

# CLF Post 16

## Class of 2026

### The Build Up to Exams



# How to use this Resource

To spread out exams both AS and A Level exams are starting early again this year. From the start of Term 4 there are now less than 50 school days before external exam season begins.

From 5th May we start with early exams such as Art, Photography and some of the BTEC exams. From **Monday 11<sup>th</sup> May and every day until 19th June we will have AS or A Level exams**. That's just 3 weeks after the Easter Holidays. This guide is designed to help you prepare for your exams. Take some time to read through it and consider the advice and guidance that it contains.

- The most important message is to use time effectively. Create a revision timetable. This will help to organise your mind and focus your approach to your exams.
- A 'contingency day' has been set for the 24<sup>th</sup> June: this is set nationally as a day which exams *could* be transferred to in an emergency. So you need to make sure you are still available right up to this day: don't go booking any holidays!
- You will need to check your Emails for the arrangements later in the summer, but for now, add these dates to your diary: results for AS/ A Level, BTEC & Cambridge Technicals on 13th August 2026 & results for GCSE on 20th August 2026
- Take a look at the revision advice and try to include it into your way of working.
- Think about how you're going to look after yourself. Exams can be stressful and it's important that you are looking after both your body and your mind. It's ok to feel anxious: let us help you to develop strategies to cope with this, remain focused and be on top of your game this summer.

Remember to keep a diary of all your deadlines and any support sessions that can help you make progress. You might not want to give up time over the Easter holidays but a small sacrifice now will have a huge positive impact on how you achieve this summer.

You've got a fantastic team who are desperate to see you succeed this summer, don't hesitate to speak to a Senior Leader, your Head of House, the pastoral and support staff and especially your class teacher if you need any help or support in the coming weeks: we're all here to help.

**Good Luck!**



# Class of 2026

## A note from your Principal...

Dear Students,

It doesn't seem that long ago that you enrolled with the CLF Post 16 and started your journey with us. The time has certainly flown by and there have been many different parts to your study with us which I hope you feel has brought a positive student experience and provided you with support during your time in Year 13.

The time is soon to pass and in 50 days the exams will begin, coursework deadlines will all be met, grades will be submitted and the final part of the journey; the exam season will be upon us. You can then relax and enjoy the wait for your futures to unfold.

This period of examinations can be very stressful, and it is important that you all look after yourselves; make sure you prepare well so you can conquer any question. Make sure you relax too as this will manage your possible anxiety and stress levels. ***No more than 20 minutes a day on social media or YouTube though!!!***

The next stage for you is an exciting one and so we need to get these next 50 days right. Some of you have apprenticeships secured or are looking now, others have university offers and need certain grades. So let Post 16 help you; use the space we provide for private focused study, attend the extra sessions and masterclasses offered— teachers are the greatest resource you can have. Set up peer study groups for support, practice exam questions and then use the mark scheme to check your answers. Get help, if you need it, now, not in 2 weeks! Keep asking your teachers and take advantage of their expertise.

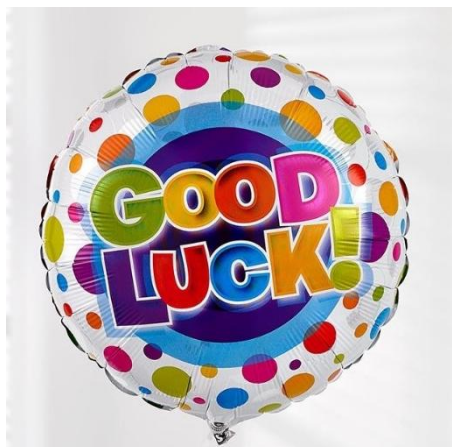
I have always said “what you put in is what you will get out” so in the final build up to your success go the extra mile, it will be worth it. I would like to wish you all well and the warmest “Good Luck”

Remember you are all amazing, have huge potential and will change the lives of others when you leave us. Good luck, and thank you for being the fantastic students you are.

Kath



# Best wishes from your House



**Well, it's certainly been quite the journey!**

**A great deal changes in two years and it has been a pleasure working with you and watching you grow as learners but also as people.**

**Congratulations for keeping it together when the going got tough and for having the determination to succeed. Remember, seize opportunities, see the world and believe in yourself; the world's a big old place, it's your turn to conquer it!**

**Best of luck, you deserve it.**



**You have been amazing! Your perseverance will stand you in good stead - you will achieve amazing things - work hard, stay strong and good luck!**

**Katy (Head of Malala House)**



**It has been a pleasure to get to know you.**

**As you come to the end of your Post 16 journey and move onto the next stage of your life, I wish you all good luck!**

**Kath (Head of Parks House)**

**A BIG well done for the way in which you have conducted yourselves in the recent months.**

**Now its your time to shine!**

**Remember nothing is impossible - good luck!**

**Laura (Head of Mandela House)**



# Words of Wisdom...

*"Good Luck to all my students, just remember that the effort you put in now is what gives you choices in the future."*

*Every bit of work that you do now will count towards you achieving your best. Future you will thank you for every minute that you spend revising. We all believe in you - now is the time to make it happen! Good luck! Ali Ashman*

**The harder you work for something, the greater you will feel when you achieve it.**  
Mrs Boyce

**To the whole of year 13 the very best of luck! Prepare well, look after yourself and address your gaps in knowledge so you feel good that you really did give it your best. Mrs Preece**



**Don't look back with regrets. Work hard - believe in yourself. Make every day count. You can make a difference now.**

***Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine***



Befriend your calculator - while it won't tell you what to do, there's a huge amount it can do to help you.

Think about how you, personally, learn Maths - and then put in the time to make that happen. The Maths team

See your time with post 16 as a journey, for some easier than others, and you have made it this far so that all remains now is getting the best results you can. Remember that hard work is exactly as it says, hard! So, get cracking and guarantee your success this summer.

In the words of Operatic Soprano Beverly Sills "There are **no** shortcuts to any place *worth going*."  
Good Luck -Mrs Sheardown

"Throughout life, in whatever scenario, more success and opportunities come your way when you turn up all day, every day"  
Mr Elliott

Knowledge, Application, regular BLTs mixed with balanced judgement= the recipe for a healthy Business exam

***Trust me when I say 'you've got this' You've worked so hard and the end is in sight, good luck!!***

'You've worked really hard on developing your skills - keep practicing them to ensure you can demonstrate them to the examiners' -Applied Science

Remember to show your working so the examiner can clearly see what you have done and how you have got your answer.

Mrs Finlayson



'Chemistry is hard but you are all capable of success - just keep working on your weak areas while practicing your strengths'  
Mrs Rowley

No student in the history of exams collects their results and wishes they had done *\*less\** revision. Regardless of results, take pride in the fact that you did the best you possibly could.

Mr Elliott



***"Ultimately, don't lose sight of the fact that there is life after exams, things might seem intense right now, but it won't last forever!"***

# 10 steps to creating the perfect revision space!

## Get rid of the clutter

Having an untidy desk and room will make it harder to find things, stress you out and present an easy way to procrastinate. Your first priority when setting up a study space should be to get everything as organised as you possibly can.

## Keep distractions away

What are the things that most commonly distract you from work? Write down your answers to this question and then make sure none of them are anywhere near the area where you're going to be revising. Television, computers and phones are the obvious ones to avoid.

## Get comfy

No-one wants to be spending hours every day in a space that isn't actually comfortable. While it's not advisable to do your revision in bed, you should definitely be working somewhere that's comfy enough for you to get absorbed in your work.

## Let there be light

Lighting is one of the most important things to a room's mood and you should try and find the right level for you. Make it too dark and you'll be straining to read your notes and tiring yourself out. However, lights that are too bright can leave you feeling overstimulated and may contribute to headaches or stress. Try and get as much natural light as possible to minimise these negative effects.

## Set the noise levels

How your revision space sounds is just as important as how it looks. Some people will find that they need background noise to get any work done while others will benefit from perfect silence. Whatever your preference, you should try and find a place where the noise will be consistent and suited to your tastes.



## Personalise it

If you're going to be spending hours every day in one place, you should definitely add some personal touches to it. Leave some photos or items of personal significance close by to help keep you grounded and inject some colour to boost your mood. It should be your zone - do whatever will improve it for you!

## Make it easy to manage your time

A clock should be easily visible from where you are sitting, ideally an easy-to-read digital one and not a smartphone (otherwise you may be unable to check the time without checking your Snapchat as well).

It is also good to keep a revision schedule close by so you always know what you should be doing and how long you should be spending on it.

## Get your supplies ready

Your revision will be broken up constantly if you keep getting up to find the stationary and snacks you need to keep your work flowing. Ensure that you have everything you will require on a regular basis close to hand and you'll save yourself time and energy that is better spent studying or taking a proper break.

## Maintain it

Setting up your dream study space is only half the battle. It's vital that over the days and weeks you don't allow it to become messy and disorganised. Don't leave out books or work that you don't need urgently and dedicate five minutes every morning to cleaning up the room you'll be working in.

## Be productive

It's easy to convince yourself that you're being really productive when you're creating a study space but it can sometimes become a form of procrastination itself. Remember that the most important thing about having an area to revise in is that you actually do some revision. If you find yourself organising your post-it notes for the fifth time in an hour, you might not be getting the best use out of your time!

# “Don’t lose sight of the fact that there is life after exams”

## Exam Stress

A little bit of stress can be a good thing as it motivates us to knuckle down and work hard. But exams can make stress levels get out of hand, which can stop us from performing to our best, so it’s important we address it and get it back under control.

### Symptoms of stress:

- Difficulty getting to sleep or difficulty waking up in the morning
- Constant tiredness
- Forgetfulness
- Unexplained aches and pains
- Poor appetite
- Loss of interest in activities
- Increased anxiety and irritability
- Increased heart rate
- Migraines/headaches
- Blurred vision
- Dizziness



### How to manage exam stress for students:

- Learn to recognise when you’re stressing out! A break or a chat with someone who knows the pressure you’re under will get things into perspective.
- Avoid comparing your ability with your friends. Everybody approaches revision in different ways so just make sure you’ve chosen the best method that works for you.
- Eat right (fresh fruit and veg and have a proper breakfast). Fuel your brain as well as your body – no-one can think straight on coffee/energy drinks/chocolate!
- Sleep well, wind down before bed, try and get your eight hours. Don’t revise under the duvet, your bed is a sanctuary not a desk! Ideally no electronic devices after 10pm will ensure better sleep.
- Exercise – physical activity is the best thing to de-stress the mind; build this into your timetable.
- Quit bad habits: cigarettes and alcohol never stopped anyone being stressed for long.
- Panic is often triggered by hyperventilating (quick shallow breaths) so if you feel yourself losing control during an exam, sit back for a moment and control your breathing (in through the nose and out through the mouth – counting to five each way).
- Steer clear of exam ‘post-mortem’ – it doesn’t matter what your friend wrote for Question 3(b), forget about it and move on!

Ultimately, don’t lose sight of the fact that there is life after exams; things might seem stressful but it won’t last forever!

### Useful websites:

<https://www.thestudentroom.co.uk/revision/exams/dealing-with-exam-stress>

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>



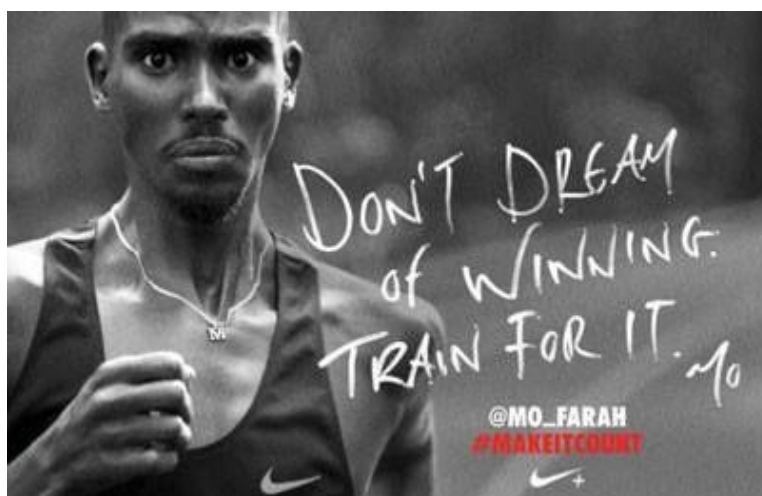
Here to help

# SO... HOW DO YOU REVISE??

Common Techniques	Type
Reading through class notes	C
Using teacher's resources on One Drive/ Teams	C
Using Course textbooks/ Revision Guides	C
Making Mind maps	C
Making/ Remaking class notes	C
Highlighting/ colour coding class notes	C
Creating Flash Cards	C
Using a revision wall to display topic notes/posters	C
Writing exam answers under times conditions	S
Reading model answers	S
Using Past papers and planning answers	S
Marking & improving your own work using the Mark scheme	F
Studying Mark schemes and Examiners Reports	F
Working with other students to teach and compare understanding	F
Comparing model answers to try to spot how to improve your own work	F
Creating your own exam questions	F
Handing in extra work for marking	F
One -to -one discussions with teachers/ tutors	F
?	
?	

Those with C in the 2<sup>nd</sup> column are '**CONTENT**' techniques. Those with S are '**SKILLS**' techniques and those with F are '**FEEDBACK**' techniques. **Experience shows that students combining a range of activities will usually get the better grade.**

Use the Revision Timetable at the back and plan the next few weeks of revision and **make sure you allocate time to do a balance of Content, Skills and Feedback activities**, spacing revision of different subjects so you are able to go over topics more than once before each exam.



# Get ACTIVE...!

Don't just read through or copy out your notes. Try different ways of actively engaging:

1. Get active by Blurting [https://www.youtube.com/watch?v=Rb\\_dgJXckAA](https://www.youtube.com/watch?v=Rb_dgJXckAA) . This is a quick way of identifying the gaps for you to prioritise
2. Create Flashcards: They engage in 'Active recall' – this creates stronger connections for your memory to recall information. They help you memorise facts quickly. Use different coloured cards or pens for each subject or topic. This can help your brain to make links between categories of information BUT....Ensure that the flashcards have a question or key term on one side and the answer or definition on the other: the flashcard must work the memory. Taking one topic at a time, identify a fact that you do not know, write the question about it on one side of the flashcard and the answer on the other side. Do this for 20 topics then look up The Leitner method <https://www.youtube.com/watch?v=C20EvKtdJwQ> and use it to learn these facts
3. Create Mindmaps: again this can be an active approach. Creating eye-catching, bright maps that show whole topics and identify the links between ideas within the topic can help you learn, and also gives you a useful resources to revise from. You can also use this as a technique for testing yourself: try creating one quickly and compare it to your notes on the topic . Check out this introduction to mindmapping: <https://www.youtube.com/watch?v=wLWV0XN7K1g>
4. Take a page of your notes/textbook and put them into Cornell notes <https://www.youtube.com/watch?v=ErSjc1PEGKE>
5. Read a page of your textbook and transform the information into 5 key words - why have you chosen those words?
6. Reduce a topic into 6-10 shorter points - draw lines of connection between items that link together and annotate what each link is.
7. Turn your notes into pictures/symbols and talk through what the pictures represent.
8. Rank a set of ideas from the easiest to learn to the most difficult. Take a difficult idea and transform it into a diagram/flow chart/images/audio recording.
9. Mind Movie task: ask a friend to read out a passage that you are working from, draw images as they read. Now, using your pictures, turn your pictures back into text, or explain back to them what they have read.
10. Read through your notes on a topic and chunk the learning into 20 'bites' and rank them in order of confidence/importance, then explain your ranking.
11. Using a search engine, find 5 images related to a topic area of your choice and write 5 key words for each image.
12. Take a Topic and try 'Thinking Hard' by creating a summary on a side of A4 with the following headings:

<b>Prioritise:</b> Take a topic and summarise it with three sentences which capture the most important messages. Rank them 1- 3 briefly explain the number
<b>Reduce:</b> Reduce the key information into 12 words
<b>Transform:</b> Transform this information into 4 pictures or images (no words allowed)
<b>Categorise:</b> Sort this information into three categories. Highlight and think of a suitable title for each category.
<b>Extend:</b> Write down three questions you'd like to ask an expert in this subject

**CLF Post 16 You-tube channel**

Take a look at the [CLF Post 16 You-Tube](#) channel for further hints and tips on revising

# Try these...

P16

CABOT  
LEARNING  
FEDERATION

Care • Believe • Achieve

## What is the Chunking Technique?

Chunking is the process of taking individual pieces of information (chunks) and grouping them into larger units to help you remember them. How to chunk...

- Identify topics or sections of work with similarities/patterns,
- Organise the information into chunks.
- Group information into **manageable** units and create a summary to memorise the links with a mindmap or a 'Review sheet' - a single side of A4 where you condense all the key information relevant to that topic
- Information becomes easier to regularly review, retain and recall.
- Improves our creativity: add colour, doodles & relevant images

## The chunking process

Use **HEADINGS** and **TITLES** for different sections

Use **TABLES** to summarise **LARGE AMOUNTS** of DATA

Use **BULLET POINTS** to summarise and **CLARIFY IMPORTANT POINTS.**

Combine quick **ILLUSTRATIONS** with **TEXT** to create **VISUAL LINKS.**

## The 'Interleaving' technique

Check out this video introduction: <https://www.youtube.com/watch?v=WbDpYmp8F6o>

Each time you revise information it **strengthens** your memory **recall**. So By **coming back and revisiting material** from each topic several times, in short bursts, you can increase the amount you remember in the exams. This is because the time in between allows you to forget and re-learn the information, which cements it in your long-term memory. How to interleave...

- Decide on the key topics you need to learn for each subject.
- Break units down into small chunks and split these over a few days rather than revising one whole topic all at once.
- Create a revision timetable to space your learning and come back to go over each topic several times.

## Procrastination is the Thief of Time:

### *Just not motivated?*

- Plan your rewards: snacks, exercise breaks; getting together with friends – but only AFTER you've completed your goals

### *Get easily distracted?*

- Your phone is probably the worst source of distractions: put it in Airplane mode – or better still- in another room while you're revising

### *Don't know how to start?*

- BLURT. Just pick a topic: maybe the one you fear the most, and write down everything you know about it – then check your notes and add the terms/ concepts in a different colour

### *I don't have enough time!*

- Start a revision timetable now- start with the things you fear the most to help manage the stress and start feeling like you are making progress. The plan may take half an hour but it will show you just how much time you still have to make a difference.

SO... you can start with just 30 minutes: try **The 'Pomodoro'**

**Technique:** 30-40 min chunks of activity to take in information. Eg write flash cards or mind maps for topics. Take a look at the 'Pomodoro' Technique: is this a good place to start?

<https://www.youtube.com/watch?v=mNBmG24djoY>



# The Build Up: Next Steps

1. **Look at your exam timetable.** Carefully highlight your exams on your revision timetable. Double check it yourself. Ask someone at home to triple check it for you - it's easy to make a mistake and not to see it for yourself!
2. **Now go through your revision timetable** and blank out any days that you know you can't work - e.g. holiday abroad, family wedding etc.
3. **Spend some time looking at the skills and content** that you need to know for each of your subjects. Be honest with yourself and try to rank these in order of which you find easiest down to those that you struggle with the most—it might help you to use a star rating (5 stars = know it all, 1 star = your biggest areas of weakness).
4. **Start to populate your revision timetable.** Make sure that you begin by adding your 1-star subjects/topics—you need to start these areas early and return to them regularly if you're going to feel confident ahead of your exam. Try to build in periods of reward (e.g. going to the cinema with friends) so that you have small incentives to keep you motivated.
5. **As you start to follow your timetable,** tick off or cross out the study sessions you have completed. If you miss one, move it to another time on your revision timetable that you had previously kept free. This will show the progress you are making and allow you to make changes to your timetable if necessary.
6. **Practice, practice, practice!** Once you've learned a topic, test your knowledge by attempting past examination questions. You can use mark schemes to check your answers and, if you're not sure, ask one of your teachers.

A good revision timetable is one that involves you revisiting information on a regular basis and testing your knowledge to assess progress. Following a format similar to that outlined below allows a three-step process to learning your subjects:

- 1) **Learn it:** This involves actually teaching yourself the subject content and/or assessment skills that you will need in your exam. You might use class notes, textbooks, mind maps or a variety of other techniques.
- 2) **Revise it:** The next time you return to a subject it is important that you don't just start from the beginning again. Try revision strategies just as flash cards, past questions or explaining a topic to a friend or family member. This helps spot gaps and will transfer knowledge into your long-term memory.
- 3) **Test it:** Finally, you need to test whether you've actually embedded the knowledge and skills that you need to succeed. Use past and specimen papers, which can be downloaded from exam board websites, and then mark them using either mark schemes or the support of your teachers. This will demonstrate the progress you have made and identify any remaining gaps in your knowledge.

"Nothing is impossible.

The word itself says  
'I'm Possible'"

**Make effective use of your time: start by setting yourself objectives using the template on the next page.**

