



ARDEN

Welcome to the Year 13:
Next Steps 2025

Last day: Friday 9th May 2025
Exams commence: Monday 12th
May- Tuesday 24th June



Exam procedures

Exam Admin



- Students with dispensations:
 - Each student and their parents/carers have been emailed a copy of their exam timetable which details the exam room location
- Exam Clashes
 - Students with a clash have been emailed by Mrs Miners to explain what will happen
 - They will be supervised in between each exam
 - Bring a packed lunch and revision materials
- Students will be on exam leave from Friday 9th May and will only come into school for exams
- Can come into school to revise if they choose
- Full exam conditions
- No phones / watches
- Reminders of rules nearer exams

Exam Admin



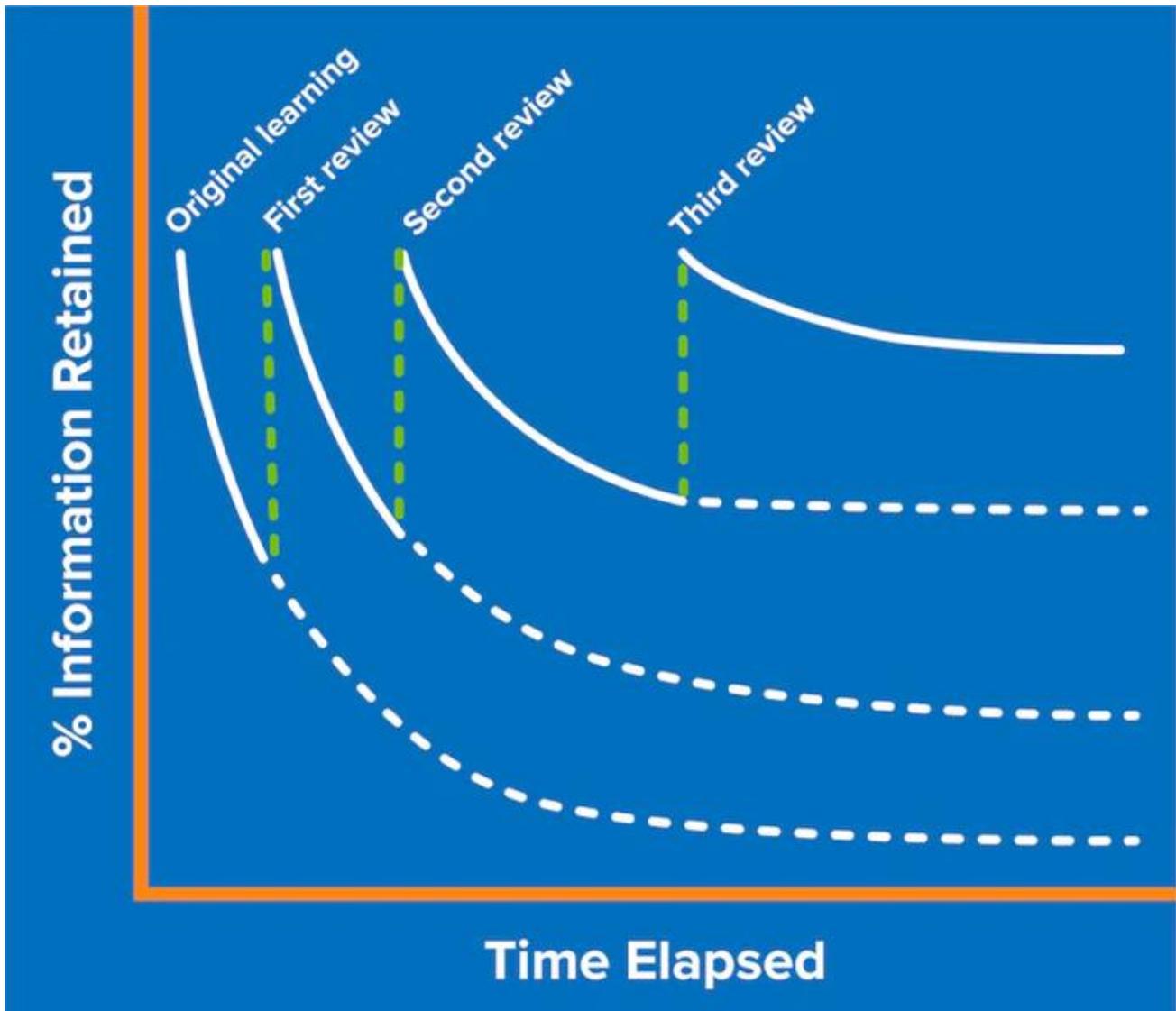
- School uniform must be worn for exams
- Scan in and out so we know students are on site
- Must arrive 15 minutes before exam start. If exam starts at 9am then must be here at 8.45am.
- Some students were late for their mock exams
- Please call the school if there is an emergency or any reason why students may be late
- Exam dispensations, access arrangements and reasonable adjustments are in place and deadline to JCQ has passed



Revision



Ebbinghaus's Forgetting Curve





Revision Timetable

- Step 1 - Determine the non-negotiables

Basketball
Xbox
Seeing Friends/Family
Netflix
Work

- Step 2 - Put in the fun stuff first
- Step 3 - Put study in the gaps
- Useful apps and websites to help e.g. Adapt

All form tutors have been asked to check students' social media. Get off it! Be careful of how others curate their image



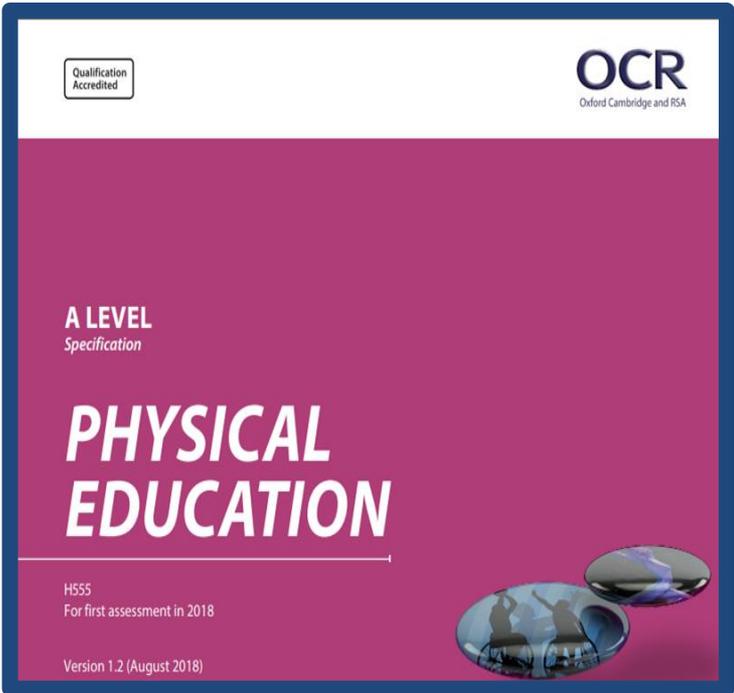
STUDY TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
4pm					
5pm					
6pm					
7pm					
8pm					
9pm					
10pm					
11pm					
12am					

	Saturday	Sunday
6am		
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		



Print off and engage with spec



Topic Area	Content
Joints, movements and muscles 	<ul style="list-style-type: none">• shoulder:<ul style="list-style-type: none">◦ flexion, extension, abduction, adduction, horizontal flexion/extension, medial and lateral rotation, circumduction◦ deltoid, latissimus dorsi, pectoralis major, trapezius, teres minor• elbow:<ul style="list-style-type: none">◦ flexion, extension◦ biceps brachii, triceps brachii• wrist:<ul style="list-style-type: none">◦ flexion, extension◦ wrist flexors, wrist extensors• hip:<ul style="list-style-type: none">◦ flexion, extension, abduction, adduction, medial and lateral rotation◦ iliopsoas, gluteus maximus, medius and minimus, adductor longus, brevis and magnus• knee:<ul style="list-style-type: none">◦ flexion, extension◦ hamstring group: biceps femoris, semi-membranosus, semi-tendinosus◦ quadriceps group: rectus femoris, vastus lateralis, vastus intermedius and vastus medialis• ankle:<ul style="list-style-type: none">◦ dorsi flexion, plantar flexion◦ tibialis anterior, soleus, gastrocnemius• planes of movement:<ul style="list-style-type: none">◦ frontal◦ transverse◦ sagittal.

Trust the Process

The Fundamentals



Upload



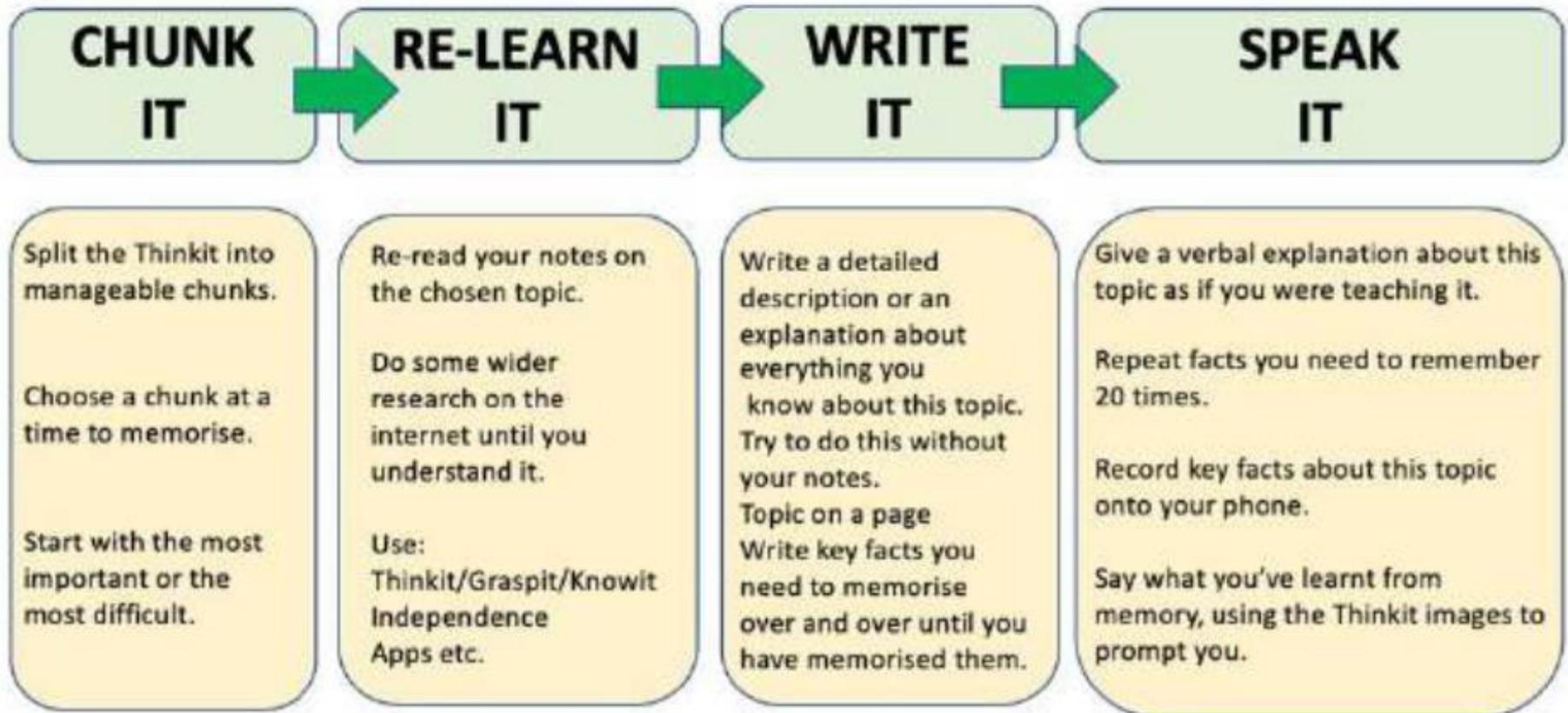
Process



Download

1. **Upload** knowledge & skills - get them into your mind
2. **Process** the knowledge - fully understand and embed them
3. **Download** - recall the knowledge & skills so they remain clear.
Minimise the forgetting curve.

Trust the Process - upload

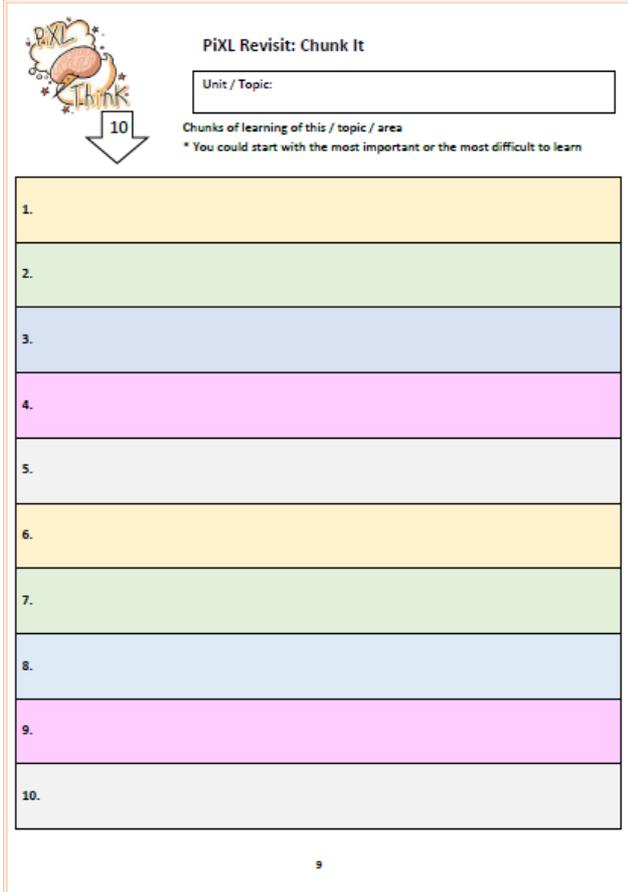


Put it into Practice

Chunk It...

Break the knowledge into sections

It does not have to be linear: could use most important or challenging



PiXL Revisit: Chunk It

Unit / Topic:

Chunks of learning of this / topic / area
* You could start with the most important or the most difficult to learn

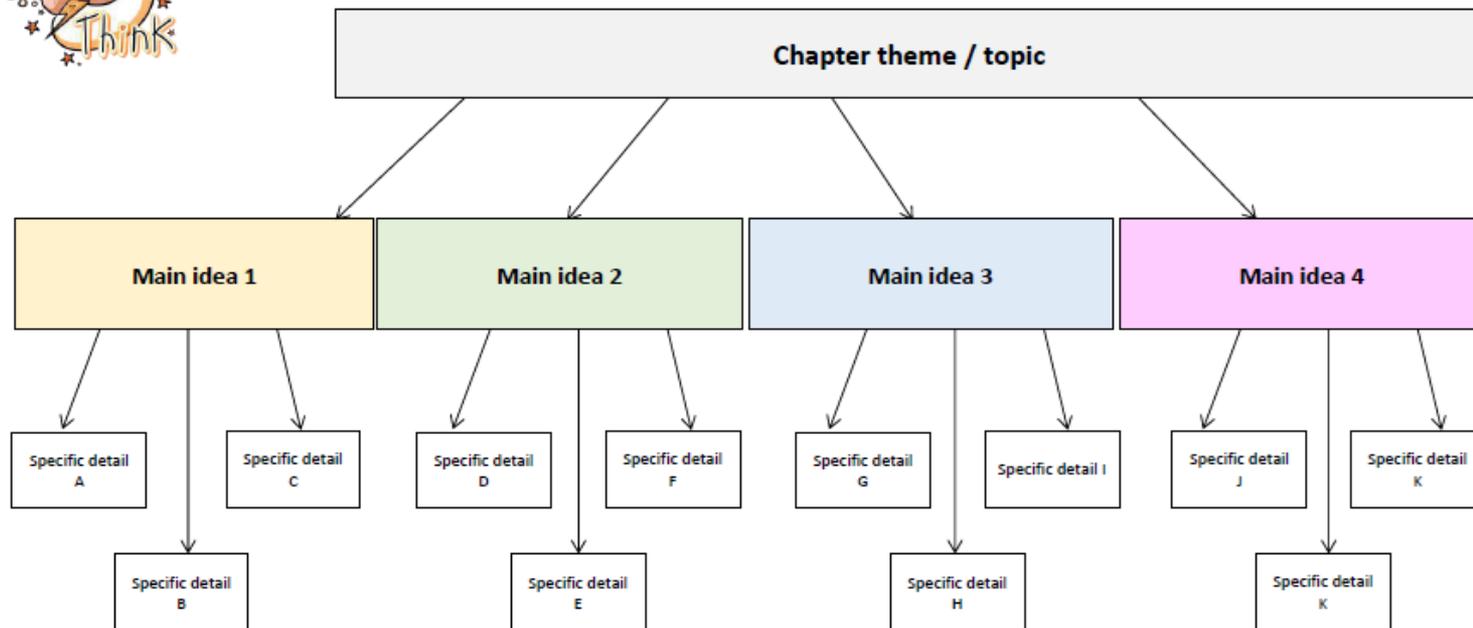
10

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

9

Write It

This is where you may use a mind-map or...connect use a connection map. Write and rewrite until memorised.



Rewrite it

Has it been successfully uploaded?

Rewrite it and check against your first version.

Highlight any areas that you forgot.

Flashcards

A yellow flashcard with a white question on the front. The card has a solid yellow top section and a white bottom section with light blue horizontal lines.

How tall is Mount Everest?

FRONT

A yellow flashcard with a white answer on the back. The card has a solid yellow top section and a white bottom section with light blue horizontal lines.

*8,848 metres above
sea level*

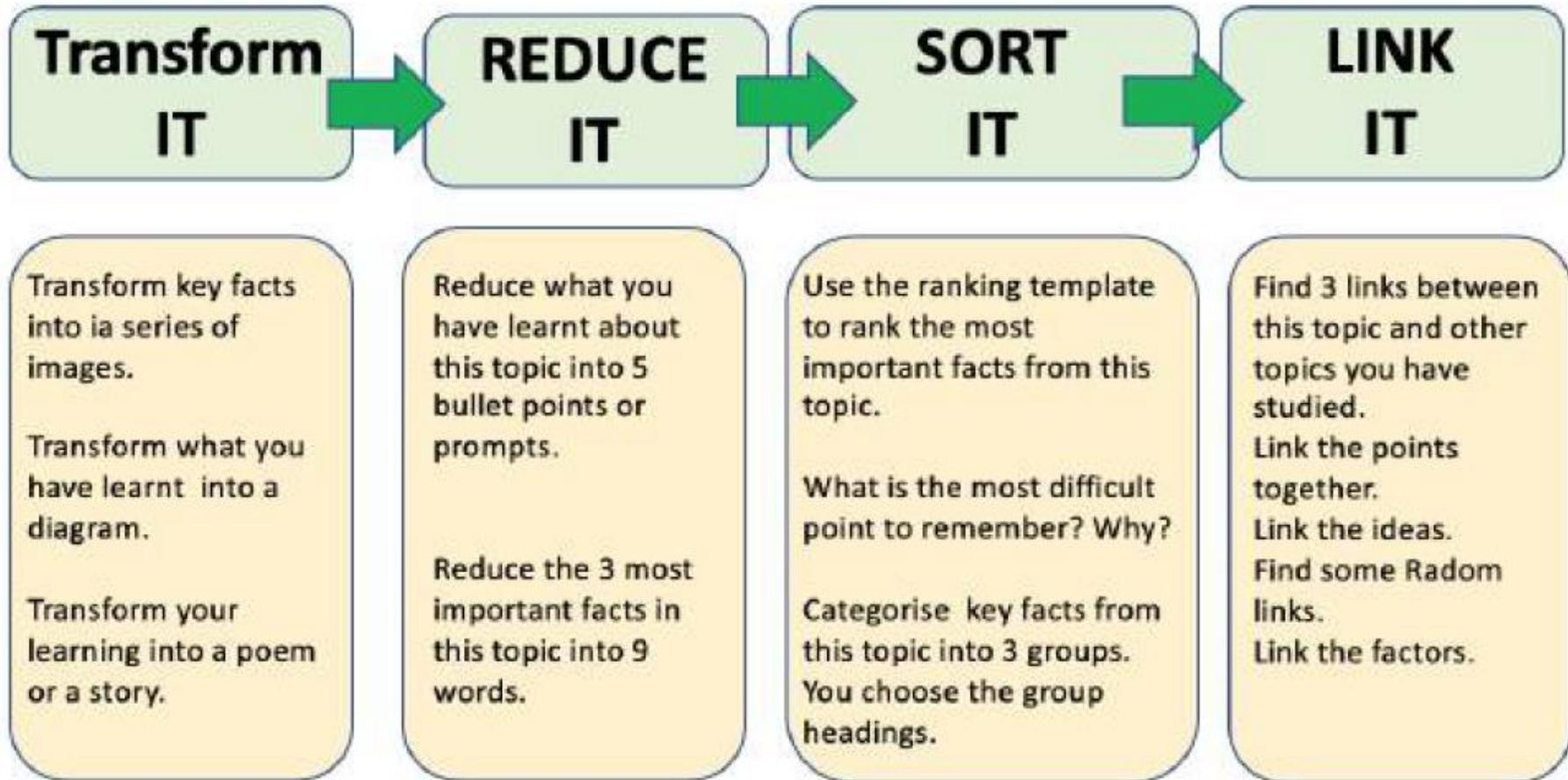
BACK

You need to ask for help when engaging with these!

Trust the...process



Process



PROCESS: Reduce & Transform

Reduce to each paragraph to 5 key words

1.



2.



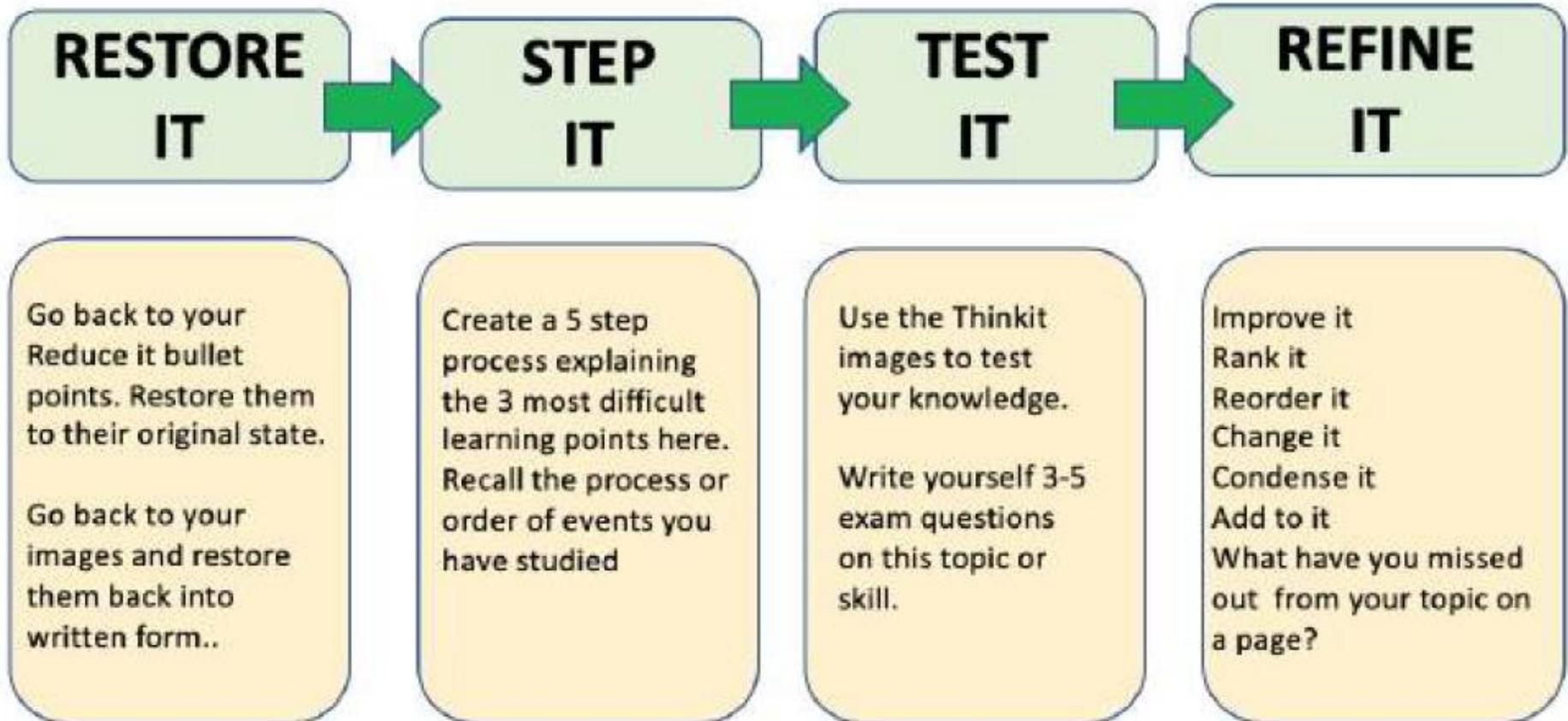
3.



Trust the Process - download



Download

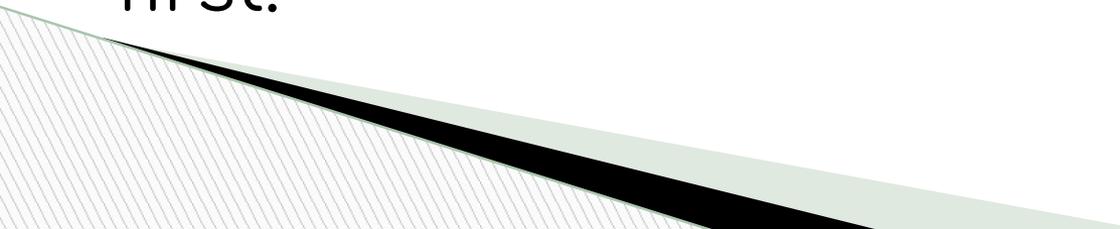


DOWNLOAD

This is the part that most students see as revision.

You quiz and test yourself to check if the information has been successfully uploaded and processed.

There is very little point quizzing yourself if you have not understood the information first.



Exam Question Practice: USE VAR AND RAG IT

Identify topics within your specification and rate them as either:

Red - Weakest areas (most time spent on these topics)

Amber - Needs consolidation (a little less time than above)

Green - Needs recapping (least time overall)

Practise exam questions and do the same question more than once.

There are only so many ways in which the exam board can ask a question...

Mark Schemes

Use the mark schemes to mark your answers.
Learn the mark schemes inside out - you'll get a better understanding for what examiners are looking for.

Section A			
Question	Answer	Marks	Guidance
11	<p>2 marks from:</p> <ol style="list-style-type: none"> 1. A walk around the pitch can help the body's transition back to a resting rate 2. A slow jog around the pitch gradually lowers heart rate 3. Stretching/jogging can help circulate blood/oxygen 4. Gentle side stepping gradually reduces breathing rate 5. Jogging increases removal of waste products/lactic acid 6. A (hamstring) stretch reduces the risk of muscle soreness/stiffness (in the legs) 7. Stretching muscles after exercise and sport aids recovery 	<p>2</p> <p>2 x (AO2)</p>	<p>Do not accept:</p> <p>Responses that don't link examples to the benefits e.g. Gradually lowers heart rate = too vague</p> <p>Accept:</p> <p>Gentle jogging helps to gradually lower the heart rate = Pt 2</p> <p>Other suitable examples for a cool down</p>
12	<p>1 mark from:</p> <p>Wearing shin pads in football or hockey/using a gumshield in boxing or rugby/wearing a scrumcap in rugby/helmet for cycling (other suitable examples of personal protective equipment)</p>	<p>1</p> <p>1 x (AO1)</p>	<p>Do not accept:</p> <p>Reference to protective equipment e.g. post protectors in rugby</p> <p>Reference to general clothing / football boots</p>

Define

Give the meaning

is
is a
is the
is the process by which
refers to

Identify / State

Name it / them

is
is called
are
are called

Analyse

Break into parts and explain

Firstly, Secondly, Lastly,
Evidently,
This means that
This causes
As a result of this,
This is because
Therefore.

Analysis
Explanation

Discuss

Talk about key points

As required...

Describe Compare
Analyse Evaluate
Conclude

Describe / Outline

Give main details

is
is not
is characterised by
is composed of
is like
lacks

Explain

Why? How? What?

because
through
by
Therefore,
This means
The reason for this

Evaluate

Judge from both sides
and reach a conclusion

A strength/weakness is
An advantage/disadvantage is
On the one hand,
In contrast,
, whereas
Similarly,
In conclusion,

Conclusion

Command Words - these are vital. They mean different things in different subjects.



Wellbeing and stress

Connect...

Connect with friends and family. Invest time in developing these relationships. Building these connections will support and enrich you everyday.



Be active...

Go for a walk or run. Exercising makes you feel good. Step outside. Cycle. Dance. Discover a physical activity you enjoy.

Take notice...

Be curious. Notice the changing seasons. Be aware of the world around you. Savour the moment. Enjoy the here and now.



Keep learning...

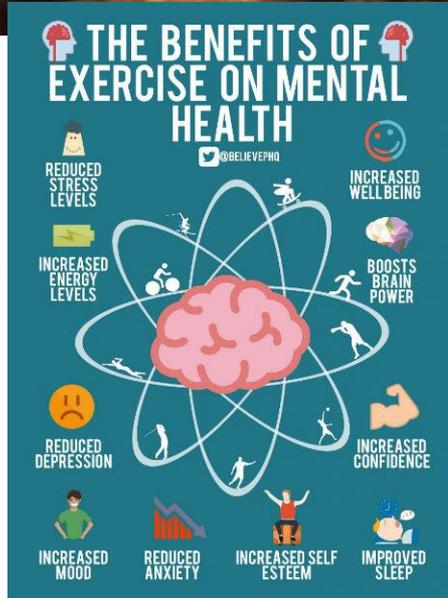
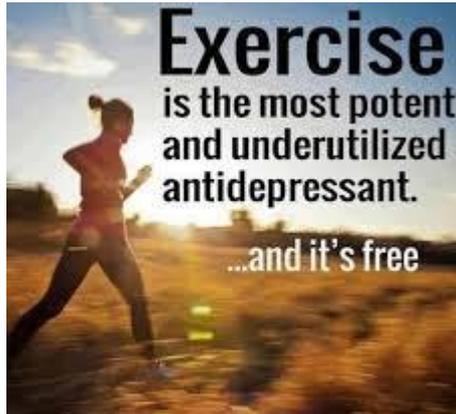
Find a course. Try something new. Learn to play an instrument or learn to cook. Set a challenge.

Give...

A smile, a hug. Do something nice for a friend or a stranger. Be generous. Say thank you. Volunteer your time.



Mindfulness & Exercise & Self-care



THE BRAIN BENEFITS OF EXERCISE

- INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR
- IMPROVES MEMORY
- LENGTHENS ATTENTION SPAN
- BOOSTS DECISION-MAKING SKILLS
- PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS
- IMPROVES MULTI-TASKING AND PLANNING



The Key Messages for our Students



If you are struggling, the first step is to acknowledge this fact and speak someone:

- Guardians
- Form tutors
- Subject teachers
- Any member of the Sixth Form Team

Support for wellbeing in exams



<https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>

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

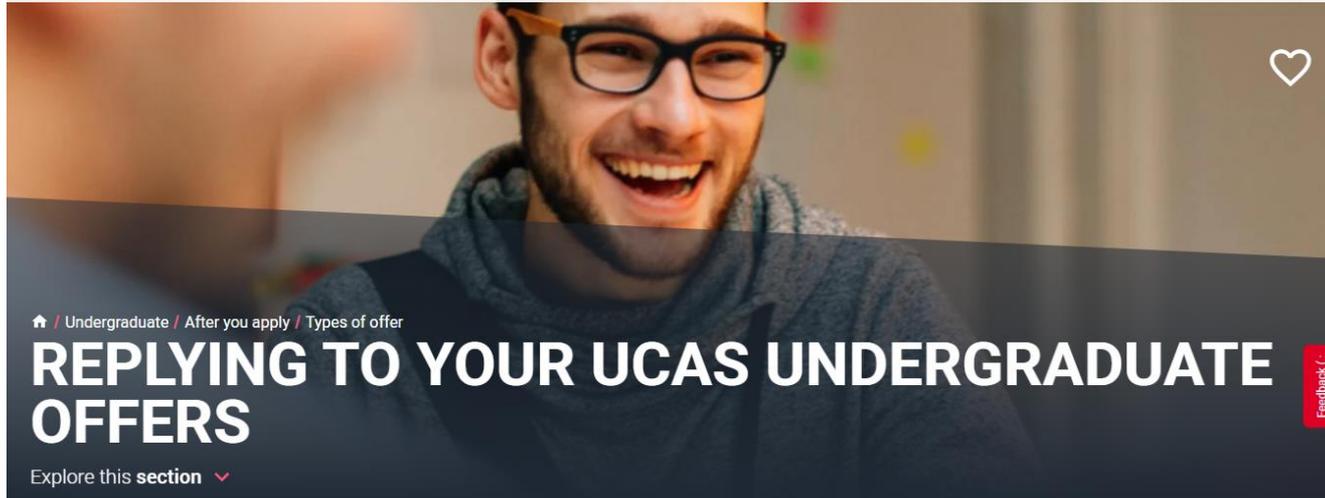
<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

<https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/exam-stress-coping-strategies/>



UCAS and Post 18 options

Practicalities - UCAS requirements



On UCAS students will receive one of four decisions:

- ✓ unconditional offer
- ✓ conditional offer
- ✓ invitation
- ✓ unsuccessful



26 February 2025

Extra opens. If student has used all five choices and is not holding an offer, they can add another choice using Extra.

UCAS OFFERS



Replying to offers

They can hold a maximum of two offers:

- **Firm** – their first choice. If they meet the conditions of the offer they will be placed here
- **Insurance** – acts as a back-up choice and only comes into play if they are not placed with their firm choice
- The other offers will be **declined** once a Firm & Insurance choice is made



INSURANCE CHOICE

- Should normally be a lower grade offer
- Only comes into play if your firm rejects you
- Disappears if firm accepts
- Can be the same offer as firm
- Only put down if they are happy to go there – it's optional!
- Clearing or a gap year may be better if you don't have a good insurance choice. Don't compromise.



Replying to UCAS offers

- ✓ If you receive your last decision on or before 14 May 2025, your reply date is 5 June 2025 (except if you're using Extra to find a place).
- ✓ If you receive your last decision on or before 17 July 2025, your reply date is 23 July 2025 (including Extra choices).
 - **CHECK YOUR APPLICATION FOR ANY DIFFERENT DEADLINES**
(Conservatoire/contextual offers)

Replying to UCAS offers



- ✓ Review the offers
 - Don't rush!
 - Now students have their mock results they can make a more informed decision
 - There are no advantages to replying early (except...)
- ✓ If you fail to reply to your offers by your deadline date, all offers will be automatically declined.
- ✓ Applying for Accommodation



UCAS OFFERS

Replying to offers:

You need to select 1 Firm Choice & 1 Insurance Choice (unless you have an unconditional offer - see next slide)

- If you achieve the grades then you have to go to your firm choice - you do not get to choose on results day

Things to consider:

- Is it where you want to go?
- Is the offer realistic for you? (Will you achieve the grades needed?)
- Your firm choice should be your preferred option
- Use your insurance choice wisely - The grades need to be lower than for your firm choice but it still needs to be somewhere you want to go.



UCAS OFFERS

Replying to offers: dealing with unconditional offers

- Dream offer if university of choice
- Can be a *marketing* technique
- Has many *disadvantages*
 - 1) Locked in
 - 2) No insurance available
 - 3) A Level results still matter
 - 4) If you change their mind – clearing is the only option

What if you do not receive any offers?



- ✓ If you have been unsuccessful with all of your five choices you may apply for one additional choice through 'Extra'
 - 29th February - 5th July
- ✓ Similarly, you may choose to reject all five offers and apply for one additional choice through 'Extra'
- ✓ If you don't hold any offers after 5th July, you will be able to add an additional choice using Clearing.

Clearing



From 5 July – 20 October 2025, you can apply for a course using Clearing if you're not already holding an offer from a university or college, and the course still has places.

You can use Clearing if:

- ✓ you're applying after 30 June
- ✓ you didn't receive any offers (or none you wanted to accept)
- ✓ you didn't meet the conditions of your offers
- ✓ you've declined your firm place using the 'decline my place' button in your application

The Ultimate Guide to Clearing



Please familiarise yourself with this information before results day.

The Ultimate Guide:



A Parent's



Once you have made your choices



- Arrange student finance
 - Student finance applications are expected to mid- March 2025
 - Sign up now to receive email when it opens: <https://studentfinance.campaign.gov.uk/>
 - Recommended deadline end of May, for course starting in September 2025
- Accommodation at university
- Each university will have own deadline and opening dates for accommodation

Student finance application



HOW MUCH DO YOU KNOW?

TUITION FEES

Q

What's the maximum tuition fee universities or colleges can currently charge new students*?

A

£9,535

Q

How much of this would you need to pay up front before going to uni or college*?

A

£0

*Eligible students, living in England and studying at a publicly-funded university or college.



Maintenance Loan

A Maintenance Loan is available to help with your living costs while in higher education.

- All eligible students can get some maintenance support.
- The amount of Maintenance Loan you can get depends on where you live and study.
- Maintenance Loan is paid directly into your bank account each term.
- Maintenance Loans have to be paid back but not until the April after you've left university and your income is over £25,725 a year.



Maintenance loan

Full-time undergraduate students not eligible for benefits

The table gives maximum and minimum rates of loans for living costs, in the 2025 to 2026 academic year, for full-time undergraduate students who are not eligible for benefits.

Rate of loan for students	Maximum loan	Minimum loan
Living at home	£8,877	£3,907
Living away from home and studying in London	£13,762	£6,853
Living away from home and studying outside London	£10,544	£4,915
Studying overseas as part of a UK course	£12,076	£5,838

Results day



- Results day Thursday 14th August 2025
- Exam results are published – many are passed electronically to universities by UCAS .
- Most universities will update track with decisions at 8am but be patient.
- Results will be available in school – time TBC.
- Bring useful items such as offer letters or university phone numbers in case they are needed, a charged mobile phone



Applicants who have met the conditions of their firm choice will be placed there.

Track will display a Confirmation letter confirming your place. The letter will advise if you need to take any further action.

If you are not confirmed at your firm choice, but meet the conditions of your insurance choice, you will be placed at your insurance choice.

Apprenticeships: Plans and support



- ✓ Finding (and getting on) a Degree Apprenticeship is HARD (other apprenticeships are available)
- ✓ Not too late to apply
- ✓ Apprenticeship.gov
- ✓ Use LinkedIn
- ✓ It's not a back-up plan

Gap Years - support next year



- ✓ Different sort of gap years... some are in process
- ✓ 'Unplanned ones' / retaking
- ✓ UCAS Support
 - We will support you with your application
 - Make contact with us as early as possible to let us know your plans

<https://www.careerpilot.org.uk/information/your-choices-at-18/gap-year>

<https://www.ucas.com/discover/gap-years>

Attendance and punctuality reminders



- ✓ Be in school as much as possible
- ✓ Most courses will aim to be finished by Easter

Things we hear...

- ✓ We're just revising so no point in going to lesson
- ✓ I work better at home
- ✓ I don't have lessons until the afternoon

Year 13 Ball



Date: Wednesday 25th June 2025
Venue: Nailcote Hall Hotel
Time: 7pm - Midnight
Dress Code: Evening

Parents will be invited to join us for a toast.

Further details will be communicated nearer the time.

ParentPay has now been set up and can be paid in instalments or in one full payment due Friday 23rd May