

FUTURES INSTITUTE BANBURY

ASPIRATIONS

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Revision evening 22nd October

Welcome!

Julia Ingham:

Principal Futures Institute

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Wykham Park Academy Banbury

- It’s still a year away!
- 9 months of school
- 31 school weeks
- 155 school days
- Less than half a year!
- Every minute counts.





CONTROL THE CONTROLLABLES FOR EXAMS

THINGS YOU CAN CONTROL



REVISION STRATEGY:
Use Active Recall
(Flashcards, Practice Papers)



TIME MANAGEMENT:
- Plan Scheduled Study Sessions, Take Breaks



PHYSICAL PREPARATION:
- Prioritize 7-8 hours of sleep
- Hydrate well



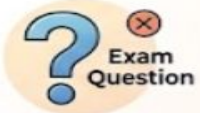
EXAM ROOM BEHAVIOR:
- Read questions carefully
- Pace yourself
- Stay Calm



YOUR ATTITUDE:
- Focus on progress
- Recognize stress is energy

DIRECT YOUR ENERGY HERE

THINGS YOU CANNOT CONTROL



EXAM QUESTIONS:
- Specific topics
- Surprise questions
- Phrasing



GRADING & MARKERS:
- Strictness
- Grade boundaries



OTHER STUDENTS:
- Their preparation
- How fast they write
- Their calmness



EXTERNAL FACTORS:
- Minor illnesses
- Room temperature
- Desk placement
- Noises

LET THESE GO & ACKNOWLEDGE

QUICK EXERCISE Draw columns, list worries, and cross out uncontrollable ones.

Support



- Mentor time Revision
- Raising Attainment Sessions
- Walking talking mocks
- QLA
- Learning Labs
- Holiday revision sessions
- Mock exams
- Breakfast revision sessions
- How to revise workshops and resources
- Online revision tools:Tassomai, Carousel, Sparx, Hegarty Maths, etc…

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Key dates

Mock 1: 2nd Nov

Mocks 2: 8th Feb

Parents Evening Year 11: 14th January

Exams Start: wb 4th May (practical exams before)

Prom: 22nd June

Results: Thursday 19th Aug

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Mock Timetable

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Year 11 November Mock Exam Timetable (Week 1)

	Monday 2nd Nov	Tuesday 3rd Nov	Wednesday 4th Nov	Thursday 5th Nov	Friday 6th Nov
	9am English Language P1 1hr 45	9am English Language P2 1hr 45	9am English Literature 2hr 15	9am Trilogy Science Biology/Biology 1hr 15/1hr 45	9am Maths P1 1hr 30
	11.15am	11.15am		11.15am	11.15am iMedia FI 1hr 30
		2pm	2pm	2pm	

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	Monday 9th Nov	Tuesday 10th Nov	Wednesday 11th Nov	Thursday 12th Nov	Friday 13th Nov
Period 1 – 2	9am Maths P2 1hr 30	9am Maths P3 1hr 30	9am Trilogy Science Physics/Physics 1hr 15/1hr 45	9am DT 2hrs Engineering 2hrs Hospitality & Catering 1hr 20	9am Art exam
Period 3 – 4	11.15am Computer Science P1 2hrs	11.15am Trilogy Science Chemistry/Chemistry 1hr 15/1hr 45	11.15am Computer Science P2 1hr 45	11.15am	11.15am
Period 5			2pm	2pm	

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YEAR 11 NOVEMBER
MOCK EXAM TIMETABLE

Be prepared • Be focused • You've got this!

WEEK 1 Monday 2nd – Friday 6th November

TIME	MON 2 NOV	TUE 3 NOV	WED 4 NOV	THU 5 NOV	FRI 6 NOV
9:00am	English Language P1 1hr 45	English Language P2 1hr 45	English Literature 2hr 15	Trilogy Science Biology/Biology 1hr 15 / 1hr 45	Maths P1 1hr 30
11:15am	–	–	–	–	iMedia FI 1hr 30
2:00pm	–	–	–	–	–

WEEK 2 Monday 9th – Friday 13th November

TIME	MON 9 NOV	TUE 10 NOV	WED 11 NOV	THU 12 NOV	FRI 13 NOV
9:00am	Maths P2 1hr 30	Maths P3 1hr 30	Trilogy Science Physics/Physics 1hr 15 / 1hr 45	DT – 2hrs Engineering – 2hrs Hospitality & Catering 1hr 20	Art exam
11:15am	Computer Science P1 2hrs	Trilogy Science Chemistry/Chemistry 1hr 15 / 1hr 45	Computer Science P2 1hr 45	–	–
2:00pm	–	–	–	–	–

READY TO SUCCEED

Check your dates and times • Revise little and often • Bring the right equipment
Get enough sleep, arrive on time and ask for support if you need it.

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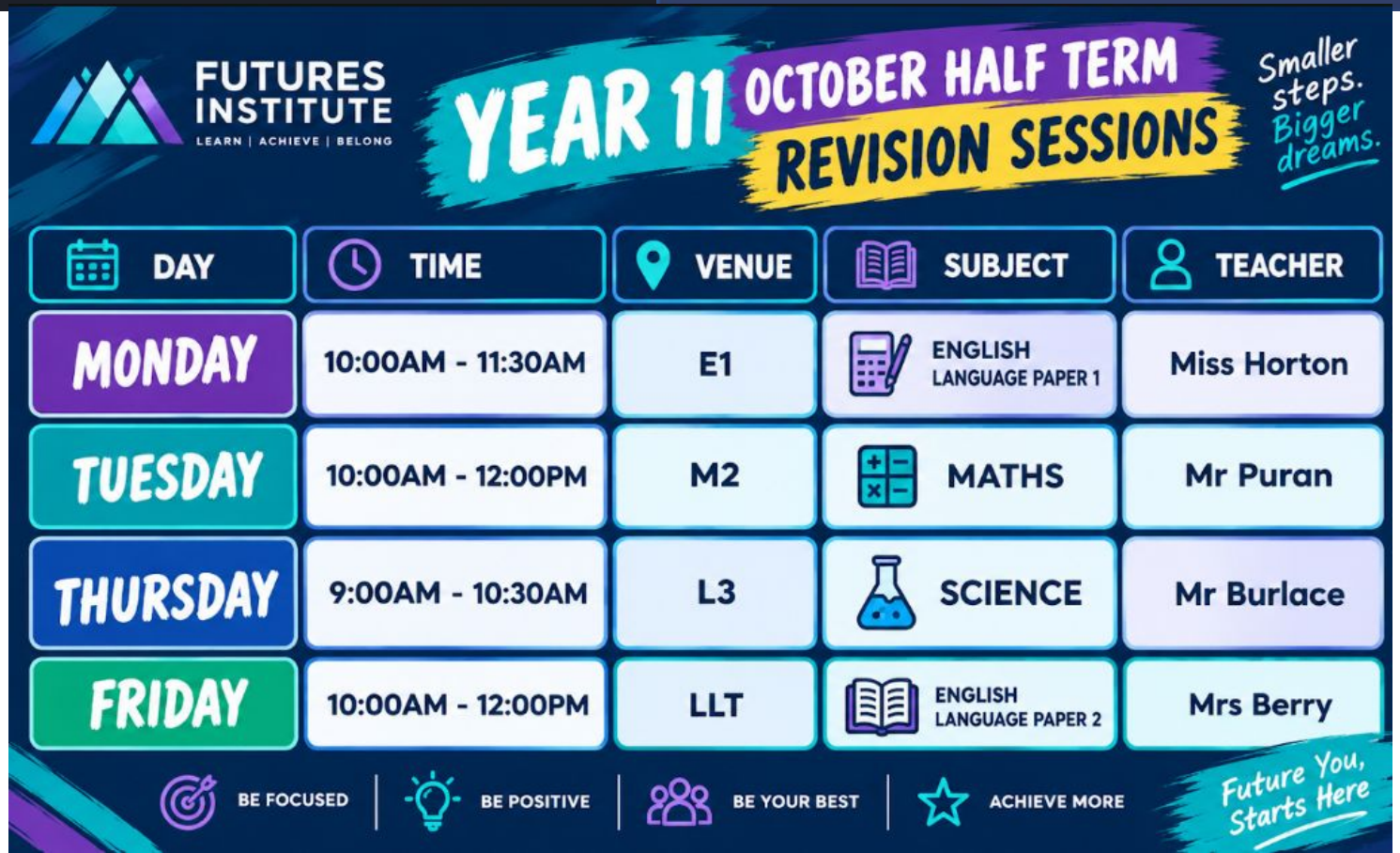
⭐ Key Essentials:

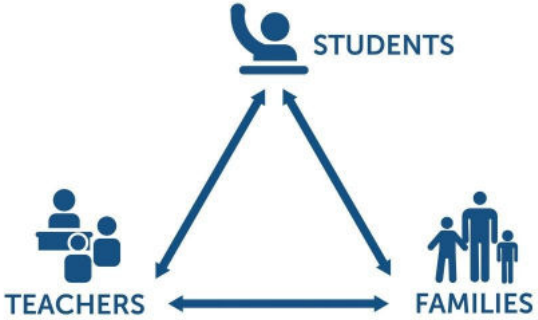
- 📍 **Check your dates and times** on the timetable.
- ✏️ **Bring the right equipment** (black pens, pencils, ruler, scientific calculator, etc.).
- 🙋 **Ask for help!** Our teachers are always here to support you.

You've put in the hard work—now it's time to prepare, stay focused, and show everyone what you can do. You've got this! 💪🌟

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Working Together:

- Attendance both at school, and at interventions
- Attitudes to learning: can do attitude, solution focused and working together
- Working at home: homework and revision

Year 11 revision - memory and the art of revisiting knowledge.

Remembering and revising is not just about memorising facts for a test; it's about understanding the importance of revisiting knowledge and how it affects our learning journey.

The forgetting curve, discovered by the German psychologist Hermann Ebbinghaus, demonstrates that we forget information rapidly if we don't actively review it.

Within days or weeks of learning something new, we can forget up to 80% of it.

Visual Paradigm Online Free Edition

The Curve of Forgetting

Hermann Ebbinghaus

1st

Learning

Learning will be forgotten rapidly in the short term without review intervention.

1 Hour

Review 1

Learning is refreshed and the rate at which it is forgotten is reduced. This could be in the form of questioning during the lesson or exit tickets at the end

1 Day

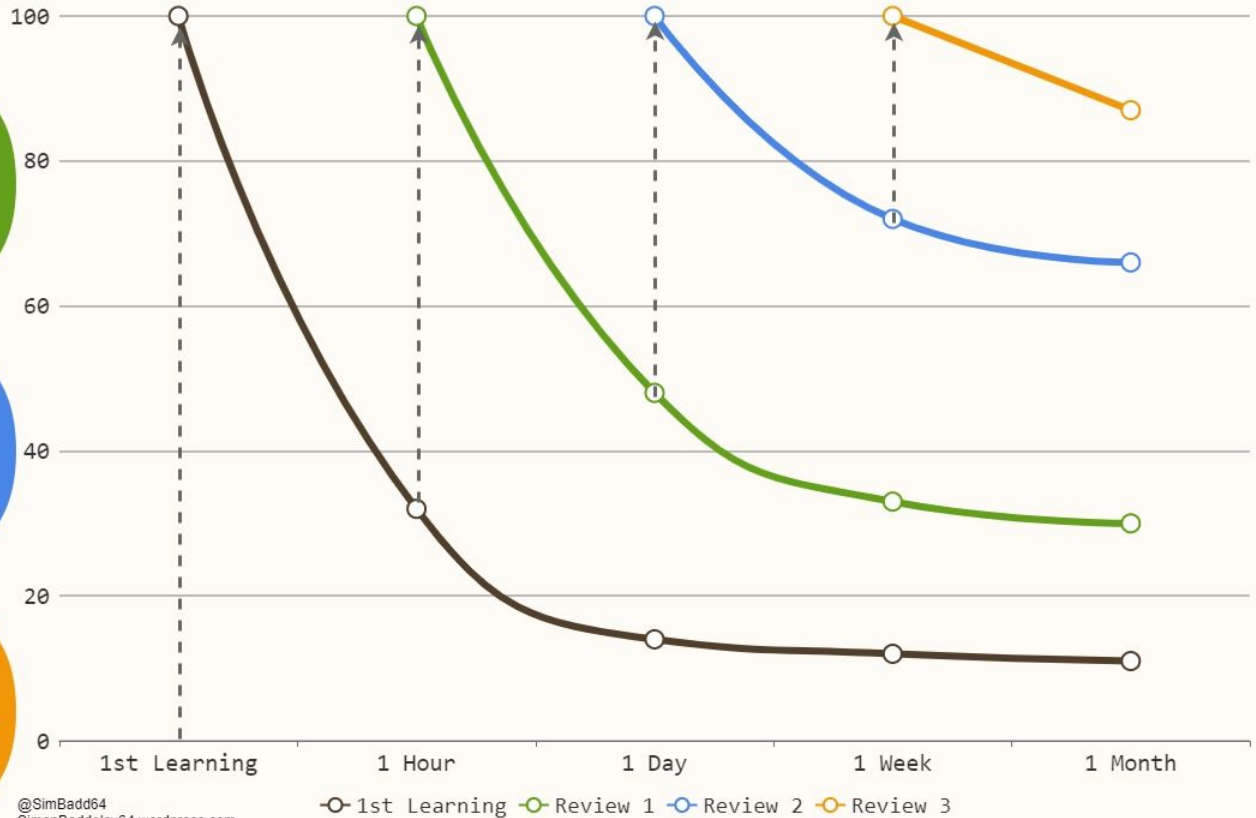
Review 2

Learning is refreshed and the rate at which it is forgotten is reduced. E.g. Summarizing the Key Points from last lesson using Cornell Notes

1 Week +

Review 3

This review should feed into a rolling cycle of periodic review to refresh the learning over time. E.g. Regular recall and retrieval practice



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Year 11 revision

By revisiting and reviewing material over time, we can dramatically improve retention and recall.

Each time a students revisits information, they strengthen the neural pathways associated with that knowledge, making it easier to retrieve later on.

Staff have developed resources which can be used to support year 11 students in recalling key knowledge, committing it to long term memory, to help enable success in exams in the summer.

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TASSOMAI

The Learning Program



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CAROUSEL LEARNING

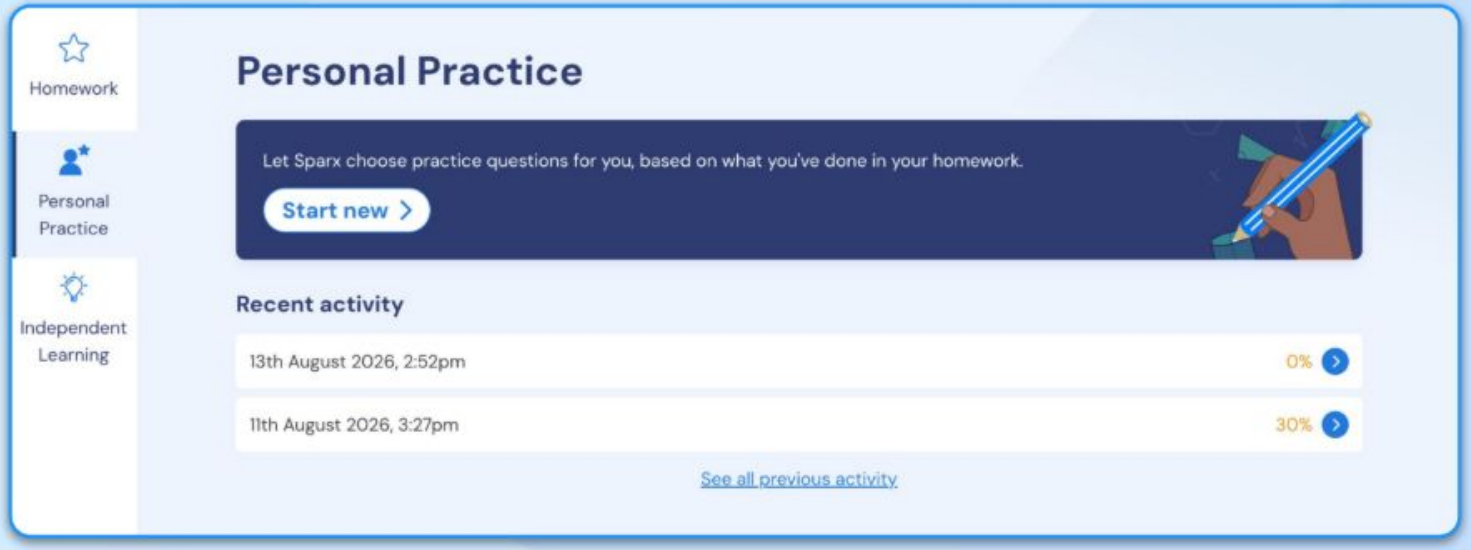


Helping Your Child Study Effectively

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What's new in Sparx Maths



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🧠 Smash Your Revision with These Top Tips!

Half term is the perfect time to build momentum without burning out. Here's how to make your study sessions fun, smart, and super effective:

1. **Break It Down (Revise Little & Often):** Short, focused 25–30 minute study bursts followed by 5-minute breaks keep your brain sharp.
2. **Make It Interactive & Fun:** Turn revision into a game! Use apps like Tassomai, make colourful mind maps, or grab a friend/family member to quiz you on flashcards.
3. **Practice Active Recall:** Don't just read through notes—cover them up, write down everything you remember, and check what you missed!
4. **Target the Gaps:** Focus on the trickier topics first when your energy is highest.
5. **Rest & Recharge:** Sleep is your secret weapon 😴. Fuel up, stay hydrated, and take well-earned breaks to enjoy your half term!

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Engineering/Hospitality Non Examined Assessments


PATH TO THE FUTURE
VOCATIONAL QUALIFICATIONS & T-LEVELS
A-LEVELS & ACADEMIC SUBJECTS
WORK-BASED LEARNING & TRAINING
COLLEGE
SIXTH FORM
APPRENTICESHIP
Hands-on Learning
Preparation for University
In-depth Subject Study
Direct Entry to Specific Industries
Earn While You Learn
Get a Qualification & Job
GCSEs
COMPLETED AT FUTURES INSTITUTE
APPRENTICESHIP
Work-based Learning



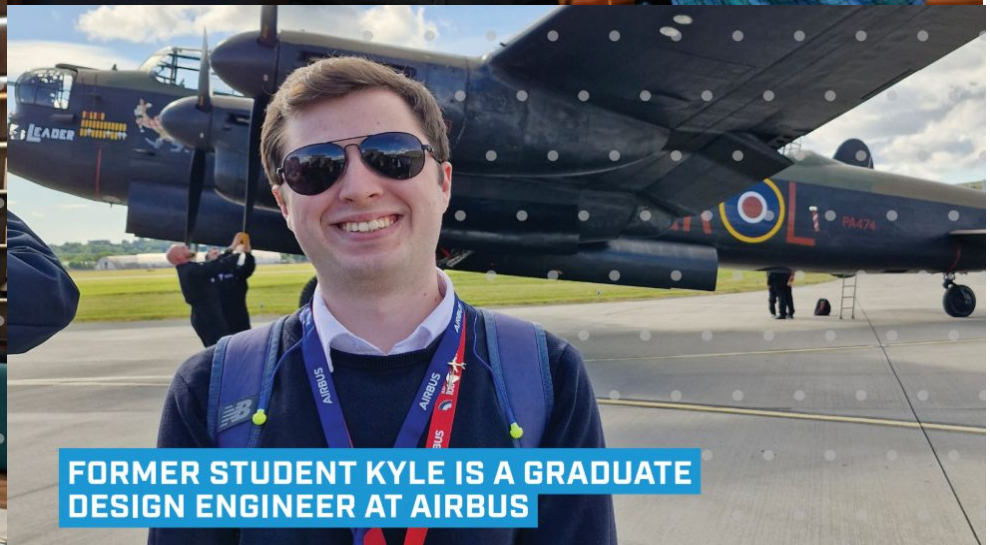
LEAH LEFT FUTURES INSTITUTE FOR A DEGREE APPRENTICESHIP IN MECHANICAL ENGINEERING AT JAGUAR LANDROVER



FORMER STUDENT CAMERON WON APPRENTICE OF THE YEAR AT THE ENGINEERING TRUST AWARDS



HENRY, A FORMER STUDENT, IS AN APPRENTICE AT ASTON MARTIN

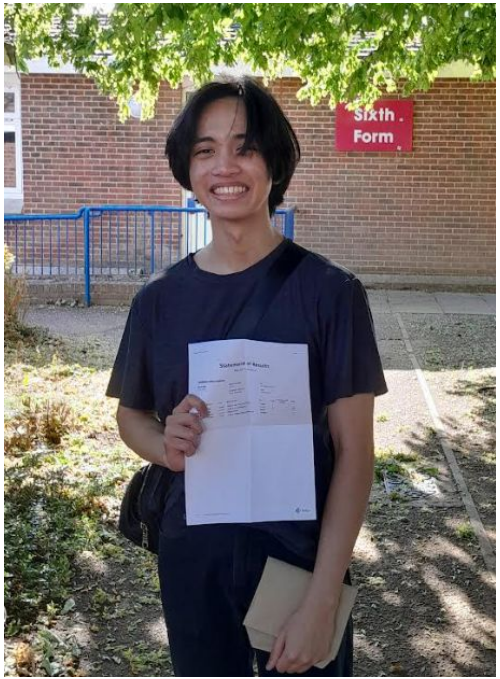


FORMER STUDENT KYLE IS A GRADUATE DESIGN ENGINEER AT AIRBUS

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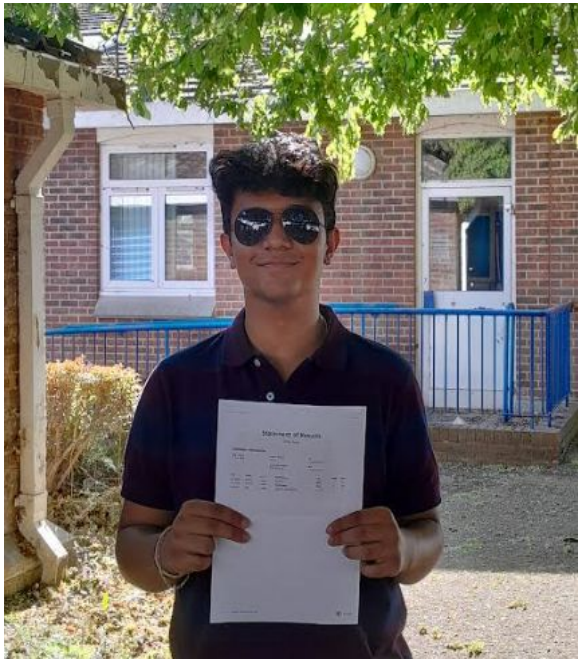
Francesco: Computer Science Warwick



Delight: Motorsport Engineering Brookes university



Anay: Business and Finance at Warwick



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Year 11 Careers Education and Future Pathways

At Futures Institute, we provide Year 11 students with a wide range of support, advice and guidance to help them make informed decisions about their next steps after Year 11. Whether students are considering college, sixth form, apprenticeships, vocational courses or employment, we aim to ensure they feel confident and well prepared for their future.

Post-16 guidance: Support and impartial advice to help students choose the right pathway for their interests, strengths and future ambitions.

College and sixth form opportunities: Information about local colleges, sixth forms and the range of courses available after Year 11.

Apprenticeships and employment: Opportunities to learn about apprenticeships, vocational training and employment routes.

C**areers events and presentations:** Visits, workshops and talks from employers, education providers and training organisations.

Careers interviews: Individual guidance to help students explore their options and develop a clear plan for their future.

Preparation for the next stage: Advice on applications, entry requirements, interview techniques and the transition from school to further education or employment.

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Banbury Aspirations Campus Sixth Form

- Applications are now open!
- You have the opportunity to study 3 A-Levels.
- You will be taught by excellent teachers.
- You will have AED to help you be a more well-rounded person
- You will have the opportunity to go to NASA
- Entry requirements: 5 subjects at 5 or above, including English and Maths. Some subjects (Sciences [6] Maths [7]) have alternate requirements.
- Open Evening – Thursday 28th January 2027
- Any questions – swall@wykhampark-aspirations.org

Banbury Aspirations Campus Sixth Form

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Published by Jill Bailey · 21h ·

🔧 Exploring Apprenticeships at Futures Institute! 🚀

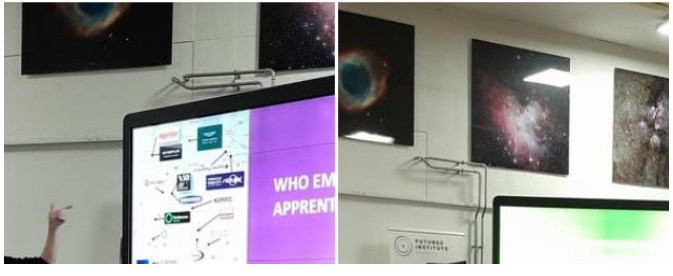
Yesterday, we were delighted to welcome The Engineering Trust to Futures Institute for an informative assembly with our Year 10 and Year 11 students, all about apprenticeships and the exciting opportunities they can offer.

Our students learned more about the different pathways available to them, how apprenticeships combine practical, hands-on experience with learning, and how they can lead to rewarding careers in engineering and beyond.

At Futures Institute, we are committed to helping our students explore their options, develop their Power Skills and make informed decisions about their futures. 🌟

A huge thank you to The Engineering Trust for giving our students valuable insights into the world of apprenticeships and inspiring them to think about the possibilities ahead!

#FuturesInstitute #CareersEducation #Apprenticeships #EngineeringCareers #FutureReady #PowerSkills See less



Arkwright Engineering Scholarships

A two-year scholarship for high-potential young people aged 16-18 years old, who are inspired to progress in an Engineering, Computing or Technical Design career



ACTIVATE LEARNING

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How to help your child cope with exam stress - Top Tips



1. Try not to place excessive pressure on your child or young person to achieve the top grades, you don't want them developing a fear of failure.
2. Reassure your child that there are always other options and ways to move forward regardless of exam performance.
3. Remind your child to take regular, short revision breaks away from the books or computer. Encourage them to get some fresh air or physical exercise, preferably with another person.
4. Encourage them to eat well and have healthy snacks whilst revising.
5. Give them space and time to study but let your child know you are available and will make time to help them with revision if they want or need it.
6. Be relaxed about chores, untidiness or moods during revision and exams.
7. Encourage good sleep to maintain their energy.
8. Be supportive when it comes to any worries your young person may have.

0808 8010 722 ParentingNI parentingni.org

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https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/

https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/

https://www.place2be.org.uk/our-services/young-people/navigating-exam-season-free-resources/

School nurse and school conusellors/welfare team
Contact SST for referral mentors/college team etc..



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Year 11 is an important and sometimes stressful time. Exams can bring pressure, and it's normal for your child to feel anxious at times. Your support, encouragement and understanding can make a big difference.

Here are some practical ways you can help:

Keep the Conversation Positive

- Encourage your child to talk about how they are feeling – listen without judgement.
- Remind them that it's normal to feel stressed and that they are not alone.
- Focus on their effort and progress, not just the results.

Support a Healthy Routine

- Encourage a consistent bedtime and wake time.
- Help them plan their revision and break times using the school's revision guides and timetables.
- Make sure they are eating well, staying hydrated and getting regular exercise.

Create the Right Environment

- Provide a quiet, comfortable space to study (away from distractions where possible).
- Limit screen time and social media, especially in the evenings.
- Encourage them to take regular breaks and step away from their books.

Be Their Biggest Cheerleader

- Celebrate their effort, resilience and positive attitude.
- Remind them of how far they've come and what they have already achieved.
- A little encouragement can boost their confidence more than you realise.

Use the Support Available at Futures

- Subject teachers, tutors and Heads of Year are here to help.
- Our Wellbeing Team provide support for anxiety and exam stress.
- We have a range of revision resources, study skills workshops and drop-in sessions.
- Encourage your child to speak to school if they're feeling overwhelmed – we're here for them.

Look After You Too

- Your child can pick up on your own stress – try to stay calm and positive.
- Reassure yourself that you're doing a great job by being there for them.
- It's OK to encourage them to take a break and do something they enjoy.

Encouragement. Structure. Support.

Helping every student reach their next step.

If you have any concerns or need advice, please contact your child's Head of Year or the Futures Institute Pastoral Team.

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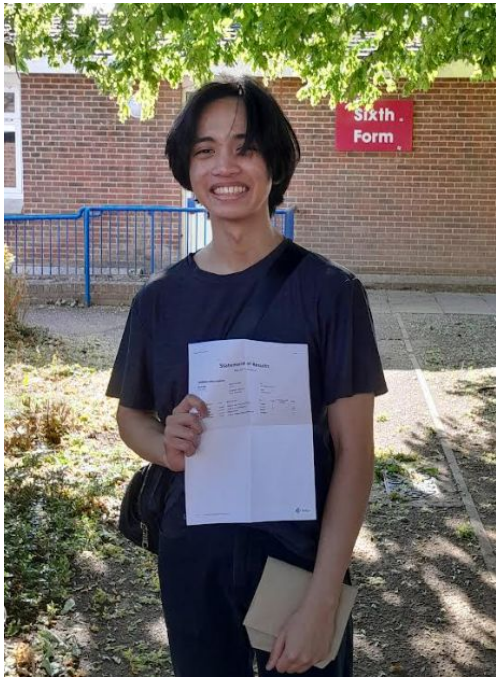




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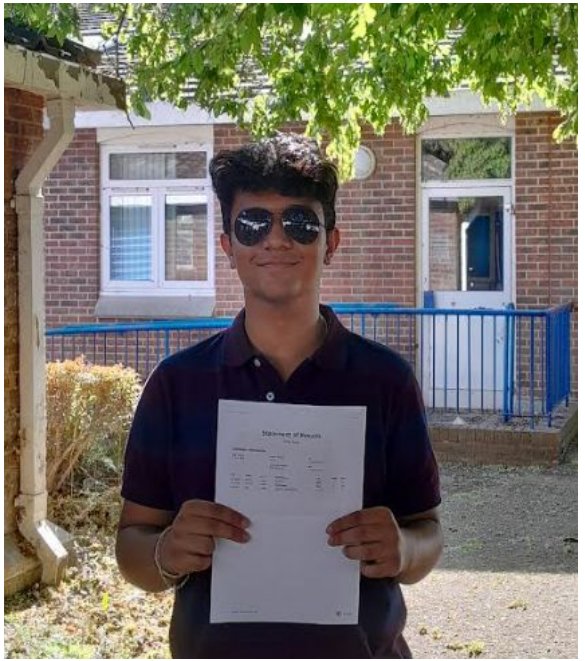
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Any question or any support please contact:

Head of Maths: spai@wykhampark-aspirations.org
Head of Science: bburlace@wykhampark-aspirations.org

Head of English: jdraper@wykhampark-aspirations.org

Head of Engineering: gbutton.copeland@wykhampark-aspirations.org>

Head of Hospitality: sstewart-thomas@wykhampark-aspirations.org

Computing/imedia: dobasuyi@wykhampark-aspirations.org

Head of College: Mr Sterland: ssterland@wykhampark-aspirations.org

Office: office@futures-aspirations.org