**Dear Year 11 Students,**

The exam season is upon us, and this is your time to shine! While I won’t pretend that these next few weeks will be easy, I want to remind you that they are an essential part of your journey. The effort you put in now will set the foundation for your future, and soon enough, your magical Prom and the longest summer holiday you’ve ever had will be here.

However, we cannot overlook the significance of the next few weeks. They have the potential to impact the rest of your life, and I want to help you make the most of this crucial period. Below are some tips and advice that I hope will support you in performing to the best of your ability.

**1. There’s still time to make significant improvements.**
The time you spend studying at home and in revision classes can have a real impact on your results, right up until you walk into the exam room. Keep pushing yourself—every moment counts towards getting that next grade.

**2. Success is not about luck.**
Your GCSE results are determined by the effort you put into your preparation. No one will ever say that a student who does well was "lucky." Hard work pays off. Focus, commit, and you will see the rewards.

**3. Prioritise your time.**
Over the next few weeks, your exams must be your number one priority. Be disciplined with your time—this is the time to focus and make every moment count.

**4. Use your teachers to help you reach your potential.**
If you’re struggling with any content, don’t hesitate to ask for help. Your teachers are experts, and they want to see you succeed. Five minutes of focused guidance could save you hours of worry.

**5. Attend extra revision sessions.**
The staff at Cowley have carefully planned extra sessions after school, and during holidays to support you in your exam preparation. The Easter revision timetable is available via a news item on the home page of the Cowley website:
www.cowley.st-helens.sch.uk/y11-easter-masterclasses

Don’t miss these important opportunities—students who attend these sessions consistently perform better and achieve higher grades in their exams.

**6. Make the most of your time at home.**
Evenings and weekends are perfect for a balance of relaxation and focused revision. Aim to study for at least 2 hours each evening (excluding Period 6). During weekends and the Easter holiday, split your day into 3 parts (morning, afternoon, and evening), and aim to study during at least two of them each day.

**7. Reward yourself with some downtime.**
It’s important to recharge! Go outside, get some fresh air, and engage in physical activity. Studies show that students who combine exercise with revision perform better during exams. Balance is key.

**8. Be honest and disciplined with your distractions.**
We all have distractions—whether it’s your phone, gaming, or other hobbies. Over the next few weeks, it’s crucial to manage these distractions effectively. Stay focused on the task at hand—you’ll have plenty of time with these distractions after the exams are finished.

**9. Be organised and prepared for the exam day.**
Ensure you know your exam timetable and the location of each exam. The morning of an exam can be hectic, so preparation the night before is essential. Check that you have all the necessary equipment for the exam day—if you're unsure about anything, speak to your Team Tutor.

**10. Use the resources provided.**
Take full advantage of the resources available to you, including GCSE Pod, revision books, and past papers. Don’t waste time on unnecessary tasks like copying down notes. Focus on understanding key topics, identifying areas you’re unsure about, and don’t hesitate to reach out to your teachers for support.

It’s completely normal to feel nervous—nerves mean that you care about the outcome. Remember, all you need to do is work hard, ask for help when you need it, and trust in your ability.

I believe in each and every one of you and your potential. I look forward to celebrating your achievements with you at Prom and Results Day.

Stay focused, stay positive, and you’ve got this!

Best wishes,

Mr Cormack