



# Welcome

Cheryl – Apprenticeships

Jim Carlsberg – University of East Anglia



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# Key Info For 6<sup>th</sup> Form Parents

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What's changed and what has stayed the same...

# Key staff in St Alban's 6<sup>th</sup> Form

- **Mr Mirshemirani** (Assistant Headteacher / Head of 6<sup>th</sup> Form) oversees curriculum,
- **Rosie Gage** is our Study Support who also oversees attendance
  - [STA6thformattendance@stalbans-staff.org](mailto:STA6thformattendance@stalbans-staff.org)
- **Mr Arthur** (Deputy Head of 6<sup>th</sup> Form) – Pastoral Support and Bursary
- **Vicki Farrow** – General Inquiries
  - [STASixthform@stalbans-staff.org](mailto:STASixthform@stalbans-staff.org)
- **Ms Shemming** - Apprenticeships, Internships and Careers

# The School Day

- 8.45 – 15.15
- Off-site at break and lunch
- Flexible Study – once earned
- School Lanyards
- ISA Periods and Frees

today	30 Sep - 05 Oct 2024 (Week A)					Day
	30 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday	
8:00						
9:00	09:05-10:20 HOY	09:05-10:20 HOY	09:05-10:20 History: Year 7: 7A/Hi	09:05-10:20 History: Year 7: 7T/Hi	09:05-10:20 History: Year 8: 8A/Hi	
10:00						
11:00	10:40-11:55 LM Meeting			10:40-11:55 History: Year 9: 9BY1/Hi	10:40-11:55 History: Year 10: 10*A5/Hi	
12:00	12:00-13:15 On Call	12:00-13:15 Society + Faith: Year 12: 12A/Sf	12:00-13:15 History: Year 10: 10*A5/Hi	12:00-13:15 History: Year 8: 8A/Hi	12:00-13:15 History: Year 9: 9BX3/Hi	
13:00						
14:00		14:00-15:15 LM Meeting	14:00-15:15 History: Year 8: 8T/Hi	14:00-15:15 PPA	14:00-15:15 Staff Absence	14:00-15:15 [Cover Pending] History: Year
15:00						

# The Curriculum

- Smaller classes
- More intensive study
- Opportunity
- ALPs target grades (top 25%)



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## High Standards

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- Final steps towards adulthood
- Privileges and responsibility
- Individualised Learning Plan
- Friday Check-in

Just Be The  
**BEST**  
VERSION  
OF  
**YOURSELF**

attendance

**MATTERS**

*A*

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# The Year Ahead!

Leadership  
Opportunities

Work  
Experience

EPQ Curriculum  
Begins

PPEs (Mock  
Assessments)

Community  
Work

Flexible Study  
Privilege

University  
Applications

RAG Week and  
Competitions

Subject Trips  
and Visits



**Study like you  
mean it...**

And succeed

# General principles

- Start early and have a deep understanding of the work you have covered over the last two years.
- Write a revision timetable.
- Mix up your revision methods.
- Practice past exam papers.
- Collaborate with classmates.



# 1. Terminology Table

At the heart of the deeper understanding you have gained of your subject at post-16 is understanding of key concepts.

At this stage you should have a wealth of key terms which cover the two years of learning. How many of these can you list on one piece of paper in 5 minutes?

## 2. Flashcards

Memory expert, **Dr Loaiza**, says her tip is to make flashcards rather than just re-reading your notes. This will help you practise remembering the information – just as you will need to do during the exam.

Remember that cards are two-sided – you can use both sides for questions and answers, key words and definitions, concepts and linked ideas, etc.



## 3. Chunking

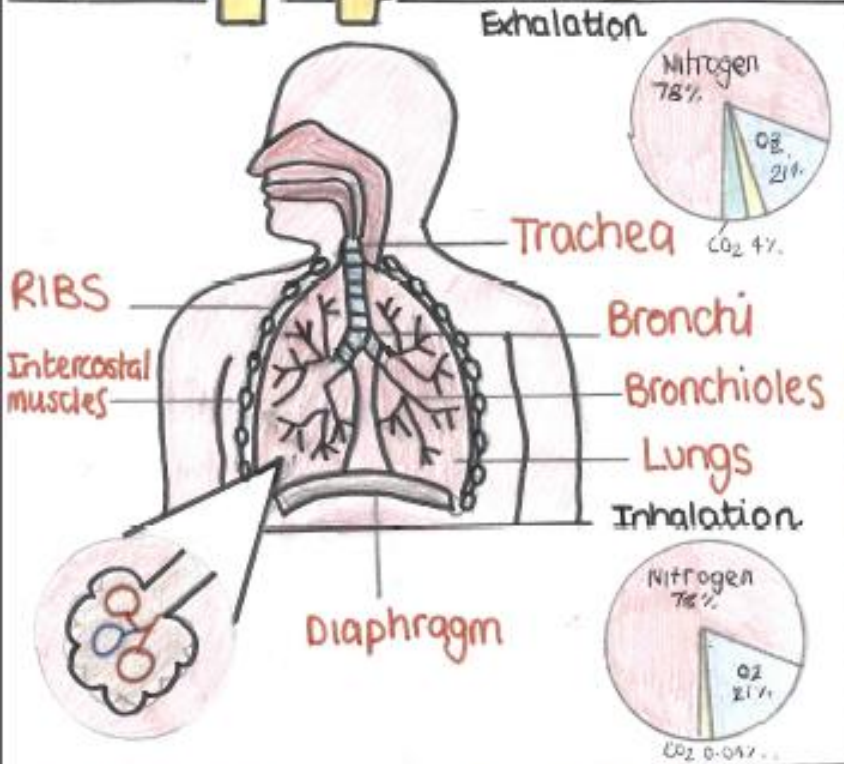
Breaking your work into smaller chunks might work well for you. Some people who experiences sensory overload when revising find this a useful way of working.

Take time to divide up key elements of your topics, rather than just reading the whole lot in one go.

Remember also that each subject has units, and each unit has smaller topics.



# Applied Anatomy 3



Diffusion

- Higher concentration of air in the alveoli than in the blood, so oxygen diffuses down into the blood (capillary)
- Higher concentration of CO<sub>2</sub> in the blood than in the alveoli so CO<sub>2</sub> diffuses out of the blood into the alveoli

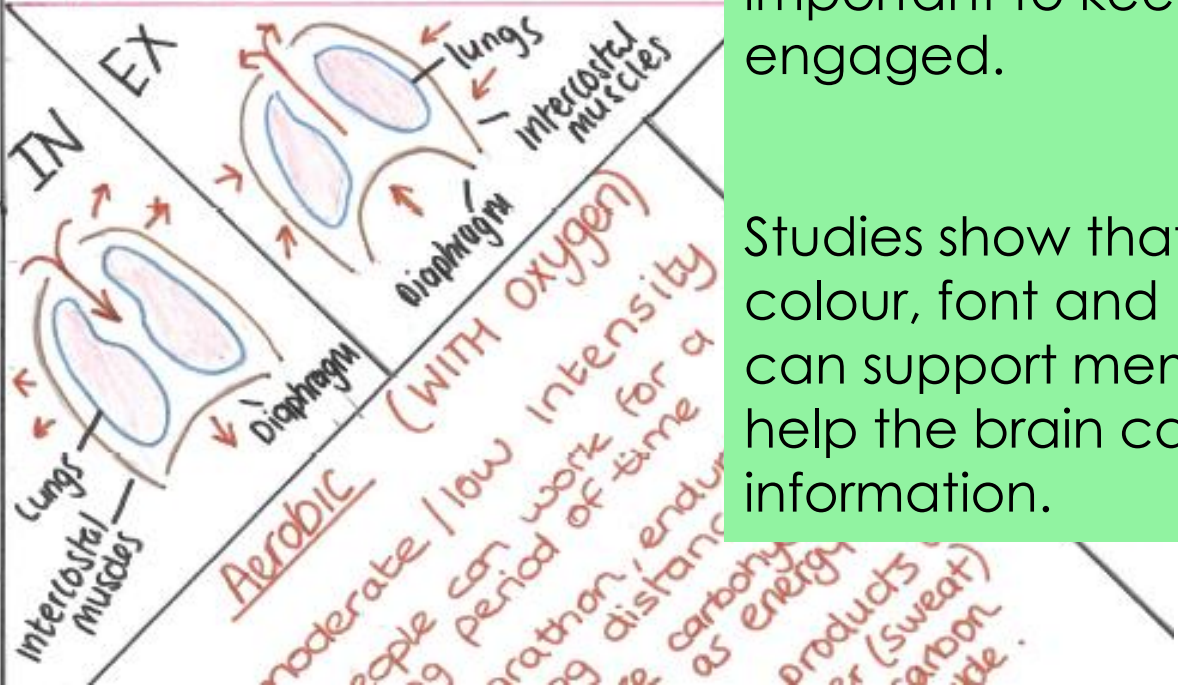
THE HIGHER THE RATE OF PHYSICAL ACTIVITY THE GREATER AMOUNT OF GASEOUS EXCHANGE TAKES PLACE

## 4. Revision posters

Create large and colourful revision posters that stimulate your mind. This is really important to keep your mind engaged.

Studies show that variation in colour, font and presentation can support memory and help the brain categorise information.

- Inhalation
1. Diaphragm and intercostal contract
  2. Diaphragm flattens and pulls lungs down
  3. Intercostal pull the ribs and therefore lungs out.
  4. Lungs increase in size and air pressure is reduced.
  5. Air pressure outside the body is now higher than
- Exhalation
1. Diaphragm and intercostal relax.
  2. Diaphragm moves up into a dome shape
  3. Relaxed intercostal muscles allows ribs and lungs to move inwards
  4. Lungs reduce in size and air pressure in lungs increase.
  5. Air pressure is now lower outside than inside the body. Air travels high



# 5. Track your revision

For each topic you have studied, you need to consider, and keep a record of:

- How much time you have dedicated to it
- How confident you feel in it
- How well you remember each aspect
- How you perform in practice questions



## 6. Practice recall

It is **really** important to be able to recall key ideas for an exam.

**Some students use** a technique called: look, say, cover, write, check, which essentially means that you look over the content, cover over it, you say it out loud, you write it down and then you check it. Active revision techniques like this can help you solidify information in your head.





# 7. Know your examiner

There are normally three important types of documents exam boards produce, and they are always available on the website:

- **Past papers** – these should be a significant part of your revision, allowing you to practice regularly
- **Mark schemes** – these will help you understand exactly what examiners are looking for
- **Examiners Reports** – the most underrated resource – these are the examiners' findings each year, detailing what students get right and wrong in particular exams

## CONTENT TYPE ^

- All
- Examiner report (92)
- Mark scheme (89)
- Mark Scheme (1)
- Modified question paper (8)

[Show more](#)

## EXAM SERIES ^



Nov

Oct

Jun

Jun

Jun



# Key Dates

- First Assessment Grades - November
- Parents' Evening – 23rd April
- End of Year Exams – June 23rd – 27th