



# The Exam Season





What are we  
preparing for?



# The Gold Standard of High School Education

IGCSE & A Level

Lower Order and Higher Order thinking

Global examinations

USA University Credits

UK 3 Year BA/ BSC



# What to do with A Levels?

26,000 Universities Worldwide

They all know A Levels

A\*,A\*,A- LSE, Harvard, Oxford, Cambridge.

Three Pass grades (A-E)- Thousands of Universities Worldwide.

206,000,000 Students worldwide.

0.000009% of students go to Harvard.

# How hard are A Levels?

USA Universities credit nearly a full year if you study A Levels.

How many teachers here would need to **revise hard** before taking the **A2** exam for their subject in June?

I know what you are thinking!

So are we bad teachers? Where did we go to University?

Manchester, Oxford, Cambridge, Nottingham.

- (b) Two parallel metal plates A and B are situated a distance 1.2 cm apart in a vacuum, as shown in Fig. 6.1.

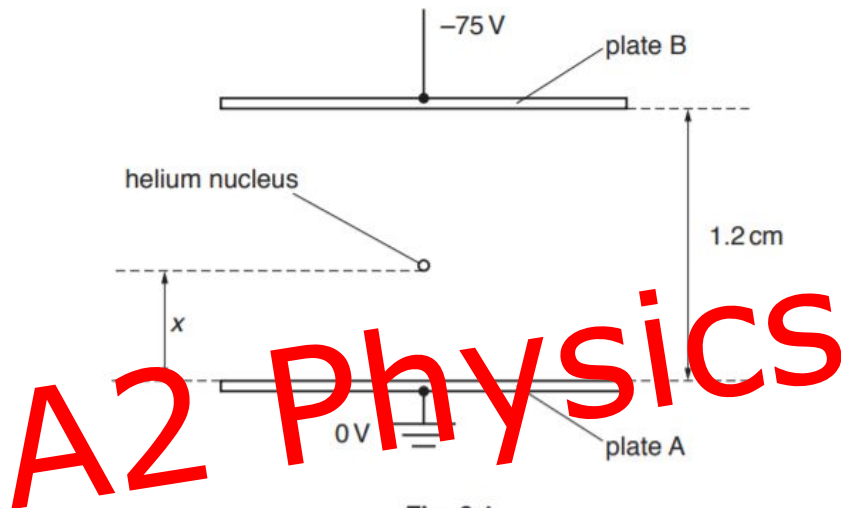


Fig. 6.1

Plate A is earthed and plate B is at a potential of  $-75\text{ V}$ .

A helium nucleus is situated between the plates, a distance  $x$  from plate A.

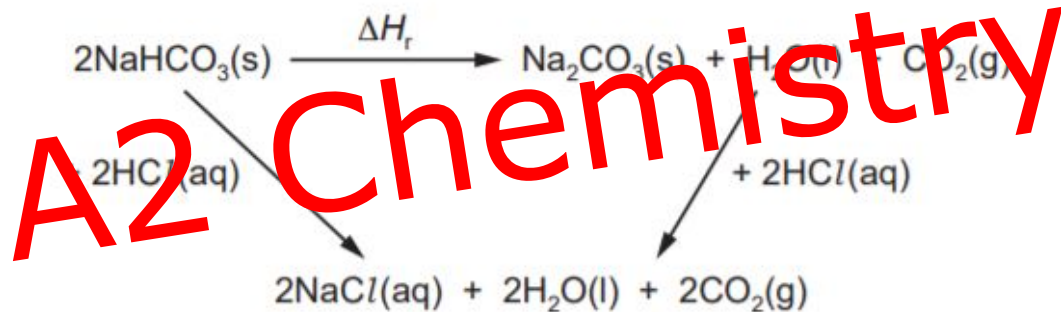
Initially, the helium nucleus is at rest on plate A where  $x = 0$ .

- (i) The helium nucleus is free to move between the plates. By considering energy changes of the helium nucleus, explain why the speed at which it reaches plate B is independent of the separation of the plates.

- (i) Use  $\Delta H_1$  from (d) and  $\Delta H_2$  from (h) to determine the enthalpy change of reaction,  $\Delta H_r$ , for the decomposition of  $\text{NaHCO}_3(\text{s})$ .




An energy cycle has been drawn for you.




If you were unable to calculate  $\Delta H_1$  in (d), assume  $\Delta H_1 = -26.7 \text{ kJ mol}^{-1}$ . This is **not** the correct value of  $\Delta H_1$ .





# Economics Paper 4

6 minutes- 5 marks





# Answers

12- B

13- B

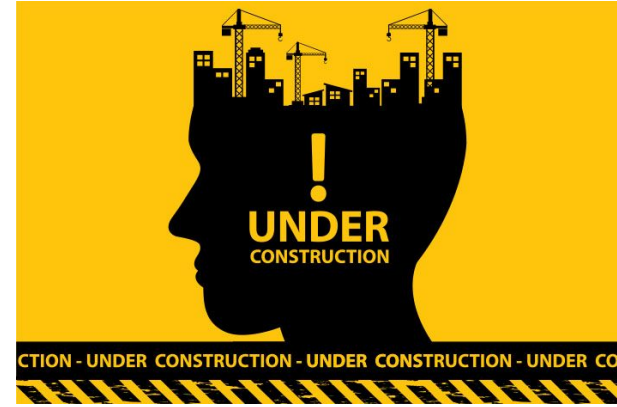
14- B

15- D

16- A

# Understanding Teenagers

- Mood swings
- Sleep patterns
- Study skills



# Helpful Parenting

- Be understanding and supportive
- Reduce their family and home commitments
- Help them with their organisation (create or agree schedule together)
- Environment (place to study, remove distractions)
- **Agree on rules for technology and enforce them gently.**
- Help them to eat

# Unhelpful Parenting

- Bravado approach (trying to do everything for your child)
- Family commitments over study time.
- "I'm too busy"
- "I know nothing about the subject"
- "When I was your age I ....."

# REVISION TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	10AM - 12PM REVISE SUBJECT 1	REST!
<b>BREAK!</b>	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	12:45AM - 2:45PM REVISE SUBJECT 2	REST!
<b>BREAK!</b>	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	3PM - 5PM REVISE SUBJECT 3	REST!
<b>BREAK!</b>	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	GO HAVE FUN	REST!

# WORK HARDER- What does that actually mean?

*Choose the harder task*

*Focus your effort*

*Do the hard or boring stuff early*

*Maximise efforts- really try to conquer the topics you struggle with.*

*Repeat, repeat, repeat*

*Manage your time*

*It's the doing that matters*

*It's QUALITY that counts.*



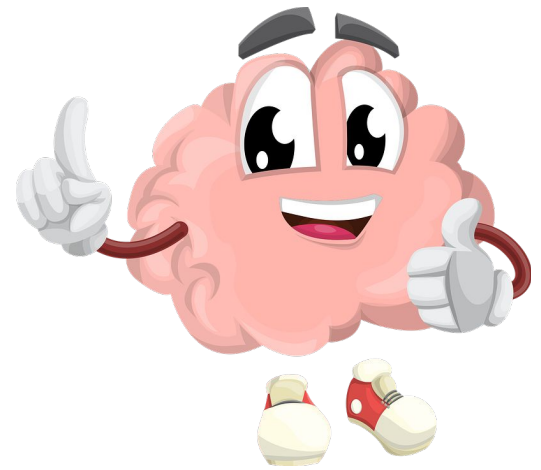
# Environment

Study room - Family aware, household rules - Modify expectations (eg. time for study, jobs to do, computer access)



# During study times

- Take an interest (check schedule)
- Encourage (trust, belief, be realistic)
- Assist without control (suggest some different revision techniques, others involved in revision, offer to “test”, explain to grandma)





# During study times

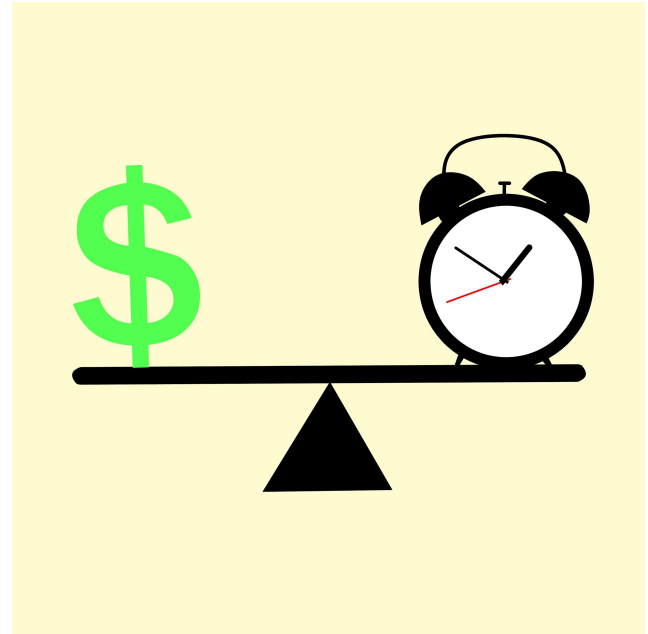
Keep the balance (eating, exercise, sleep, work, personal time, friends, family + act as a human barometer)

Be observant

Open the communication line

Be a “constructive nagger”

Keep things in perspective

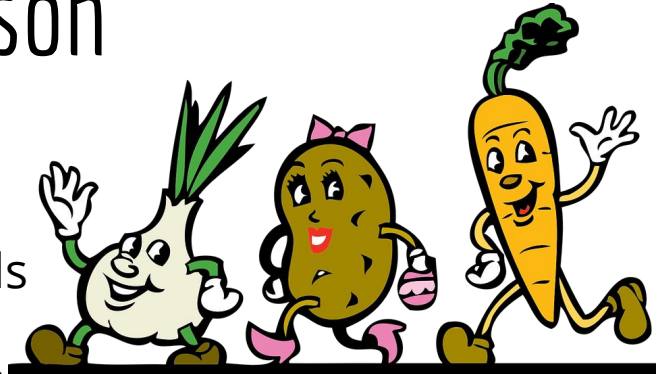


# Food and drink during exam season

Serotonin is a calming brain chemical

Reduce cortisol & adrenaline stress hormone levels

Comfort foods (eg.warm oatmeal) boost serotonin



Carbs (eg whole grain cereals, pasta) prompt the brain to make more serotonin Reduce simple sugars (eg soda) as they spike the level of serotonin but only short term.

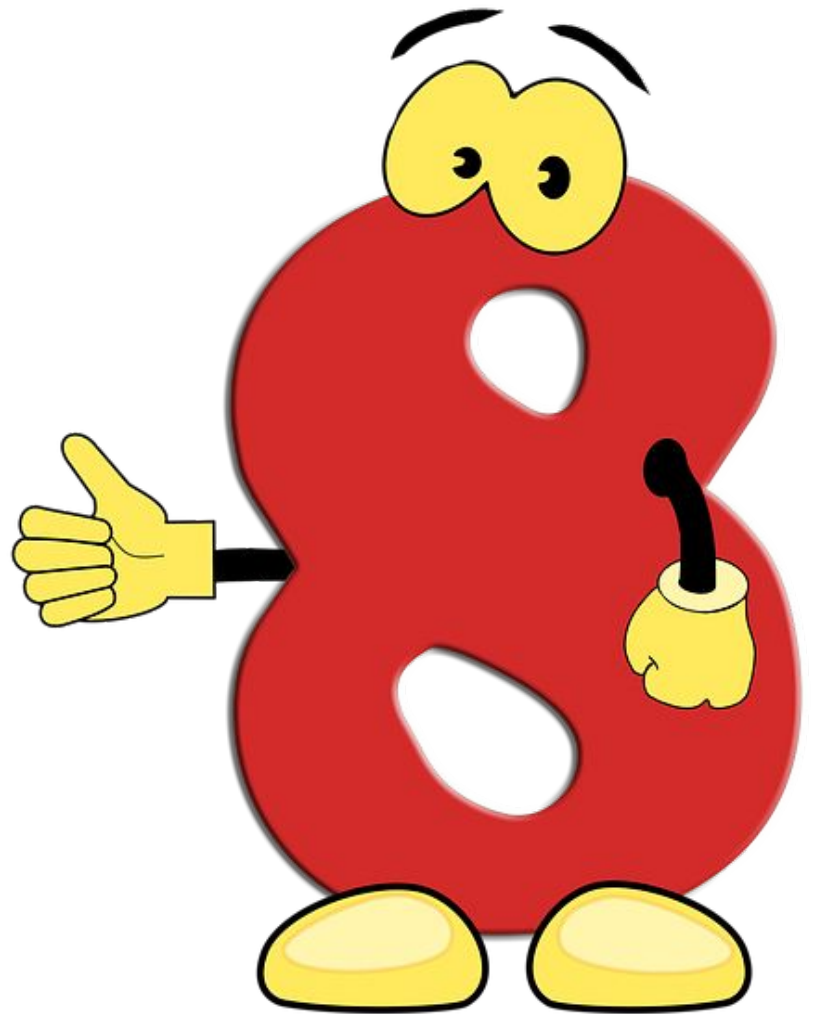
Foods that curb stress hormones: spinach, salmon, tuna, black tea, walnuts, almonds, avocados, raw vegetables.

# The 3 eights

Eight hours sleep

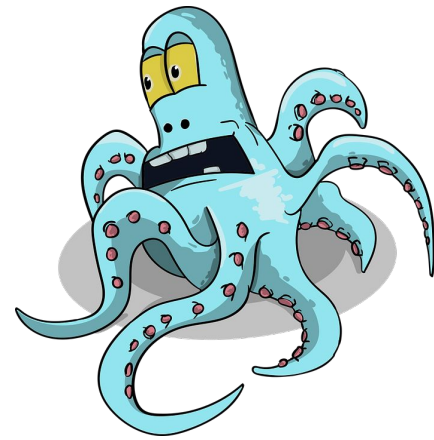
Eight hours School work

Eight hours free time



# Before an exam

- Plan ahead (time, place of exam, equipment needed)
- Eat well, keep the routine
- Discuss exam strategies with your child : - relax at the start - read directions - plan your time (include “breaks”) - answering questions (order, what if you’re stuck)
- SLEEP WELL THE NIGHT BEFORE!!
- GOOD LUCK (I’m proud of you!)



# After an exam

- How did you go? How do you feel?
- What questions did you feel good about?
- Any areas you found difficult?
- How was your revision for this exam? (Was it effective?)
- What would you do differently?
- Note the feedback
- WELL DONE + CELEBRATE



The most powerful words a parent can say  
I'm so proud of you.



Questions?

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