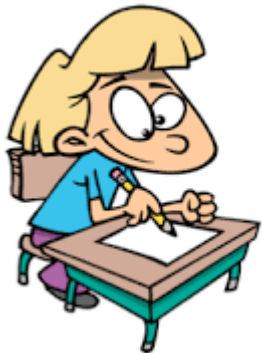


Y10 Mock exams

Mock 25th June - 9th July



EXAM SUCCESS



THE BOTTOM LINE

TeamTalk 2012

66%
of material is forgotten within 7 days if it is not revisited

Experts believe that the avg concentration dies at around

18 mins

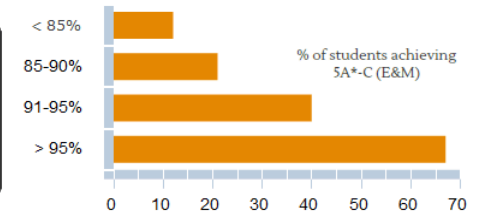
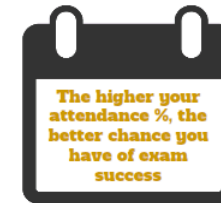
You will remember what you have learned better if you have a good nights sleep



HOURS SLEEP IS VITAL
8-10
FOR PEAK PERFORMANCE

Although listening to music when studying may put you in a good mood, it may hinder your ability to memorise facts

Attendance = Achievement @ 5A*-C (E&M)



Body Fuel



30%

The extent to which drinking water before an exam can improve your performance



10%

Dehydration by only 1% can lead to a decrease in performance by up to this amount



7%

The extra brain power you can access by eating fish once a week



10%

Loss of performance that teenagers who drink 2 units of alcohol per night suffer on memory tasks



Healthy Body = Healthy Mind

Exercise stimulates blood flow, helping carry oxygen to the brain more efficiently

Regular exercise breaks during study periods helps to stimulate the brain, thus improving performance



Y10 Mock 25th June - 9th July

		Registration in Hall	P1	P2	Break	P3	P4	Lunch	P5	P6
25/06/2018	Monday	English Revision G10-G14	Y10 English Paper1 1hour 45minutes				Science Revision G10-G14		Science Biology Paper 1	
26/06/2018	Tuesday	English Revision G10-G14	Y10 English Paper2 1hour 45minutes						RE 1 hour 45 mins	
27/06/2018	Wednesday	Maths Revision G10 - G14	Y10 Mathematics P2 Calculator							
28/06/2018	Thursday			Science Revision 212 - 216		Science Chemistry Paper 1				
29/06/2018	Friday	Maths Revision G10-G14	Y10 Mathematics P1 Non Calculator							
			09:00 - 11:00			11:20 - 13:20			14:00 - 16:00	
			09:00 - 11:00			11:20 - 13:20			14:00 - 16:00	
		Registration in Hall	P1	P2	Break	P3	P4	Lunch	P5	P6
02/07/2018	Monday	Geography Field Trip/Rest of the year group normal lessons								
03/07/2018	Tuesday	Science Revision G10-G14	Science Physics Paper 1						ICT Exam	
04/07/2018	Wednesday	Geography Field Trip/Rest of the year group normal lessons								
05/07/2018	Thursday	Humanities Revision G10-G14	History 1 hour 45 mins Geography 1 hour 45 mins						French Reading P1 1 hour	
06/07/2018	Friday	Revision Rm 140	French Wrting P2 1 hour 15							