exams?
- ▶ [Activity](#): How long should this student spend on these questions?

How to Create an Exam Planner

[Video – 5 mins](#)

Click the image below for your video:



[Download your Exam Planner here!](#)

What is your process for planning for exams?

Are you an under-planner or an over-planner?

How to Create an Exam Planner

Activity – 5 mins

What advice would you give to this student to improve their exam planner?

Subject	Goal	Tasks	Deadline	Status
Biology (8461)	?	Make notes	08/04	DONE
		Do Exam	17/05	
Chemistry (8462)	80/100	Make notes on the model of the atom, symbols, relative atomic mass, electronic charge and isotopes	20/05	
		Make notes on the periodic table	20/05	
		Make notes on chemical bonds, ionic, covalent and metallic	21/05	
		Memorise notes on the model of the atom, symbols, relative atomic mass, electronic charge and isotopes	21/05	
		Memorise notes the periodic table	21/05	
		Memorise notes on chemical bonds, ionic, covalent and metallic	21/05	
		Do practice questions on notes on the model of the atom, symbols, relative atomic mass, electronic charge and isotopes	22/05	
		Do practice questions on notes on the periodic table	22/05	
		Do practice questions chemical bonds, ionic, covalent and metallic	22/05	
		Do practice exam	25/05	
		Final Exam	27/05	

How to Create a Deluxe Exam Planner

[Video – 5 mins](#)

Click the image below for your video:



[Download the Deluxe Exam Planner template here!](#)

[Download the practice exam template here!](#)

Discussion– 5 mins

Do you currently have a system for how to take notes?

How confident do you feel walking into an exam that you know everything that could come up?

How to Create a Deluxe Exam Planner

Activity– 5 mins

What advice would you give to this student when setting deadlines?

Exam date: 23rd May

Topic 4.1 Cell Biology	Do I have it in my notes	Note Making Deadline?	Memorising Deadline
4.1.1 Cell Structure		?	?
- 4.1.1.1 Eukaryotes and prokaryotes	yes	?	?
- 4.1.1.2 Animal and plant cells		?	?
- 4.1.1.3 Cell specialisation		?	?
- 4.1.1.4 Cell differentiation	Yes	?	?
- 4.1.1.5 Microscopy		?	?
- 4.1.1.6 Culturing microorganisms		?	?
4.1.2 Cell Division		?	?
- 4.1.2.1 Chromosomes	yes	?	?
- 4.1.2.2 Mitosis and the cell cycle		?	?
- 4.1.2.3 Stem Cells		?	?

[Video – 5 mins](#)

Click the image below for your video:



[Download the Bullet Proof Booklet template here!](#)

Discussion– 5 mins

Do you currently analyse where you lost marks in exams? If not, why not? If you do, how do you structure this?

Bullet Proof Booklet (Correcting Mistakes)

[Video – 5 mins](#)

Click the image below for your video:



[Download the Bullet Proof Booklet template here!](#)

Discussion– 5 mins

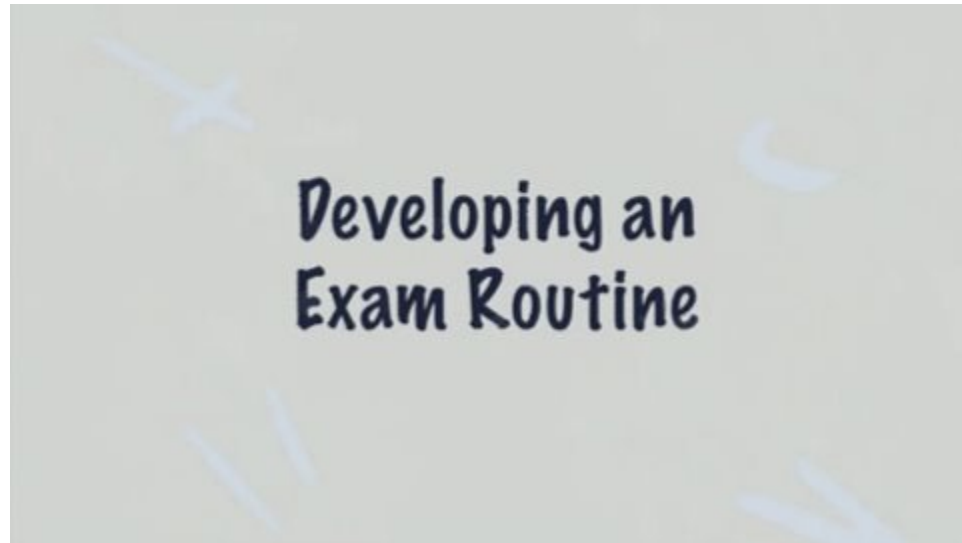
When you have lost marks in an exam, do you re-do the question until you get it right?

What is your current process for correcting past mistakes?

Developing an Exam Routine

[Video – 5 mins](#)

Click the image below for your video:



[Download your exam check list here!](#)

[Video – 5 mins](#)

Do you have an exam routine? How do you manage your stress? What do you do normally do on the morning of an exam?

Activity – 5 mins

Create a check list for the night before and
the morning of your exam

Exam Room Techniques

[Video – 5 mins](#)

Click the image below for your video:



Do you struggle to manage your time in exams? Why?

Activity– 5 mins

How long should this student spend on these questions?

A-level BIOLOGY

Paper 1

Thursday 6 June 2019

Morning

Time allowed: 2 hours

Materials

For this paper you must have:

- a ruler with millimetre measurements
- a scientific calculator.

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Show all your working.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for the questions are shown in brackets.
- The maximum mark for this paper is 91.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
TOTAL	

0 2 . 2

A student concluded from **Figure 3** that eating an extra 10 g of fibre per day would significantly lower his risk of cardiovascular disease.

Evaluate his conclusion.

[4 marks]

*Do not write
outside the
box*

0 3 . 3

Modern farming techniques have led to larger fields and the removal of hedges between fields.

Use **Figure 4** to suggest why biodiversity decreases when farmers use larger fields.

[1 mark]

0 6 . 1

Describe and explain the data in **Table 4**.

[2 marks]

For Teachers

We'd love your feedback on these follow-up resources.

We want to make them:

- 1) Easy to use for teachers;
- 2) Clear & helpful for students;
- 3) A part of your Elevate programme, so your school can embed the skills from our workshops.

And your feedback will help us get there. So click the link below and just take 30-60 seconds to fill out the questions so we can continue to improve. Thank you:

<https://www.surveymonkey.co.uk/r/AceYourExams>