



# Internal Examination week



**Years 7-9**

**2025**



Dear Students

As you are aware the Years 7, 8 and 9 assessment week starts on 2nd June 2025 and runs until Friday 6th June 2025.



These assessments are important for many reasons:

- It is an opportunity for you to gain further practice of working under timed conditions.
- It provides more experience of answering exam style questions.
- It helps you to consolidate knowledge gained so far.
- It can help build confidence and provide you with information about how you are progressing with your studies.
- The exams can help you identify what you need to focus on to improve.

By preparing thoroughly you can make the most of this opportunity. Included within this guide are some top tips on how to revise and prepare for your assessments effectively.

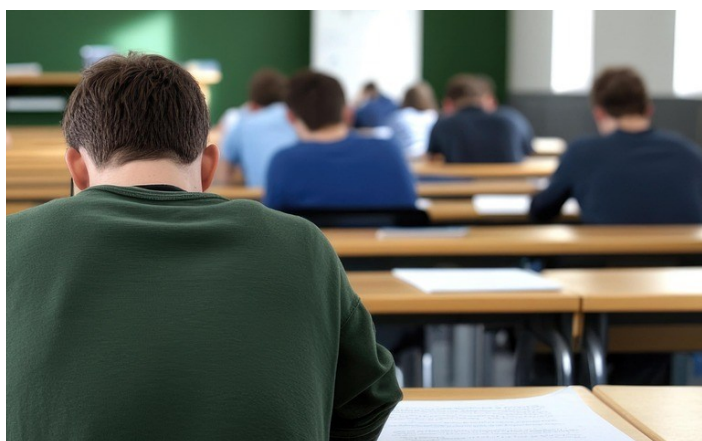
We also know that assessments can cause stress and anxiety and it is natural that you may well feel nervous. However, there are things you can do to manage these feelings. It is not always a bad thing to feel like this. Indeed, the best way to reduce anxiety about assessments is to do some work for them!

Over the coming weeks, your teachers will advise you on what to study for these examinations.

We all wish you well with your preparations for the Internal Examination week.

Best wishes

The CRGS Staff



# Introduction

## Plan Ahead

The most important thing about a plan is sticking to it.

The worst thing you can do is just keep planning.



## Revision

The most important thing about revision is knowing what you need to learn.

**Fact...**

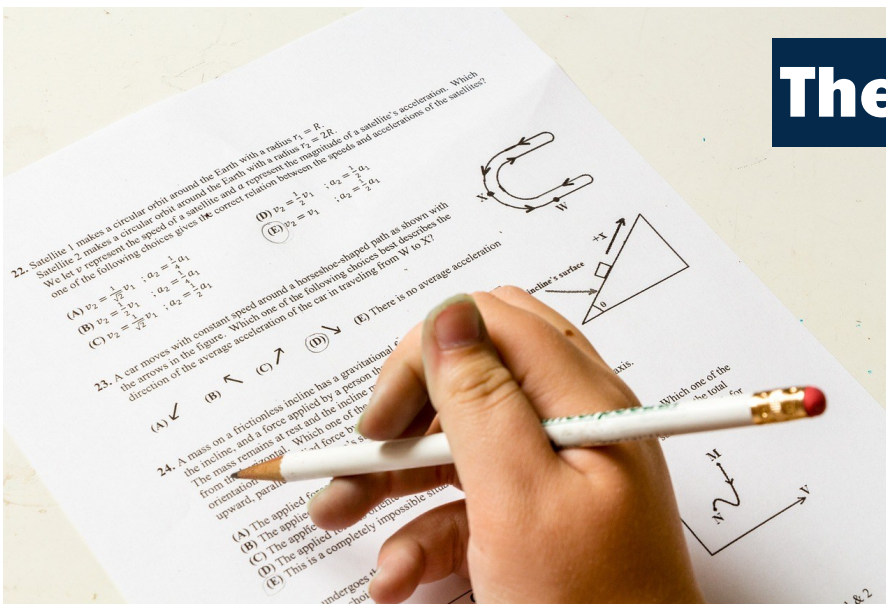
**the earlier you start revising the better the grade you will achieve.**



## The assessment

The most important thing about the assessment is knowing what to expect -

**NO SURPRISES**



# Plan Ahead

Before you do any work, sit down and plan what you are going to do between now and the assessments. It is a good idea to revise the subjects you find the most difficult first. Creating a timetable is always useful, as your time is now precious, so make it work for you. Starting early will give you the stress free 'little and often' approach. In other words, planning not cramming.



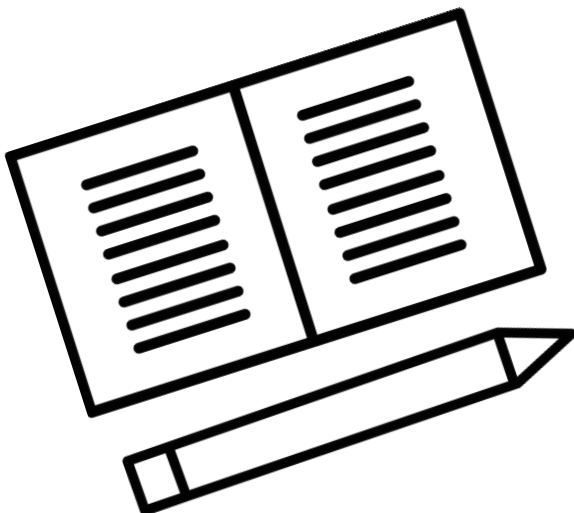
*Start revising*

## Revision Plan: Week 1

- Mon: English
- Tues: RMPS
- Wed: History
- Thurs: Comp Science
- Fri: Maths

## Revision Plan: Week 2

- Mon: Geography
- Tues: MFL
- Wed: Science
- Thurs: MFL
- Fri: English





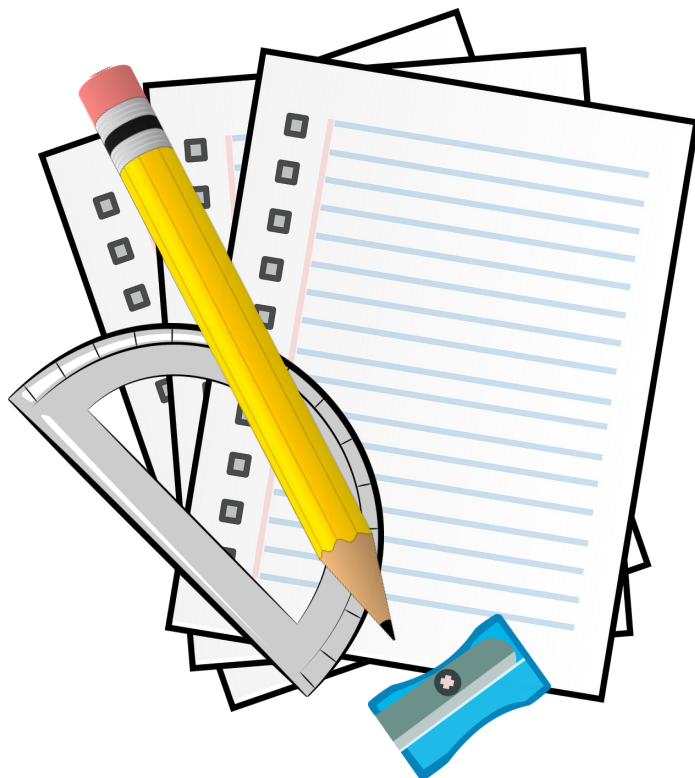
# Start Revising

You need to know which topics you need to learn.

Your teacher will let you know.



Gather all of your material for the topic and reduce it into brief, clear notes.



**Summarise these notes in a form that suits you, (e.g. keyword summaries, mind maps, cue cards) until you only need a few KEYWORDS to remind you of the whole topic.**

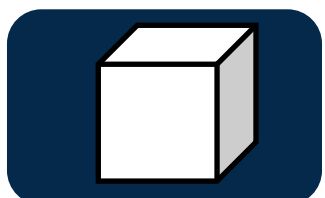
# Understand How Your Memory Works

Some people are better at remembering things than others.

The following advice should help...

If you learn something new, in general you will start forgetting it after a few hours, but if you revise it again in the next four hours, it will take about 24 hours before it starts to fade. Revise it again in the 24 hours and it will last four days, then one and a half weeks then one month and so on!

Think about this when you plan your revision timetable.



Brains like diagrams — colourful pictures and writing will keep you motivated, focused and help you remember for longer.

# Helping your Memory

1

Design mind maps with images, on large pieces of paper and stick them up all over your bedroom.

2

Read about a topic for 10 minutes. Cover up the information and write down everything you can remember. Go back, check it and correct any mistakes.

3

Try condensing your notes onto smaller and smaller pieces of paper — so that as you revise your knowledge you are also actively summarising your learning.

4

Use Bitesize revision programmes!

5

Text someone in your group with questions and see if they can text you the right answers.

6

Practice answering sample questions. Review what you can recall and amend your responses.

7

Read any revision guidance and complete the revision activities on MS Teams.

8

Arrange to meet friends and study together; choose a topic and test each other on the main details. Help each other to develop knowledge of a particular topic(s).

# Look After Your Wellbeing

**1**

Try to sleep well — get into a routine and relax before going to bed. Sleeping helps to consolidate your learning.

**2**

Put aside specific hours to revise and let people know. That way you won't be disturbed and you can get into a revision pattern.



**3**

Playing games on devices before bedtime disrupts the brain's ability to store the information you have revised earlier. Avoid electronic games towards the end of the day — watch tv, surf the internet or chat with friends instead.

**4**

Eat properly. It is important you keep up your energy during the assessment week.





**5**

Take breaks! You can only concentrate for 45 mins at a time and you'll need time to re-charge.

**7**

Physical exercise provides significant benefits for wellbeing during stressful times.



**6**

Build in 'down time' for relaxation when revising. Try downloading a mindfulness app.



**8**

Be active in your learning — use a variety of techniques and test your learning at the end of a revision session.

***Need to talk?***

**Your Head of Year and Student Support are here to help.**