Dear Parents,

Kính gửi Quý phụ huynh,

Thank you for coming.

Cảm ơn Quý vị đã đến tham dự.

As a precautionary measure, please leave a one-seat space between you and the next guest (unless you are members of the same household).

Để tuân thủ biện pháp phòng ngừa, Quý vị vui lòng ngồi cách một ghế với khách bên cạnh (nếu Quý vị không phải là người thân trong gia đình).

Your support with COVID-19 prevention procedures is very much appreciated.

Cảm ơn Quý phụ huynh đã hỗ trợ phòng chống dịch bệnh COVID-19.

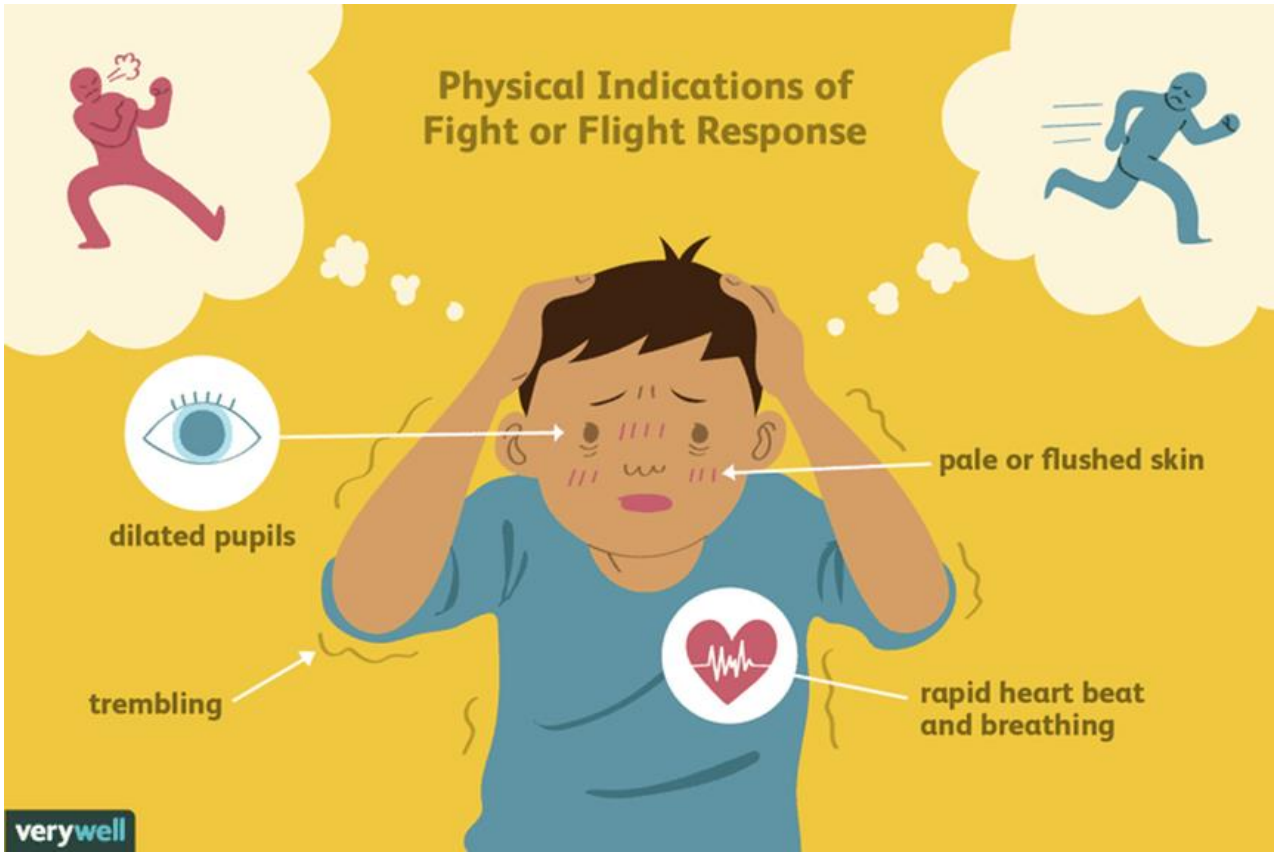
BRITISH VIETNAMESE INTERNATIONAL SCHOOL
HO CHI MINH CITY
A NORD ANGLIA EDUCATION SCHOOL

Exam Stress and Revision Techniques

Mr Rob Duff (Assistant Head of Secondary)
Ms Olivia Jefferson (Teacher of Psychology)

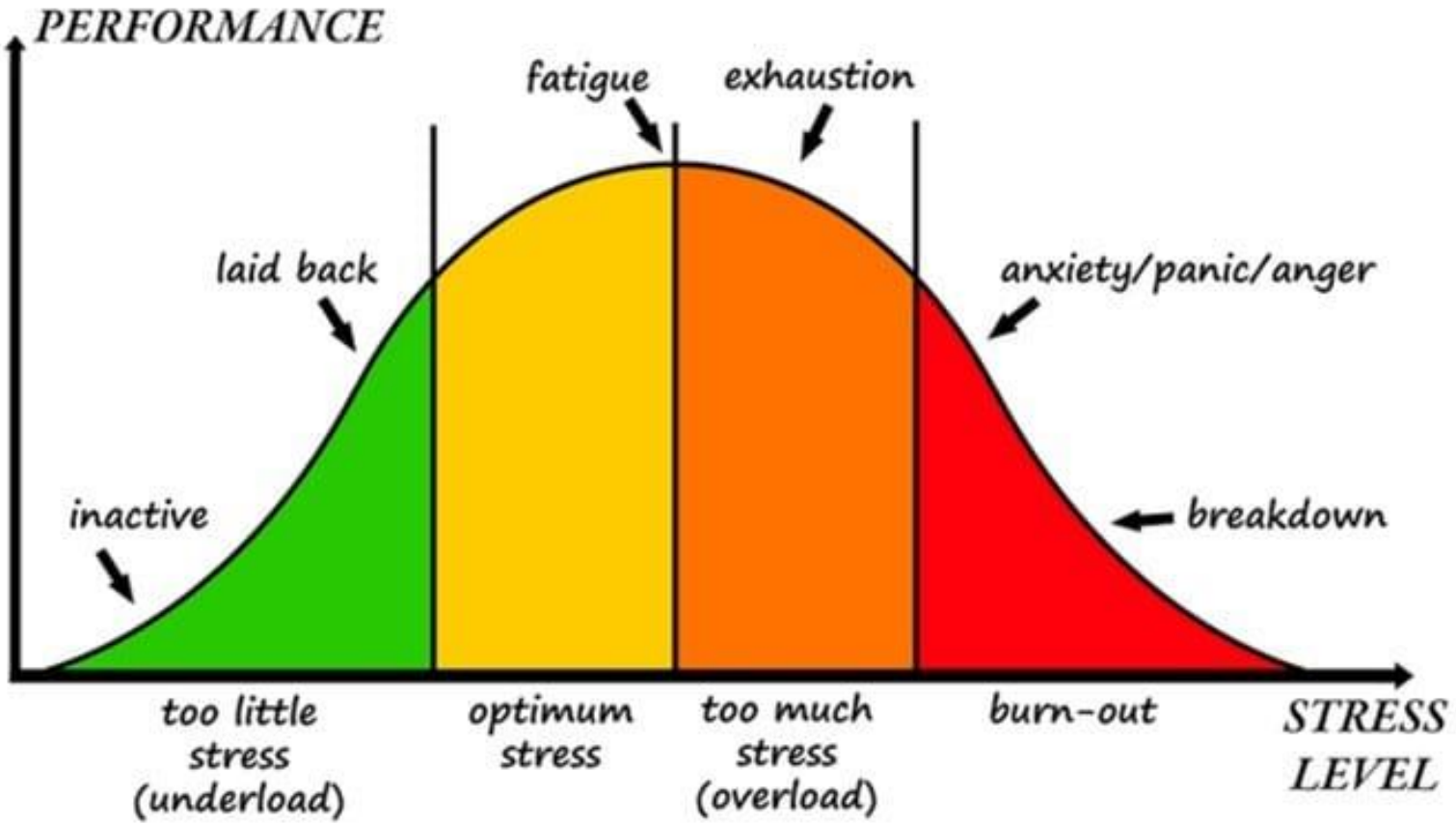
Managing Stress

What is stress?



When is stress useful? When is it not useful?

Positive effects of stress



Source: Adapted from Hebbian version of Yerkes-Dodson law

Effects of feeling too much stress

Difficulty concentrating and solving problems

Difficulty remembering things

Difficulty making simple decisions

Signs of high levels of stress or anxiety

You may spot …

- Worrying a lot
- Feeling tense / shaky
- Feeling overwhelmed
- Stomach/ headaches
- Getting upset / worked up more easily
- Repetitive or unwanted thoughts

Others may spot...

- Not sleeping well
- Being forgetful
- Lack of concentration
- Irritability / snapping at others
- Overreactions to situations / events
- Losing enjoyment in life / activities you once looked forward to
- Eating more/ less than usual

Three ways to **manage** stress

Physics Study Timetable

	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 1	10 OCT	11 Intro to Physics Intro to Gravity The Pendulum Experiment Acceleration Due to Gravity	12 Analysis of Projectile Motion Intro to Escape Velocity Rocket Launches	13 Circular Motion & Orbits Different Earth Orbits Atmospheric Re-entry	14 Calculations for Projectile Motion Observing Projectile Motion Wernher von Braun Circular Motion & Kepler's Law	15 Newton's Law Problems for the Gravitational Field Satellite Motions The Michleson-Morley Experiment	16 Competing Theories Frames of Reference Observing Inertial & Non-inertial Frames of References Principle of Relativity
WEEK 2	17 Einstein's Proposal Time Dilation The Relativity of Simultaneity Length Contraction	18 Mass Dilation & Mass-Energy Equivalence Summary of Predictions of Special Relativity	19 Predictions & Proof of Special Relativity Calculations for Special Relativity The Motor Effect Face b/w Current Carrying Conductors	20 Torque & The Motor Effect DC Motor Design The Motor Effect Investigation Calculation Q's for the Motor Effect	21 Application of the Motor Effect The Discovery of Induction Magnetic Flux & Field Strength Lenz's Law	22 Eddy Currents The Induction Investigation Applications of Induction Generators	23 AC Current Energy Losses in Transmission AC Current Production Practical The Impact of AC
WEEK 3	24 Edison & Westinghouse Safety in Transmission Transformers Distribution Transformers	25 Impact of Transformers Tranformer Calculations Energy Losses in Transformers AC Induction Motors	26 The Induction Motor Experiment Energy Transfers The Nature of Cathode Rays Cathode Ray Tubes	27 Electric Fields Thomson's Experiment Cathode Ray Screens Production & Reception of Radio Waves Experiment	28 Hertz's Experiments Black Body Radiation The Particle Model of Light Conductivity of Materials	29 Semiconductors & Doping Uses of Semiconductors Solar Cells Braggs & Crystal Structure	30 Conductivity & BCS Application of Semiconductors Graphing Graphing Examples
WEEK 4	31 Physics Exam (Reminder: it's at 9:25am) Good luck!	1 NOV	2	3	4	5	6

Managing exam stress (1): Think positively

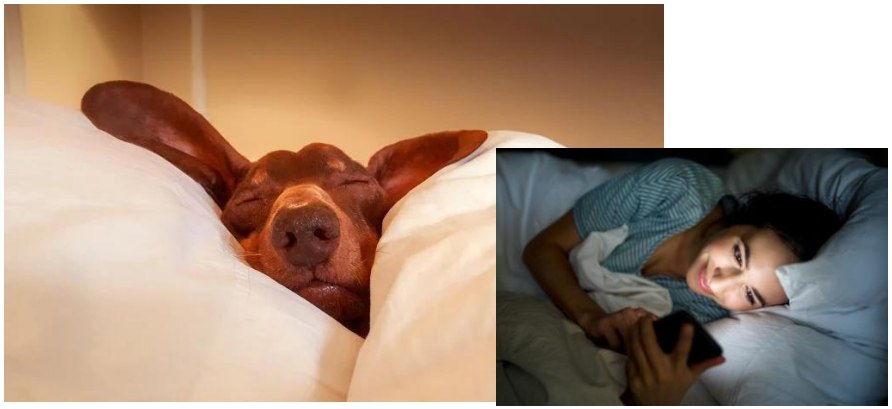
- ✓ Acknowledge past success
- ✓ Visualise future success
- ✓ Use positive self-talk
- ✓ Avoid negative people
- ✓ Don’t compare yourself with friends

Managing exam stress (2): Look after yourself

Eat well

Keep hydrated

Be active



Get plenty of sleep

Plan breaks

Managing exam stress (3): Be prepared

- ✓ Know what you need to know
- ✓ Plan your time

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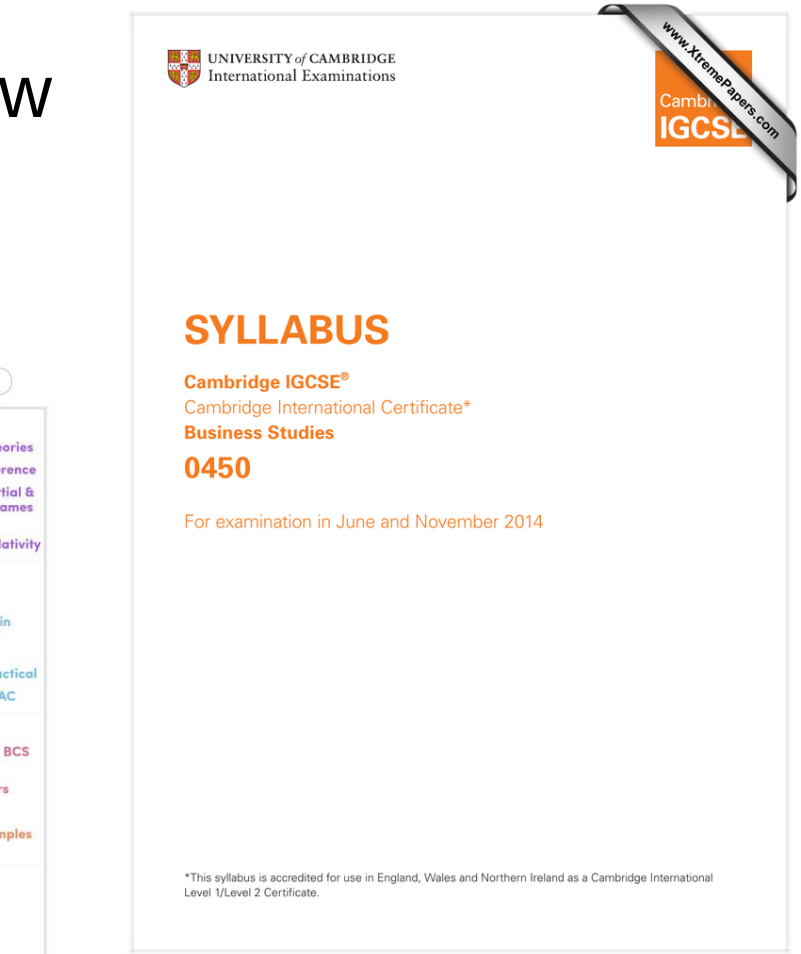
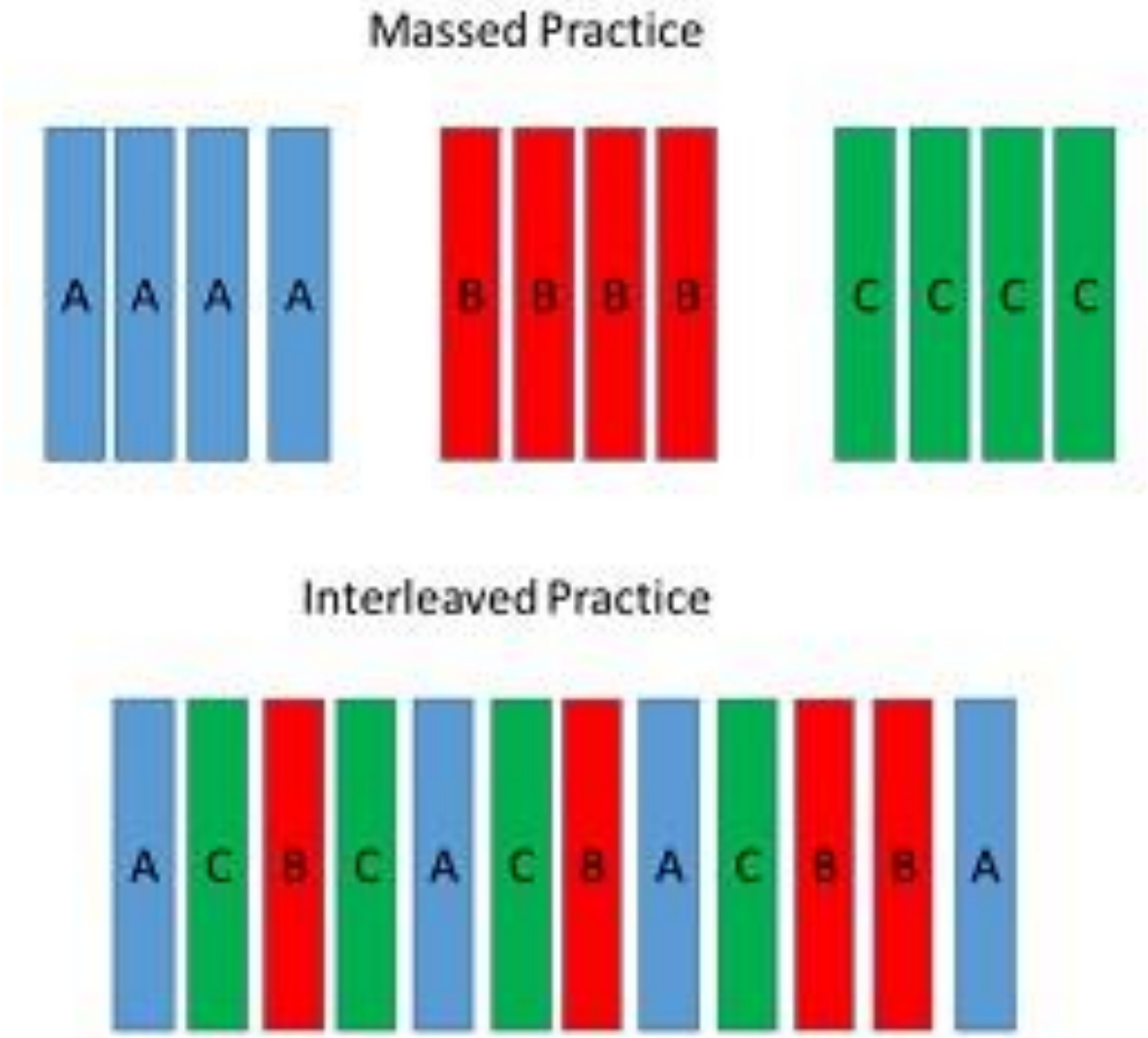


Managing exam stress (3): Be prepared



Revising Effectively

Common revision strategies

Cramming

Rewriting notes

Testing yourself with flash cards

Highlighting

Creating mind maps

Past paper questions

Explaining concepts to a friend

Which of these do you think are **most** and **least** effective?

Least effective strategies

Cramming

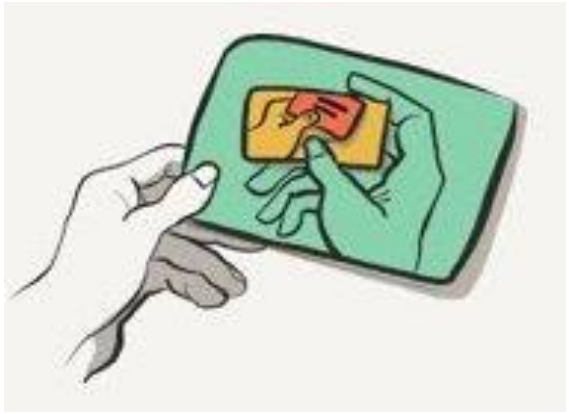
Rewriting notes

Highlighting

Who has used these strategies before?

More effective strategies

Creating mind maps



Testing yourself with flash cards

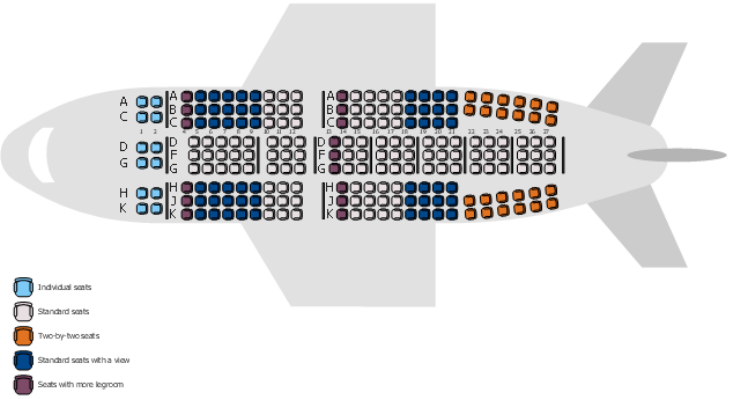
Explaining concepts to a friend

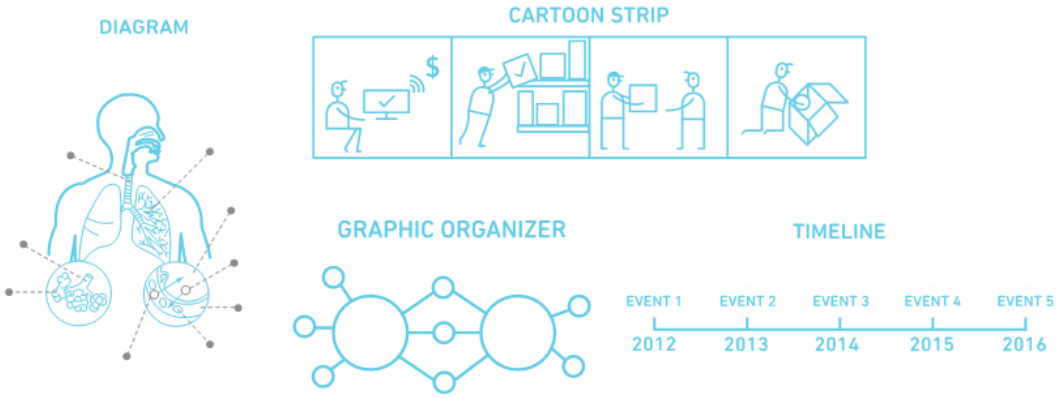
Writing your own questions/quizzes

Past paper questions

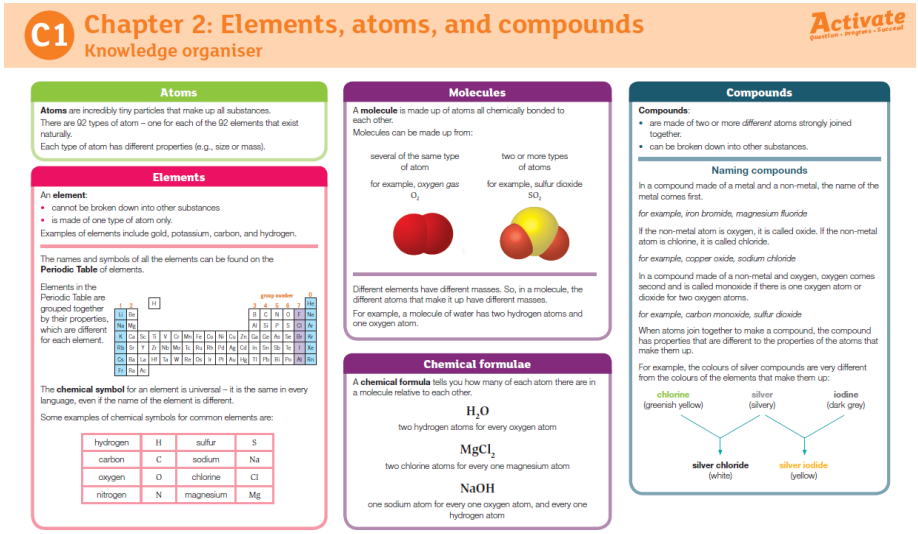
Be prepared: revise effectively

- ✓ Concrete examples
- ✓ Dual coding
- ✓ Elaboration
- ✓ Interleaving
- ✓ Retrieval practice
- ✓ Spaced practice





Be prepared: revise effectively



C1 Chapter 2: Elements, atoms, and compounds
Knowledge organiser

Activate

Atoms

Atoms are incredibly tiny particles that make up all substances.
There are 92 types of atom – one for each of the 92 elements that exist naturally.
Each type of atom has different properties (e.g., size or mass).

Elements

An **element**:
- cannot be broken down into other substances
- is made of one type of atom only.

Examples of elements include gold, potassium, carbon, and hydrogen.

The names and symbols of all the elements can be found on the **Periodic Table** of elements.

Elements in the Periodic Table are grouped together by their properties, which are different for each element.

The **chemical symbol** for an element is universal – it is the same in every language, even if the name of the element is different.

Some examples of chemical symbols for common elements are:

hydrogen	H	sulfur	S
carbon	C	sodium	Na
oxygen	O	chlorine	Cl
nitrogen	N	magnesium	Mg

Molecules

A **molecule** is made up of atoms all chemically bonded to each other.
Molecules can be made up from:

several of the same type of atom — for example, oxygen gas O_2

two or more types of atoms — for example, sulfur dioxide SO_2

Different elements have different masses. So, in a molecule, the different atoms that make it up have different masses.

For example, a molecule of water has two hydrogen atoms and one oxygen atom.

Chemical formulae

A **chemical formula** tells you how many of each atom there are in a molecule relative to each other.

H_2O
two hydrogen atoms for every oxygen atom

$MgCl_2$
two chlorine atoms for every one magnesium atom

$NaOH$
one sodium atom for every one oxygen atom, and every one hydrogen atom

Compounds

Compounds:
- are made of two or more *different* atoms strongly joined together.
- can be broken down into other substances.

Naming compounds

In a compound made of a metal and a non-metal, the name of the metal comes first.

for example, iron bromide, magnesium fluoride

If the non-metal atom is oxygen, it is called oxide. If the non-metal atom is chlorine, it is called chloride.

for example, copper oxide, sodium chloride

In a compound made of a non-metal and oxygen, oxygen comes second and is called monoxide if there is one oxygen atom or dioxide for two oxygen atoms.

for example, carbon monoxide, sulfur dioxide

When atoms join together to make a compound, the compound has properties that are different to the properties of the atoms that make them up.

For example, the colours of silver compounds are very different from the colours of the elements that make them up:

chlorine (greenish yellow) + silver (silvery) → silver chloride (white)

iodine (dark grey) + silver (silvery) → silver iodide (yellow)

a

Location - Haiti
Hazard - earthquake
Date – 12th January 2010

Info - A magnitude 7.0 earthquake that has a depth of 8.1 miles. Its epicentre was located just south west of Port-Au-Prince with 59 aftershocks ranging from 4.2 to 5.9.

b

Location - Pakistan
Hazard - earthquake
Date – 8th October 2005

Info - A magnitude 7.6 earthquake. Its epicentre was in Kashmir near the city of Muzaffarabad. It occurred on the morning of October 8, 2005.

c

Location – Gulf Coast of America
Hazard - Hurricane
Date – 25th August 2005

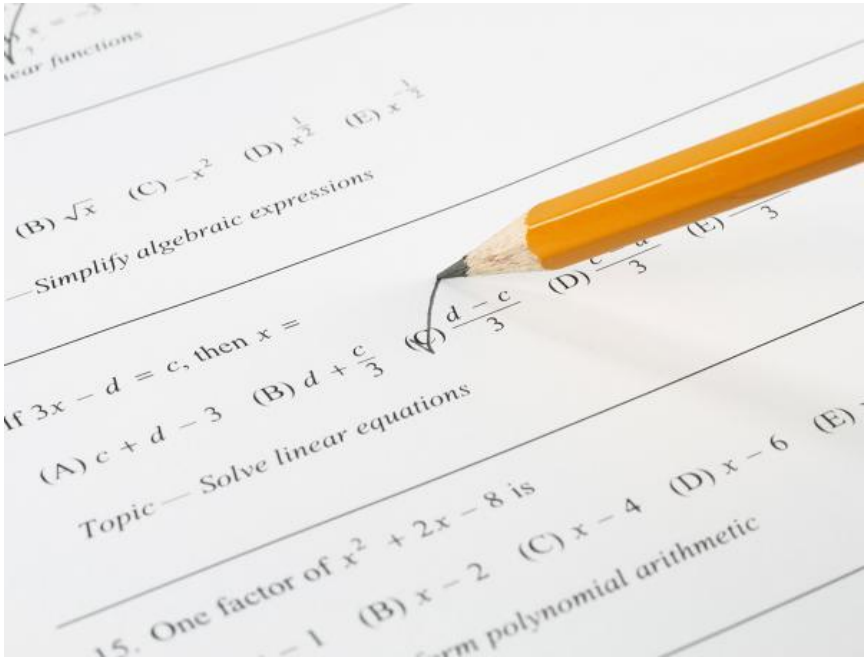
Info - The deadliest hurricane to hit the Gulf Coast in 2005, it was ranked as the sixth strongest overall to hit the United States. It was also one of the costliest with estimated property damages of US $81 billion.

d

Location – Japan
Hazard – Earthquake and Tsunami
Date – 11th March 2011

A 9.0 magnitude quake followed by tsunami waves hit the east coast of Japan. With a depth of 24.4 km, this was the largest earthquake to ever strike Japan in recorded history. Documented as the 7th largest earthquake in the world.

Be prepared: understand the exam format



Managing stress **during** the exam

- Pay attention to yourself, not others.
- If you panic:
  - Concentrate on taking deep, calm breaths.
  - Tensing and releasing muscles can help too.
- Sit up straight and think positively.
- Remember it's normal to be anxious in an exam.

Managing stress **after** the exam – **for students**

Immediately

- Do not compare your answers with your friend's answers.

Later

- Avoid over-analysing and ruminating on your performance.
- Remember you did the best you could at that time.
- Reward yourself for your hard work!

Managing stress **after** the exam – **for parents**

- Try to avoid discussing exam results at home
- Have realistic expectations.
- Don’t indulge in comparison.
- Distract, acknowledge and reward!

Thanks and Questions

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