



ORMISTON
DENES ACADEMY



Year 10 Raising Achievement

**Effective Learning Strategies
&
Revision Support**

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Subject Exam Boards

This information will help you to access accurate and appropriate revision resources, e.g. on BBC Bitesize or Revision Guides. Always make sure your resources are for the correct course and exam board.

Mathematics (CWL)	GCSE Mathematics	AQA
English (CDO)	GCSE English Language	AQA
	GCSE English Literature	AQA
Science (SRP)	GCSE Biology	AQA
	GCSE Chemistry	AQA
	GCSE Physics	AQA
	Trilogy Science (Combined)	AQA
Geography (HSP)	GCSE Geography	AQA
Travel & Tourism	Pearson BTEC Level 1/Level 2 Tech Award in	Pearson
History (DHS)	GCSE History	Pearson
RE (JNI)	GCSE Religious Studies	AQA
MFL (GBE)		
Spanish	GCSE Spanish	Pearson
German	GCSE German	Pearson
French	GCSE French	Pearson
Health and Social Care	Pearson BTEC Tech Award Level 1/2 in	Pearson
PE/Sport	OCR Level 1/2 Cambridge National in Sport	OCR
Performing Arts (CHO)		
Dance	BTEC Tech Award Level 1/2 in Performing	Pearson
Music	BTEC Tech Award Level 1/2 in Music Practice	Pearson
Art (JWE)		
Art	Art and Design	Pearson
Photography	GCSE Art and Design/Photography	Pearson
Graphics	GCSE Graphics	Pearson
Technology		
Computer Science	GCSE (9-1) Computer Science	Pearson
Catering	WJEC Level 1/2 Vocational Award in	WJEC



ORMISTON DENES ACADEMY

HOMework CLUB

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TUESDAY

YEAR 9 AND 10



WEDNESDAY

YEAR 11



THURSDAY

YEAR 9 AND 10



FRIDAY

YEAR 7 AND 8



EARN STAMPS
IN YOUR PLANNER!



REWARDS
FOR EACH TIME
YOU ATTEND

READY • RESPONSIBLE • RESPECTFUL • KIND • PROUD



STUDY HABITS: THE DENES DESIRABLES

— SMARTER STUDY. STRONGER MEMORY. BETTER RESULTS. —

Use these evidence-informed strategies, and your knowledge organisers, to make your learning more effective and long lasting.



01

ACTIVE PRACTICE

e.g. quizzing and flashcards

Actively engaging with material helps you understand it more deeply.

- Use flashcards or quizzes to test yourself on key facts and ideas.
- Create your own questions.
- Complete practice questions.



02

RETRIEVAL PRACTICE

e.g. Look, Cover, Write, Check

Actively retrieving information from memory strengthens your ability to remember it.

- Look at your notes or textbook.
- Cover the information.
- Write it out from memory and check.



03

SPACED PRACTICE

e.g. spreading revision out

Reviewing information at increasing intervals helps you remember it for the long term.

- Don't cram – space your study over days and weeks.
- Revisit notes and test yourself regularly.
- Each time you come back to it, your memory gets stronger.



04

DUAL CODING

e.g. content combined with images

Combining words and visuals helps your brain understand and remember information better.

- Pair key ideas with images, diagrams, mind maps or charts.
- Use colours and symbols to make connections.
- It engages more than one part of your brain, creating stronger links.



— READY



RESPONSIBLE



RESPECTFUL



KIND



PROUD



Revision—It is important to revise for your mock exams

- It can be hard to remember information and answer questions from memory, but this is how we learn.
- Your exam preparation plays a big part in your mock GCSE results. To achieve the grades you want, you need to study regularly and work hard.
- The retrieval activities in this booklet will help you remember information more easily and feel more confident in exams, reducing exam stress.

Revision Practice

- Revision practice means trying to remember information without looking at your notes.
- This is important because it helps move information from your long-term memory into your working memory. Every time you practise remembering something, the memory becomes stronger and easier to recall later.
- This is known as the **"testing effect."** Research shows that students learn more effectively by testing themselves regularly than by simply rereading their notes.
- When doing retrieval practice, always work from memory and avoid using your notes.
- Afterwards, check your answers and correct any mistakes. This helps you remember the correct information in the future.

The Denes Desirables



These are our suggested revision strategies for students to use:

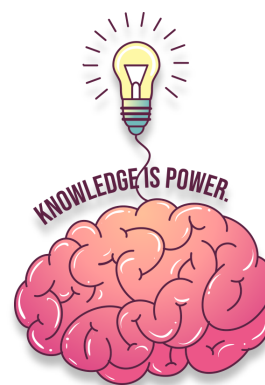
Active Practice
Retrieval Practice
Spaced Practice
Dual Coding

Mind Dumps

This is a useful way to self assess your current knowledge of a topic. A mind dump unleashes all of your knowledge onto one blank piece of paper.

Just follow these easy steps below:

1. Using your note book, write down or draw images that are associated with everything that you can recall about the topic in 60 seconds. Use the page of your Knowledge Organiser for that topic.
2. Read the information you have written—now try and elaborate on this information—what does it mean?
3. Now use your Knowledge Organiser to add any information you have missed (do this with a green pen to make sure it stands out—this is the information that is not yet in your long term memory.)



Quizzes

Revision quizzes are a simple way to engage your brain using questions and answers.

How to complete this revision activity independently

1. Using a page from your Knowledge Organiser, write down 7 questions and their answers in your form time book.
2. **Include any vocabulary from the unit.** You can write your own fill-in-the-blank sentences, you could make a column of words and a column of definitions that you have to match, or you could just list out the terms and require yourself to write out the definitions.
3. **Include any blank diagrams and fill-ins.** If your real test is going to ask you to fill in diagrams – like the parts of a plant cell for example – then make sure you include that blank diagram on your quiz.
4. **Make an answer key.** Fill in one of the quizzes with complete and accurate answers, using your notes and textbook to ensure your answers are on point. This will become your answer key.
5. **Take the quiz over and over again.** Don't look at your notes, and don't look at the answer key until the end when you have to correct it. When you do correct it, on each wrong or incomplete answer, fill in the right information on your quiz in green pen. Writing out the correct answers will help you remember it for the next time you take the quiz. Each time you take the quiz, you should get better.

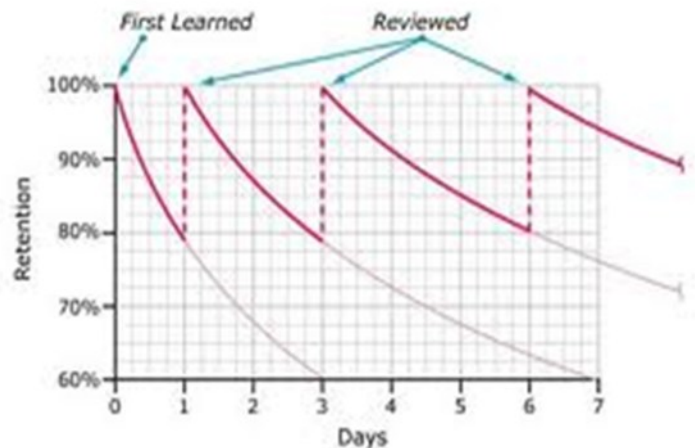
This activity is also something that you can do with other students, come up with questions that have several similar answers to choose from, ensuring that you will have to focus to get the correct answer.

You could revise this way with others, and bring out your competitive side.

Spaced Practice

Spacing is revisiting a topic sometime after first learning it.

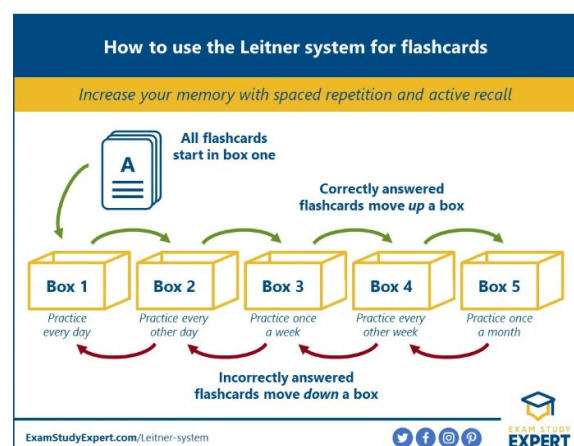
- You need to go over topics multiple times, with a gap in-between. This is because each time we go over a topic (after a gap) we forget less of it and remember more. This is shown in the diagram.
- Throughout your exam subject, you should revisit/review topics that you covered last week, last month, last term etc. In fact all the way back to the start of your subject.
- Research has shown this to be effective as it allows for some forgetting time. Retrieving this information is therefore more difficult and so long term retention is improved.
- This is opposed to traditionally massed practice, where a skill/knowledge is practiced/recovered again and again, and then a new skill or topic is covered. This allows you to easily forget what you have learnt.
- This (massed practice) has traditionally been seen as effective because it leads to the quickest gain in performance. However this type of practice also leads to more rapid forgetting.



Flash Cards—Using the Leitner System

Flash cards have questions on the front and answers on the back.

- Use 5 boxes, place all flash cards in box number 1.
- Divide boxes into: Review daily, review every other day, review once a week, review every other week, review once a month.
- Start practicing your flash cards. Each time you get an answer correct place it in the next box. If you get it wrong it remains in the previous box.
- This way you are repeating the questions you are unsure of, until eventually you will learn the correct answers.

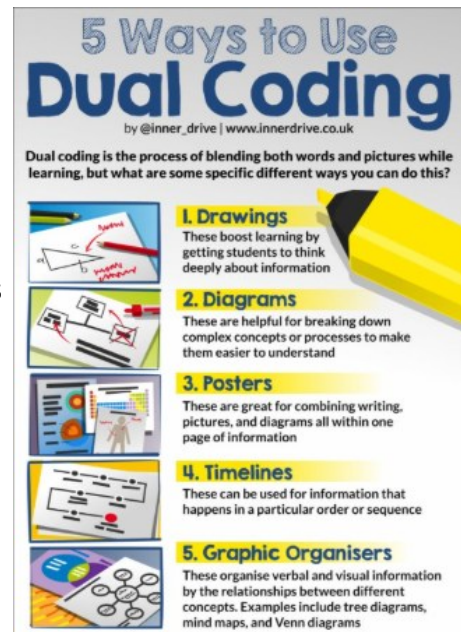


Dual Coding

Dual coding is a learning method that combines visual and written or verbal materials. It helps improve learning, memory, and recall.

Incorporating dual coding into your learning is pretty simple, and you are probably doing it already. Examples could be:

- Drawings
- Diagrams
- Posters
- Timelines
- Graphic Organiser's, i.e. mind maps, Venn diagrams

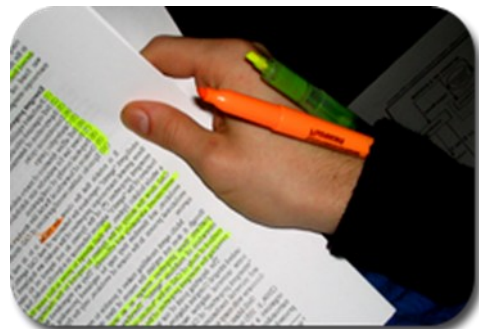


Can't I just read my notes? Ineffective Learning Strategies

Research has shown the following study strategies to be ineffective:

1. **Writing a summary of your notes.**
2. **Highlighting your notes.**
3. **Re-reading.**

This is because they make you feel like you know the material and may help you to remember the information in the short-term (e.g. just after re-reading your notes) but this will not last so you are more likely to forget the information in the coming days.



Can't I just read my Knowledge Organiser?

- Revision or 'cramming' is when students try to memorise knowledge before an exam.
- However, GCSE are terminal exams (all of the content is tested at the end of the 2 or 3 years) and this means there is too much to 'cram'!
- There is a limit to how much you can 'revise' and so lots of the knowledge will be forgotten.
- Independent study means going over topics on a regular basis as the course progresses.
- It will help to ensure that you remember the information as you go and keep it in your long-term memory to use in the exam.



Top Tips for Revision

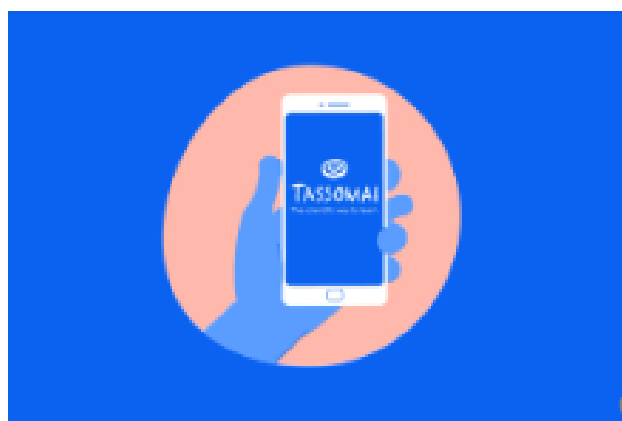
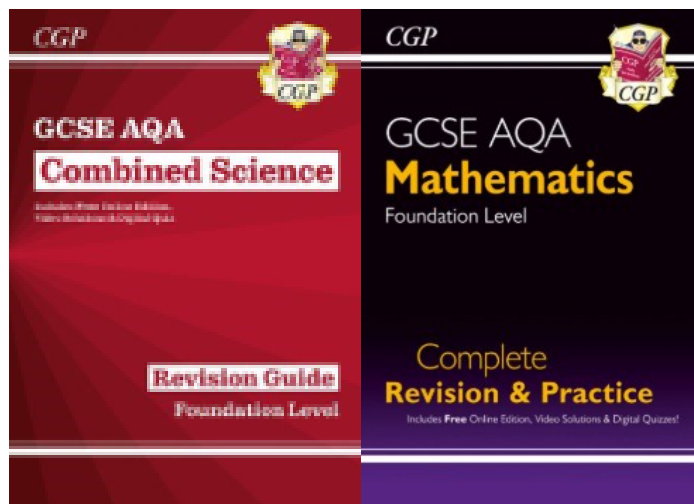
- Start revising early—i.e. months, not days before the exam.
- Use the Denes Desirables as your method of revision.
- Plan your revision using a timetable, breaking it into manageable chunks.
- Aim to do a few hours each day, and mix up the subjects so you don't get bored.
- Give yourself some 'you' time in between your revision sessions. Take breaks and relax, reward yourself for your revision.
- Set up a nice, tidy workspace: Somewhere with good lighting and everything you need.
- Vary your revision by using different exam techniques.
- Keep your phone and other distractions away whilst revising.
- Take some revision wherever you go.
- Sleep well, aim for 7—8 hours each night.
- Eat properly and stay hydrated. Being hungry and/or dehydration can lead to lack of concentration and focus.
- Keep in mind that exercise is also a great mental health support, so build this into your revision schedule as well, and stay active.
- Don't bottle up any pressure you feel, talk about it to family, friends or academy staff.
- Use the mental health tips in the booklet to further support you.

Why is knowledge and a good education important?

- Enables a better understanding of the world.
- Allows us to make more informed decisions.
- Develops important life and employability skills such as problem solving, communication, critical thinking.
- Education boosts self confidence and independence.
- Improves cultural awareness and social equality.
- Creates more employment opportunities – you get to choose!
- Better exam results secures a higher income.
- Better career opportunities.
- Improving the economy.
- Providing a prosperous and happy life.
- Giving back to the community.
- Creating modern society.
- Knowledge is power!

Official Revision Partner: Sparx, Tassomai and Revision Guides

CGP Revision books include methods and independent practice.



Tassomai for English Literature, Science, History, Geography and Languages revision. Use via the Launchpad.

Sparx for Maths practice and revision.
Use via the Launch Pad



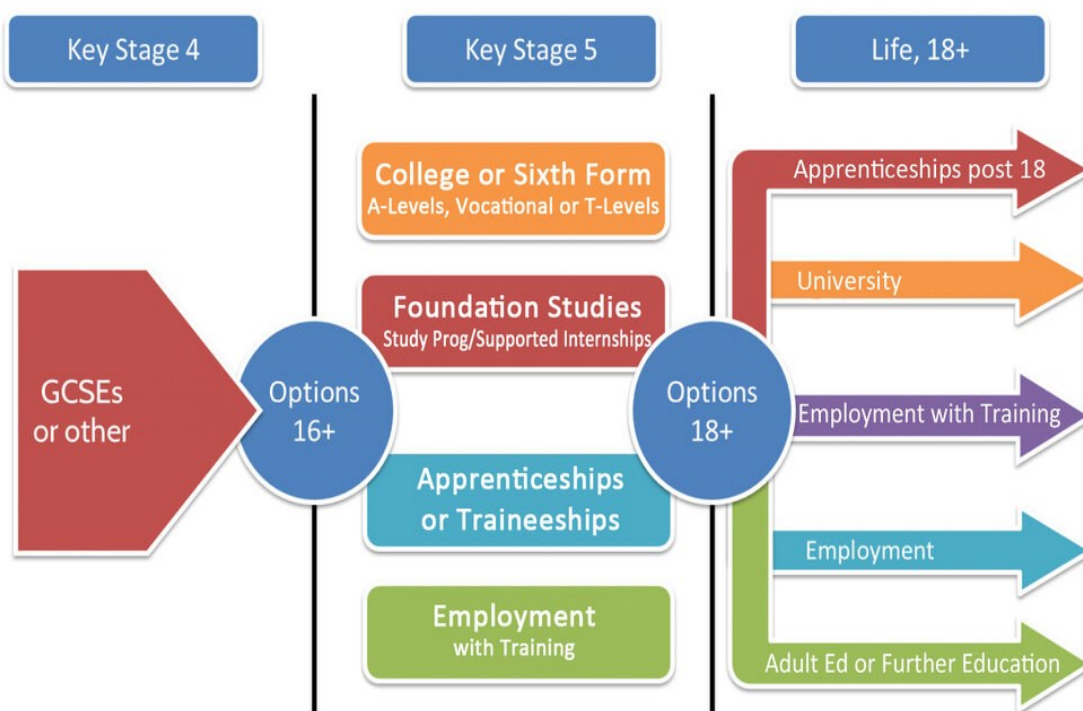
Other Sources of Revision

Knowledge Organisers
Corbett Maths
National Oak Academy

Past Papers
BBC Bitesize

Post 16 Options and beyond!

In England, young people are required to continue in education or training until at least their 18th birthday. However there are a number of pathways available, as shown in the diagram below. The decisions that you make this year will help shape your future opportunities. Continuing in education/training allows you to gain qualifications, develop valuable skills, increase confidence and improve your future careers prospects. It is also important to remember that, if you do not achieve a grade 4 in English Language and/or Maths, you will be required to continue your studies in these subjects whilst in further education.



Post 16 Providers

The following pages give information on our local colleges, apprenticeship agencies and educational establishments, along with details of any open evenings. We recommend that you visit ALL establishments that you may have an interest in attending, ensuring you ask as many questions as needed to allow you to make a more informed choice. Think about:

- Do they have the courses that you require?
- What facilities, clubs and enrichment opportunities do they offer?
- What support services are available?
- What is student life like?
- Exploring the whole campus.
- Make sure you have the college prospectus.
- How do you apply and when?
- Before you leave the open event, make sure they have answered any questions you may have.
- Take family with you, an extra pair of eyes and ears are always helpful.

It is well worth having a look at different colleges while you are in year 10 so you can see what they offer and begin to think about your future.

Open Events:

East Coast College

Lowestoft Campus:

Saturday 3rd October 10am to midday

Wednesday 11th November 5pm to 7pm

Saturday 26th June 2027 10am to midday

Great Yarmouth Campus:

Saturday 10th October 10am to midday

Thursday 19th November 5pm to 7pm

Saturday 26th June 2027 10am to midday



LOWESTOFT
SIXTH FORM COLLEGE

Lowestoft 6th Form College

Saturday 3rd October 10am to midday

Wednesday 11th November 5pm to 7pm

Saturday 26th June 2027 10am to midday

East Norfolk 6th Form College

Saturday 19th September 9.30am
to midday

Thursday 8th October 4pm to 7pm

Tuesday 10th March 4pm to 7pm



Suffolk
New
College

Suffolk New College—On The Coast Halesworth

10th October 10am to midday

5th December 10am to midday

6th February 10am to midday

Other Local Open Events:

Sir John Lemman 6th Form College

24th September 5pm to 7.30pm



Access Creative

17th October Time TBC

28th November Time TBC

Access Sport Lowestoft

Call 0151 433 4930 for information



City College Norwich

2nd October 4pm to 7pm

3rd October 10am to 1pm

Paston College

24th September 4pm to 7pm

10th October 10am to 1pm



Easton College

9th October 5pm to 7.30pm

10th October 10am to 1pm

WS Training Lowestoft
Call 01502 273260 to make
appointment



UTCN

8th October Time TBC

Student Mental Health Support: Exam Stress and Worries

Working towards exams, whether mocks or final exams, can create feelings of worry and being under pressure.

Having the right mental attitude is really important to be successful, some things to remember:

- You need to believe that revision will make a difference (because it will!).
- Believe that you can be successful (because you can).
- You need encouragement to keep going with revision—from friends, family and the academy.
- You are not alone, you can ask for help from anyone around you.
- You must start somewhere, starting revision early is really helpful to alleviate anxiety as you know you will be prepared.
- Make the most of ANY opportunity given to you: extra support, P6, Study skills sessions, revision days etc.

Online Support

As well as all of the support in the academy and at home, there is a vast array of support online. Our website had a mental health section which includes exam support. These websites may also help you:

Young Minds	https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/
Mind	https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/
BBC Bitesize	https://www.bbc.co.uk/bitesize/articles/z8dw239
Unifrog	https://www.unifrog.org/know-how/accessing-support-for-stress
NHS	https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/
Children's Society	https://www.childrensociety.org.uk/information/young-people/well-being/resources/stress
Gov.UK	https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students/coping-with-exam-pressure-a-guide-for-students
Elatt	https://elatt.org.uk/news/tips-exam-stress/

Simple Support Techniques

You also have postcards of these techniques in your survival packs.





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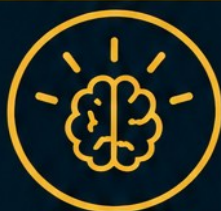
HOME LEARNING = AT DENES =

EVERY MINUTE MATTERS



BASED ON REVISION

All home learning is based on revision.



SUPPORTS RETRIEVAL PRACTICE

Helps students to secure knowledge and move it into their long-term memory.



SUPPORTS NEW LEARNING

Also supports students to learn new content.



BUILDS GOOD HABITS

Home learning is designed to support students getting into good habits.



HOME LEARNING CLUB

Home Learning Club is available to support completion.



PLANNERS

Planners to support independence and meeting deadlines.



THE DENES DESIRABLES

Students may have revision set using the Denes Desirables.



PART OF ATTITUDE TO LEARNING

Home Learning is part of the Attitude to Learning process.



STUDENT LAUNCHPAD

Online home learning can be accessed through Student LaunchPad.



launchpad.ormistonden.es.co.uk

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Coursework Expectations & Key Dates

For BTEC Level 2 courses, learners are expected to complete all coursework and Pearson Set Assignments (PSAs) to the required standard and by the published deadlines.

Student Expectations

- Attend all lessons and assessment sessions.
- Meet all interim coursework and PSA deadlines set by teachers.
- Complete PSA and controlled assessment work independently.
- Submit all work by the stated deadline.
- Act on feedback and seek support early if you are struggling to meet deadlines.
- Keep copies of all coursework and regularly back up digital work.

Failure to meet deadlines may affect achievement and progression, so students are encouraged to plan their time carefully, seek support when needed, and maintain regular communication with their teachers regarding their progress.

For 2027/28, the key dates

Health & Social Care Pearson BTEC Tech Award PSA Released: 1 Jun 2027 |
Assessment Window: Dec 2027 to Jan 2028 | Results: Mar 2028

Travel & Tourism Pearson BTEC Tech Award PSA Released: 1 Jun 2027 |
Assessment Window: Dec 20267to Jan 2028 | Results: Mar 2028

Performing Arts Pearson BTEC Tech Award PSA Released: 1 Jun 2027 |
Assessment Window: Dec 2027 to Jan 2028 | Results: Mar 2028

Music Practice Pearson BTEC Tech Award PSA Released: 1 Jun 2027 |
Assessment Window: Dec 2027 to Jan 2028 | Results: Mar 2028

Sport OCR Cambridge National Assessment Window: Jan 2028 |
Summer Assessments: May to Jun 2028 | Results: Mar 2028

Hospitality & Catering WJEC Level 1/2 Vocational Award Coursework Deadline:
Set by Centre |
Summer Examination Series: May to Jun 2028 | Results: Summer 2028

Important

School deadlines will usually be earlier than awarding body deadlines to allow time for marking, internal verification and moderation. Students must always follow the deadlines provided by their subject teacher.

NEET— (Not in Education, Employment or Training)

There is a strong evidence base showing that being **NEET** (not in Further Education, Employment, Training) has significant long-term consequences for young people.

The latest ONS data shows that 1.01 million 16-24 year olds in the UK were NEET in January-March 2026, representing 13.5% of all young people. This is the first time the figure has exceeded one million since 2013.

This is particularly relevant to Ormiston Denes Academy, Lowestoft historically has higher NEET rates than both Suffolk and England.

- Lowestoft NEET/unknown rate: **6.21%**
- Suffolk: **5.12%**
- England: **4.22%**
- ODA recent figure: **5.6% of leavers** identified as NEET

NEET: Negative Impacts

Career Damage:

Lack of skills development which will impact careers in the future
Gaps in your careers history on your CV will impact your ability to be employed.

Health:

Impact on Mental Health – anxiety, depression
Lifestyle risks

Socially:

Social exclusion – loss of peer networks
Economic loss – loss of income; poverty cycles



Careers Guidance

Making the transition from the academy to college or an apprenticeship provider can be challenging and we recommend that students in Year 10 take the opportunity for a one to one careers guidance session with our independent Careers Guidance Professional, with follow up sessions as required. This support includes advice on colleges and courses, career routes and choosing courses that meet the entry requirements for university. During the session students complete an action plan with details of the next steps they need to take. For those who are unsure of their future plans, we have a wide range of careers books and careers guidance software to help them compare their skills and qualities, and likes and dislikes, to the range of opportunities available.

Our independent **Careers Guidance Professional** is **Marion Gibbons**, from **Beacon East**. Beacon East is an accredited provider of high quality careers guidance services to meet the latest statutory requirements and most importantly guide students correctly to the next stage of their 'life path.'

Unifrog



All students are signed up to use Unifrog.

This is an online platform for schools to provide students with careers guidance, acting as a "universal destinations platform" where students can explore post-school options like university, apprenticeships, and other training programs. The platform helps students research and compare different pathways, discover careers aligned with their interests through quizzes, record their achievements, and draft application materials like personal statements. It also offers resources for teachers and parents to support the careers and progression process.

Further details can be found at <https://www.unifrog.org/sign-in>

College Information

All students will be offered the opportunity to visit Lowestoft Sixth Form, East Coast College and East Norfolk Sixth Form College whilst in Year 10. In addition, Open Days for these and other colleges are now taking place, and will be advertised in school, on social media and on individual college websites. We also aim to message parents and carers in advance of any college open events.

Arbor

The Arbor App keeps you informed about any of your children who attend Ormiston Denes Academy to ensure you can see how they are performing at school.



What the App can show you:

Currently you are able to see the timetable, homework, attendance, behaviour and attainment information for your children.

You will also receive notifications containing a summary of homework tasks and behaviour events, as well as any detentions as they are set/changed or cancelled.

There is a support guide available to parents, which can be found:
<https://support.arbor-education.com/>

The App is completely free of charge to both parents and students, and can be downloaded from the App Store or Google Play.



Intervention

The following support is available within the academy:

- The Homework Club is available from 3.10pm to 4.10pm Tuesday & Thursday evenings.
- Further sessions such as Lexonik will be given to students throughout the year.

Managing your child's exam worries

Preparing for and sitting exams can be very stressful, not just for the student but for everyone in the family. As a parent or carer you can really help your children through this period, just by being there for them and encouraging them to talk about their concerns.

Be assured that there is support within the academy for your children, from teaching and support staff. We also provide students with revision strategies which, when followed, will also support them.

Some simple tips to support are:

- Attendance is a key element, as revision takes place in school as well as at home.
- Make sure they eat sensibly, and get enough sleep.
- Have a quiet, relaxed area for revision.
- Know their exam timetable so you can support them effectively.
- Ensure students use their Knowledge Organisers effectively, using the Denes Desirables strategies.
- Encourage them to attend after school or revision day sessions.
- Encourage them to start revision early.
- Encourage them to use some of the support websites shown in this booklet.

Revision Timetable

You do not need to study from 8am to 10pm: decide which hours of the day you can concentrate best.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00							
9.00							
10.00							
11.00							
12.00							
1.00							
2.00							
3.00							
4.00							
5.00							
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