



Resilience
Multi Academy
Trust

GCSE Preparation Evening



Wednesday, 24 September 2025



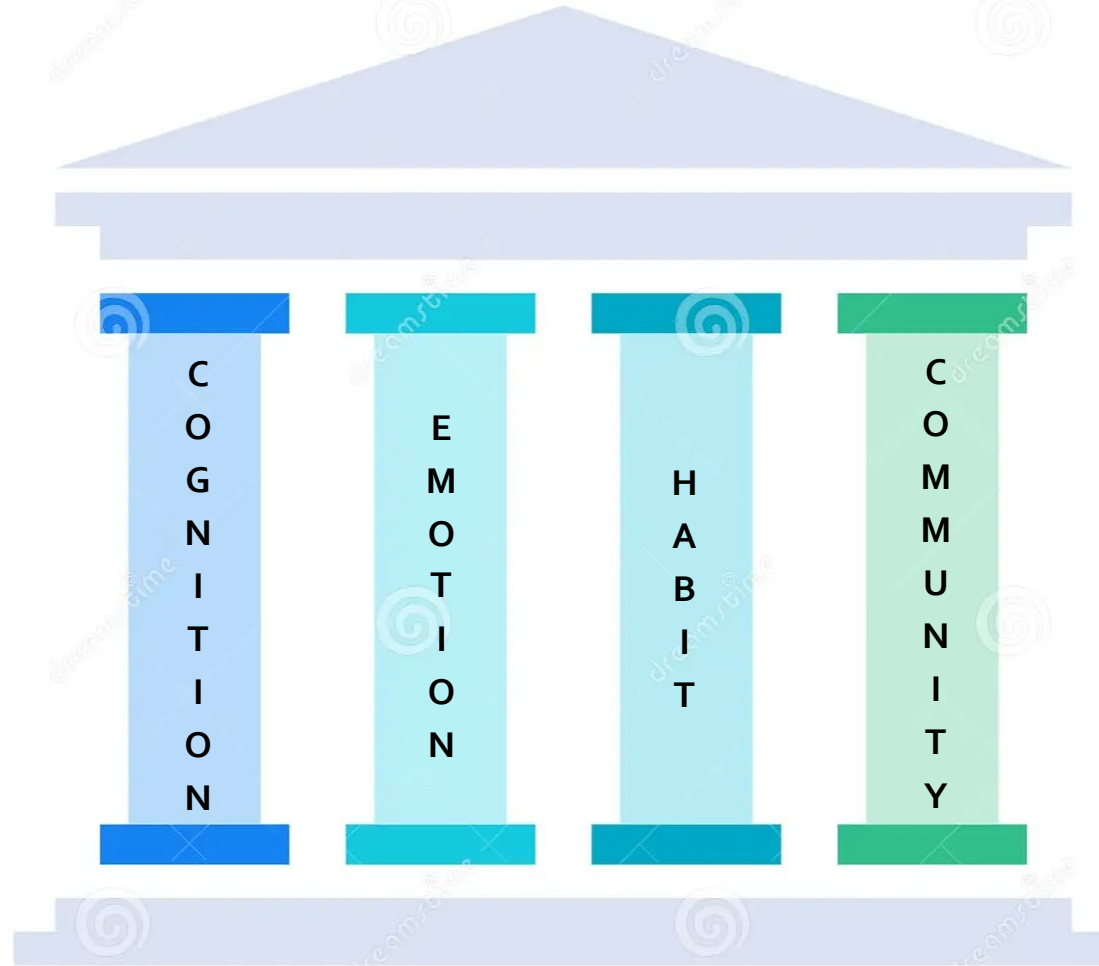
Navigating Year 11

First of all...



THE FOUR ELEMENTS of RESILIENCE

How can
we build
resilience?



In Year 11, you're bringing it ALL together



You have been building the skills of resilience throughout your time at BBG Academy, and it all comes together in this final push.

How is tonight going to help?

- Pillar 1: COGNITION
- Pillar 2: EMOTION
- Pillar 3: HABIT
- Pillar 4: COMMUNITY



Pillar 1: COGNITION



LEARN IT / USE IT / REVIEW IT

Session 1: Learn it

Effective strategies for learning (and relearning) information.

Session 2: Use it

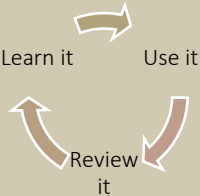
How to apply learnt knowledge to exam-style questions during revision.

Session 3: Review it

How to judge the success of exam-style question practice during revision



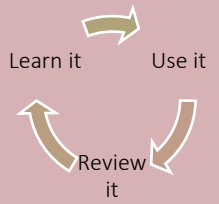
Learn it



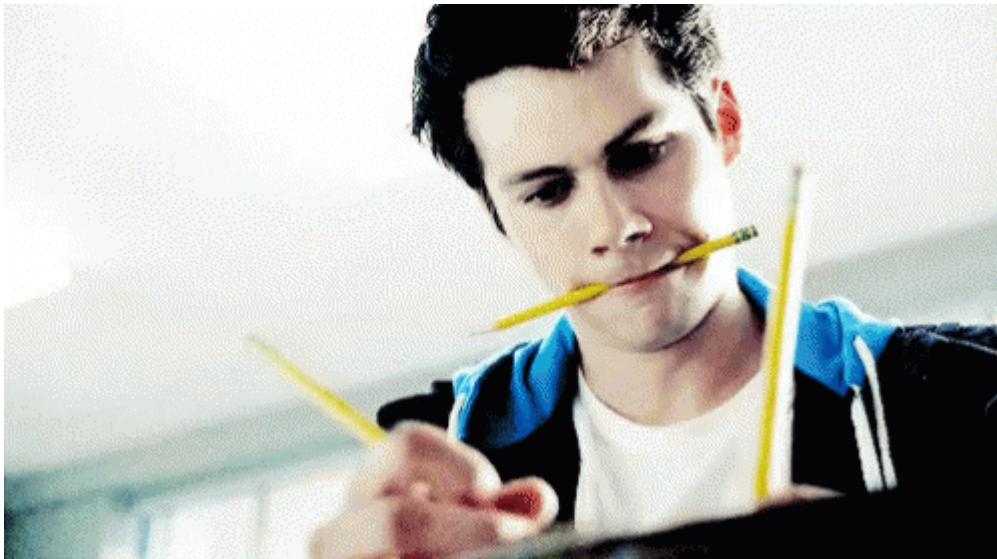
The process of learning new information, or relearning information previously covered in class.



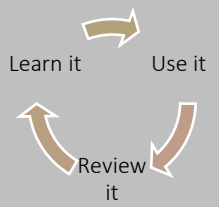
Use it



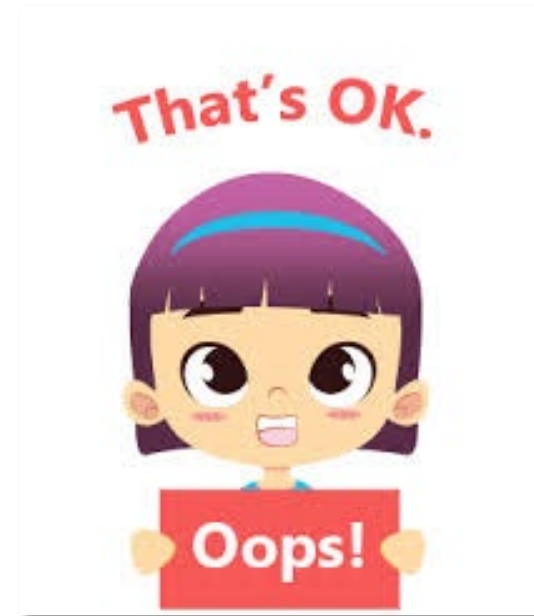
Applying the information that has been learnt into exam practice.



Review it



Review the success of the previous exam practice, and what still needs to be learnt.



Progress Information

- Homework
- Tasks in lessons
- Tests & Preparation
- Mock Exams
- College applications
- Deadlines for coursework



Pillar 3: HABIT



ORGANISE IT

Session 4: Organisation

How to plan and manage an effective revision schedule



Pillar 4: COMMUNITY



Next Steps

Session 5: Planning Beyond BBG

What to expect for the application process, when to apply, what to look for in sixth form & colleges, AMA



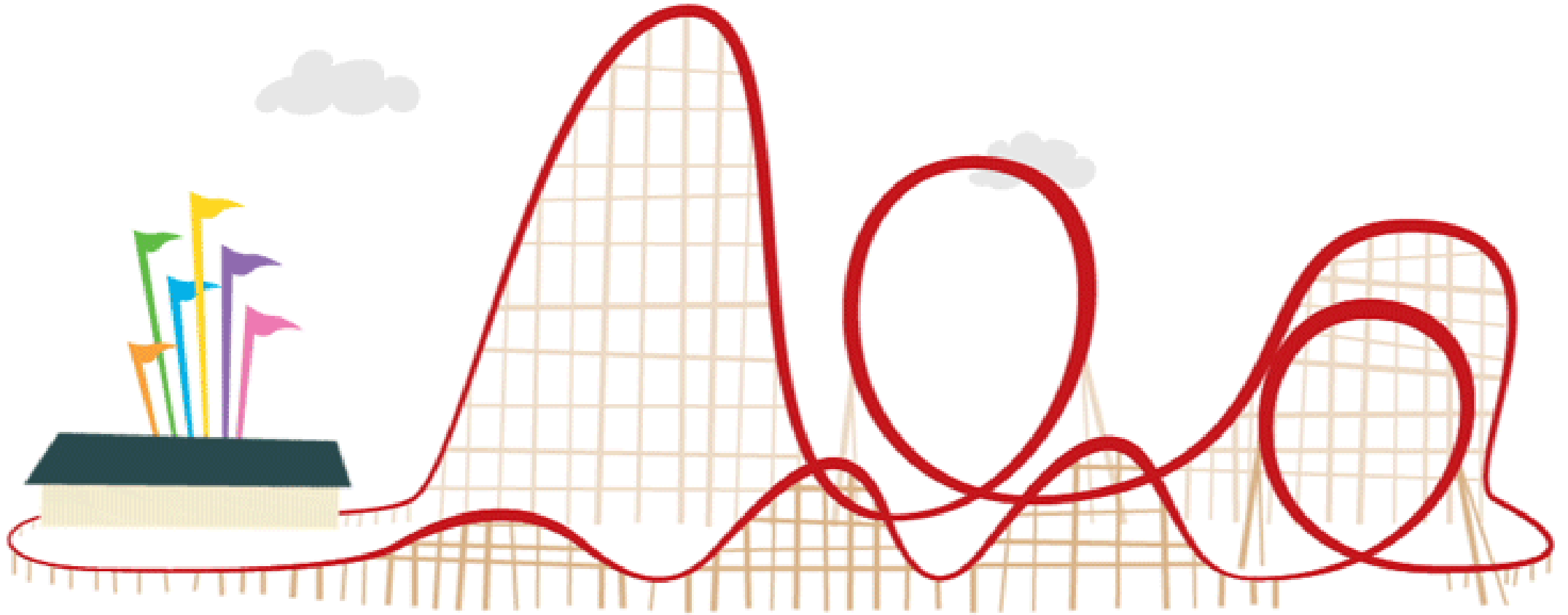
Specialist Support

- **Period 0 / 7 / 8**
- **Twilights – 5PM**
- **Holiday Revision**



Pillar 2: EMOTION





Pitfalls: The Unexpected

- An argument with a friend or sibling
- A teacher leaving & being replaced
- A grandparent taking ill
- A relationship ending
- Moving house or a change in space



What it boils down to?

PITFALLS –
20%

ACADEMICS
30%

INTERNAL
INFLUENCES
50%



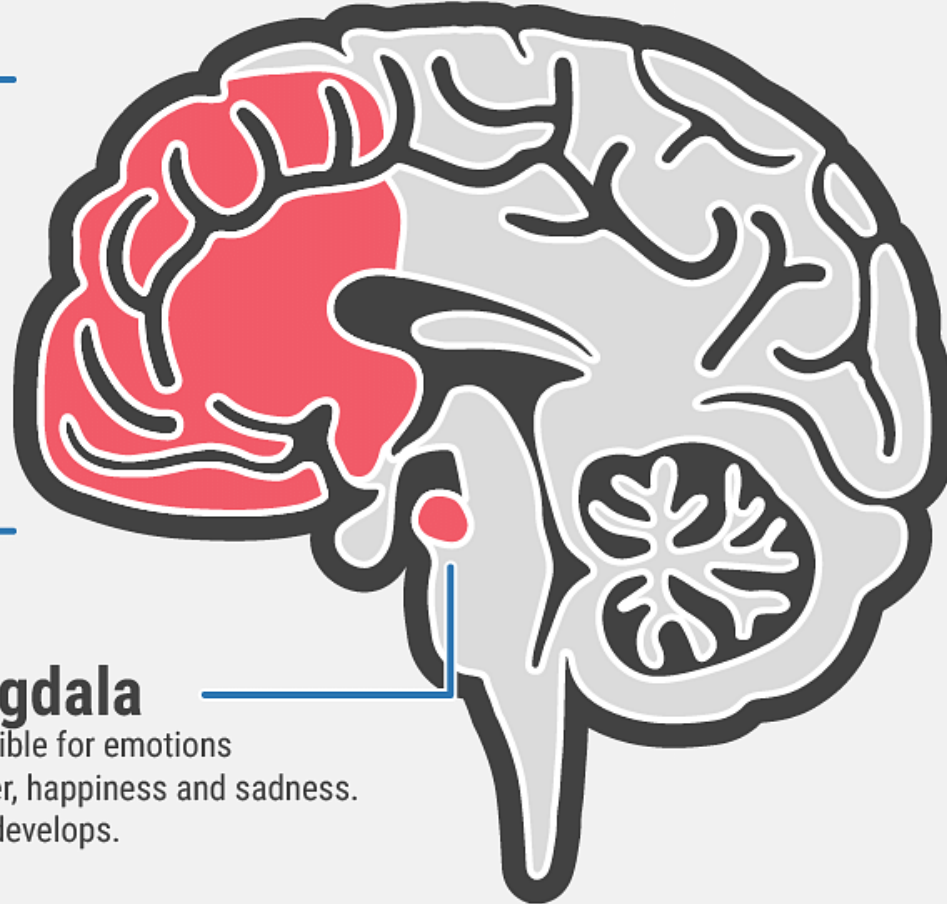
We have to consider that...



The teenage brain

Prefrontal cortex

Responsible for thinking, reasoning and logic. Not fully developed.



Amygdala

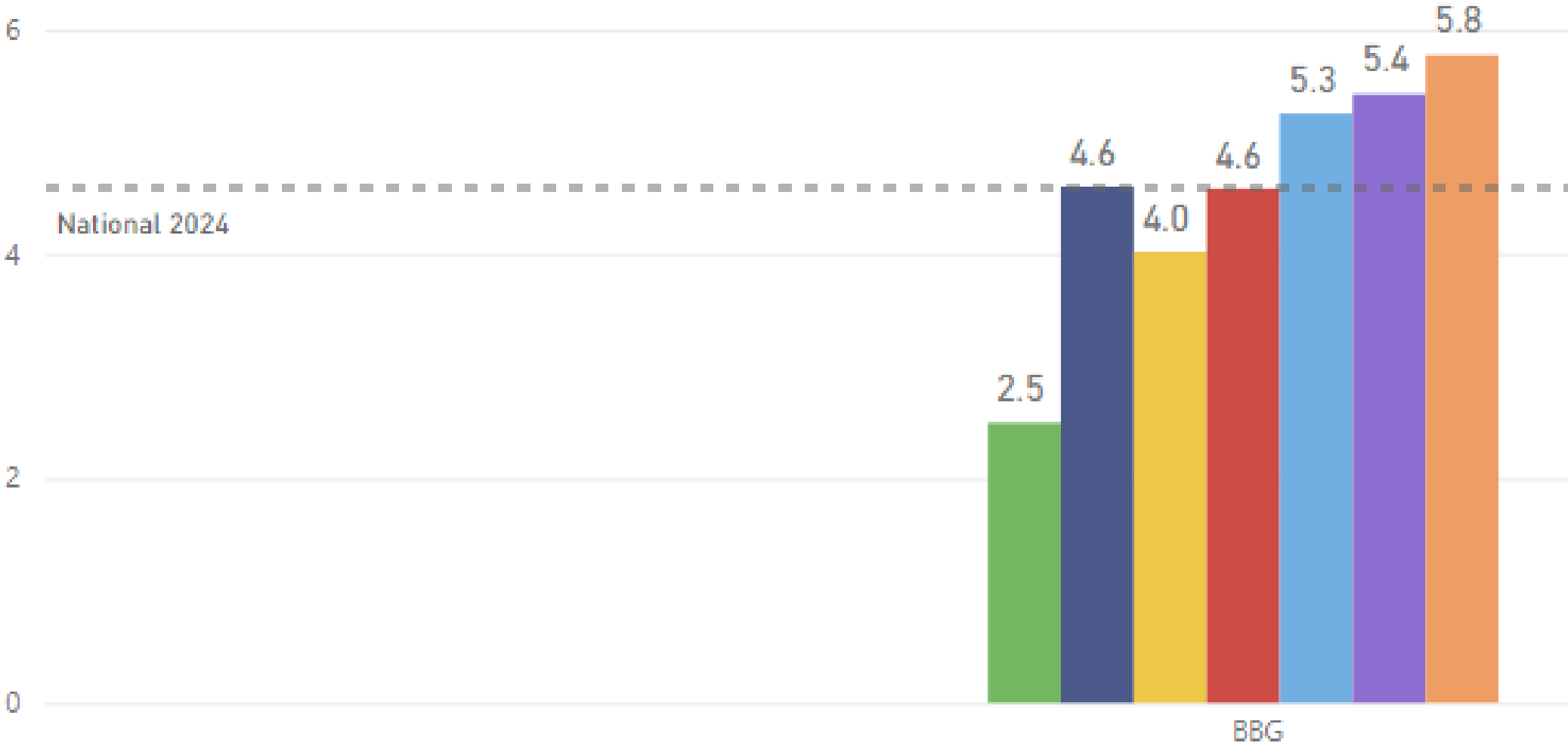
Responsible for emotions like anger, happiness and sadness. Rapidly develops.

The 'feeling part' of the teenage brain develops faster than the 'thinking part' making it difficult for them to regulate emotions and follow instructions



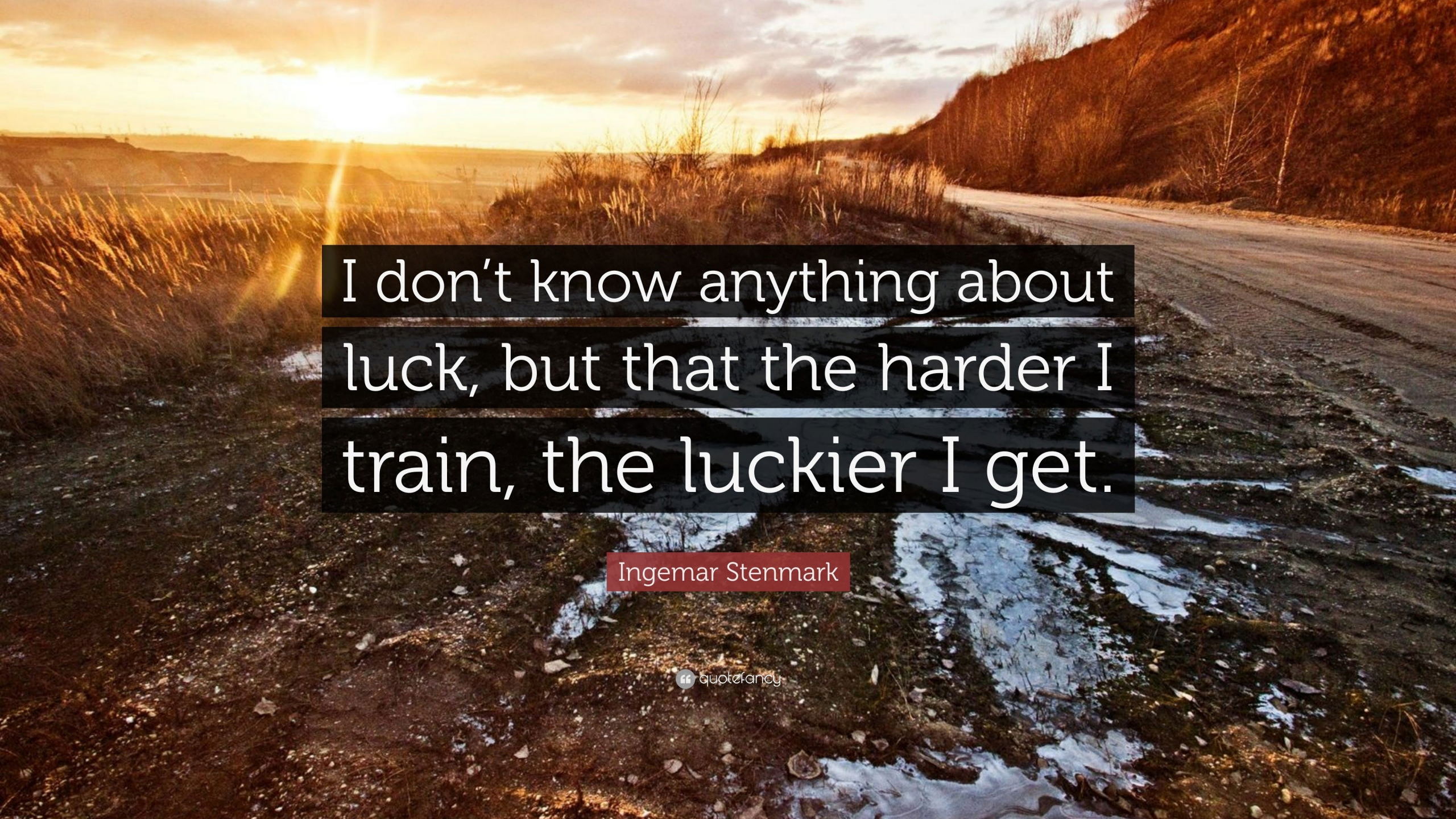
Attendance & Attainment

Attendance Range ● <90% ● 90-91.9% ● 92-93.9% ● 94-95.9% ● 96-97.9% ● 98-99.9% ● 100%



**As much as we
might wish it
were this easy...**





I don't know anything about
luck, but that the harder I
train, the luckier I get.

Ingemar Stenmark

When to Revise?

- Before School
- Early Afternoon
- Twilight
- Evening
- NEED 9h45M of SLEEP A NIGHT



	Before School (6:30 – 8AM)	Early Afternoon (2:30 – 4:30)	Twilight (4:30 – 6:30)	Evening (7:30 – 9:30)
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY	Morning (8:00 – 11:00)	Midday (12:30 – 4:30)	Twilight (4:30 – 6:30)	Evening (7:30 – 9:30)
SUNDAY				



Points of Review / Reward?

- After Mocks
- After Half-Terms
- Monthly
- Fortnightly
- Weekly



How can we (the grownups) help?

- Celebrating ACTION
- Rewarding STREAKS
- TALKING

 **Effort is a Habit**

1. Did you revise today?
2. For what subject?
3. How many sessions?
4. What kind of revision did you do?
5. How did it go? Do you feel better about the subject now?



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22 nd Sept							
29 th Sept							
6 th Oct (1 st Week of Mocks!)							
13 th Oct (2 nd Week of Mocks!)							
20 th Oct (1 st Week of Hols!)							
27 th Oct (2 nd Week of Hols!)							
3 rd Nov							
10 th Nov							





**Thank you
Good Night**