



# Mock Exam Information

## January 2026

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Registered Charity Number: 307006 Vat Number: GB 478 98 17 13 Company Number: 539034

JAN 2026 WEEK 1												
MORNING							AFTERNOON					
Time	Code	Title	Loc.	Dur.	Ent	Date	Time	Code	Title	Loc.	Dur.	Ent
						Mon 5 Jan						
						Tue 6 Jan						
10:00		A Level Biology P1	GYM	2hrs	8	Wed 7 Jan						
10:00		A Level Pure Maths P1	GYM	2hrs	4							
10:00		A Level English P1	GYM	2hrs30	5							
10:00		GCSE English P1	GYM	1hr45	40							
08:45		A Level Physics P1	GYM	2hrs	5	Thu 8 Jan	13:00		A Level History P3	GYM	2hrs30	4
08:45		GCSE Maths P1	GYM	1hr15	40		13:00		A Level Psychology	GYM	2hrs	13
							13:00		GCSE Geography P1	GYM	1hr	29
08:45		A Level Geography P2	GYM	1hr	3	Fri 9 Jan	13:00		A Level Chemistry	GYM	2hrs	3
08:45		GCSE Physics Combined	GYM	1hr15	40		13:00		GCSE History P1	GYM	1hr20	13

JAN 2026 WEEK 2												
MORNING							AFTERNOON					
Time	Code	Title	Loc.	Dur.	Ent	Date	Time	Code	Title	Loc.	Dur.	Ent
08:45		A Level History P1	GYM	1hr 30	4	Mon 12 Jan	13:30		A Level Geography P2	GYM	1hr	3
08:45		A Level Psychology	GYM	2hrs	13		13:30		GCSE Geography P2	GYM	1hr15	29
08:45		GCSE Biology Combined	GYM	1hr 45	40							
08:45		A Level Chemistry	GYM		3	Tue 13 Jan	13:30		A Level Physics P1	GYM	2hrs	5
							13:30		GCSE German Writing	GYM	1hr 45	14
08:45		GCSE Chemistry Combined	GYM	1hr30	40		13:30		GCSE Spanish Writing	GYM	1hr 45	5
							13:30		GCSE Italian Writing	GYM		2
08:45		A Level Biology P1	GYM	2hrs	8	Wed 14 Jan	13:30		GCSE German L&R (Listening & Reading)	GYM		14
08:45		A Level Maths P3 Stats Mech	GYM	2hrs	4							
08:45		A Level English P2	GYM	3hrs	5							
08:45		GCSE English P2	GYM	1hr45	40							
						Thu 15 Jan	13:30		Further Mathematics	GYM		4
08:45		GCSE Maths P2	GYM	1hr15	40							
08:45		GCSE Spanish L&R (Listening & Reading)	GYM		5	Fri 16 Jan						
08:45		GCSE History P3	GYM	1hr 30	13		14:00		A-Level Computer Science ICT		2	
08:45		GCSE Italian Listening & Reading	GYM		2							



**Michael Hall**  
WALDORF SCHOOL

# THE PSYCHOLOGY OF REVISION

## SLEEP ON IT

Gais, Lucas and Born (2006) showed that sleeping within one or two hours of learning significantly improves declarative memory, independent of the time of day.



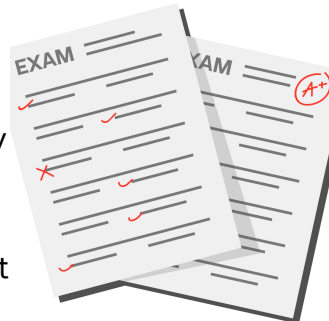
## READING, MAKING SUMMARY NOTES AND HIGHLIGHTING DOES **NOT** WORK

These can all be done passively by the brain and are shown to be ineffective.



## PAST PAPER PRACTICE

Like riding a bike, procedural memory enables us to remember how to do things without even thinking about it if we practice enough.



## MAKE DIAGRAMS AND PICTURES

The long term memory is based on visual and meaningful content, not words.



## CREATE A MEMORY PALACE

Create a familiar place in your imagination. Place representations of things you need to remember at specific places in it.



## STAY HEALTHY

Lots of good quality sleep and healthy food are critical for optimal performance. Take care of yourself!



# On your exam day

This checklist will help you to be as prepared as possible for your exams, so that on the day itself you can focus on doing your best.

## Before sitting your exams, ensure you know:

- ☐ the date, time and location of your exams – you might find it helpful to write this information in a calendar or planner
- ☐ who to contact at school or college in case there's an emergency that makes you late or unable to sit your exam

## What you cannot take into exams:

- ☐ any type of phone
- ☐ revision notes
- ☐ any type of watch (this includes analogue, digital and smart watches)



## What you will need:

- ☐ a clear pencil case
- ☐ at least two black ink pens – blue pens are not acceptable
- ☐ an approved calculator for relevant exams
- ☐ appropriate apparatus such as a ruler or protractor for relevant exams
- ☐ a clear water bottle if you wish to take one in – it must not have a label



## Other important information:

- ☐ Listen carefully to the invigilator's instructions which will be specific to your exam. If you are unsure of anything, please raise your hand and wait for the invigilator.
- ☐ Fill in your details on the front of your answer booklet.
- ☐ If you need additional answer sheets, raise your hand and wait for an invigilator who will provide you with one. Remember to add your details to this booklet too.
- ☐ If you need to use the toilet or feel unwell, raise your hand and wait for an invigilator who will escort you from the exam room.
- ☐ Make sure you stay silent – talking to a fellow candidate could result in disqualification from all your exams.

## Contingency sessions:

- ☐ There are contingency sessions within the Summer 2024 exam timetable – the afternoon of 6 June and 13 June 2024 and the morning and afternoon of 26 June 2024. Make sure you are available on all three dates even if you do not have an exam.

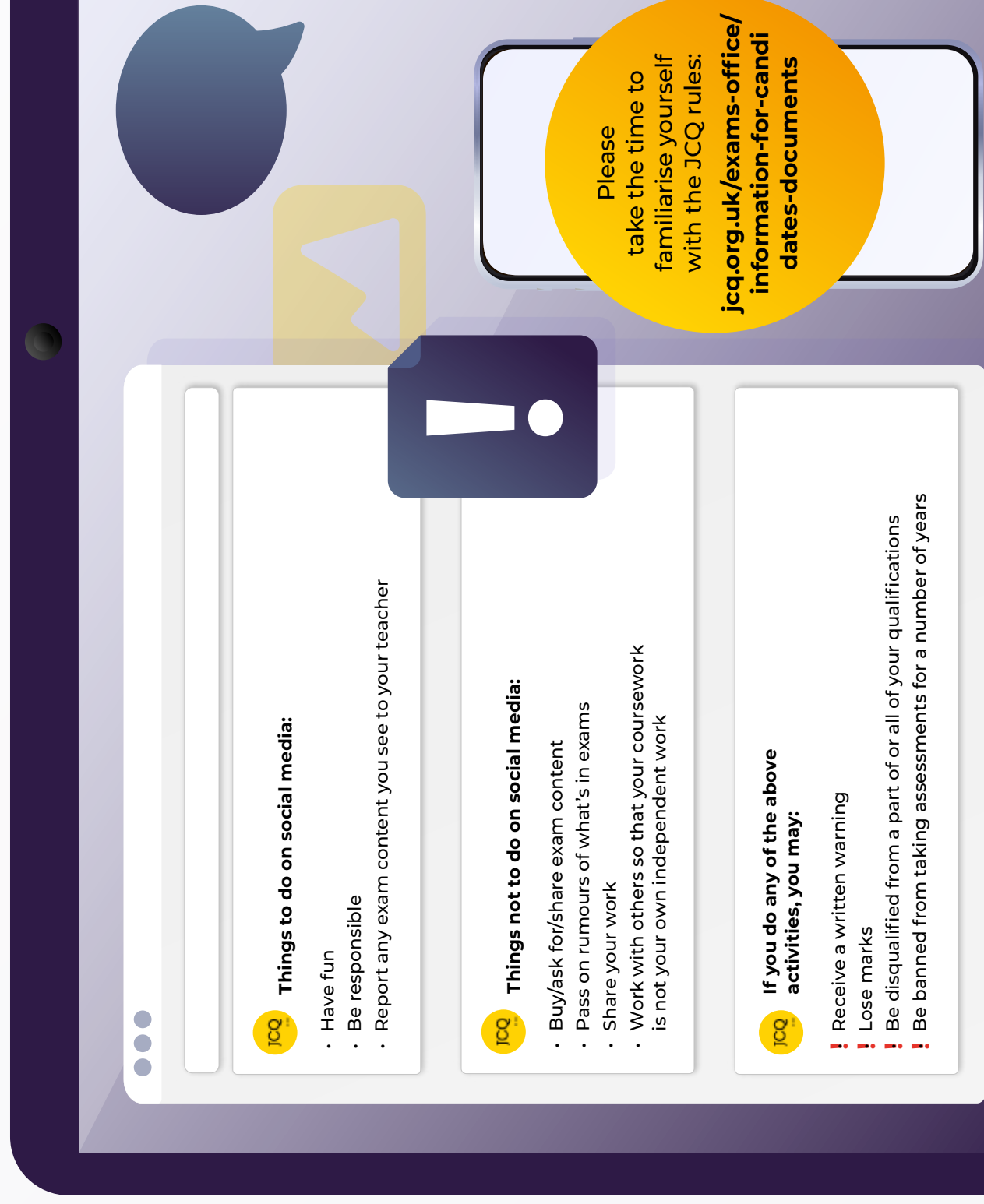
If you have any questions about your exams, please ask your teacher or exams officer.



# Information for candidates Using social media and examinations/assessments

**While we like to share our experiences online, when it comes to exams, we have to be careful.**

- Sharing ideas online can be helpful when you're studying or revising
- However, sharing certain information (see information on the right) can break the rules and could affect your results
- If you're not sure what you can and can't discuss online, check with your teacher
- If you receive exam content on social media, you must tell your teacher
- Don't be caught out by scammers selling fake exam papers



# Warning to candidates



 AQA	 City & Guilds	 CCEA	 NCFE	 OCR	 Pearson	 WJEC
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1

You **must** be on time for all your examinations.

2

**Possession of a mobile phone** or other unauthorised material **is not allowed** even if you do not intend to use it. You will be subject to penalty and possible disqualification from the examination or qualification.

3

You **must not** talk to, attempt to communicate with or disturb other candidates once you have entered the examination room.

4

You **must** follow the instructions of the invigilator.

5

You **must not** sit an examination in the name of another candidate.

6

You **must not** become involved in any unfair or dishonest practice in any part of the examination.

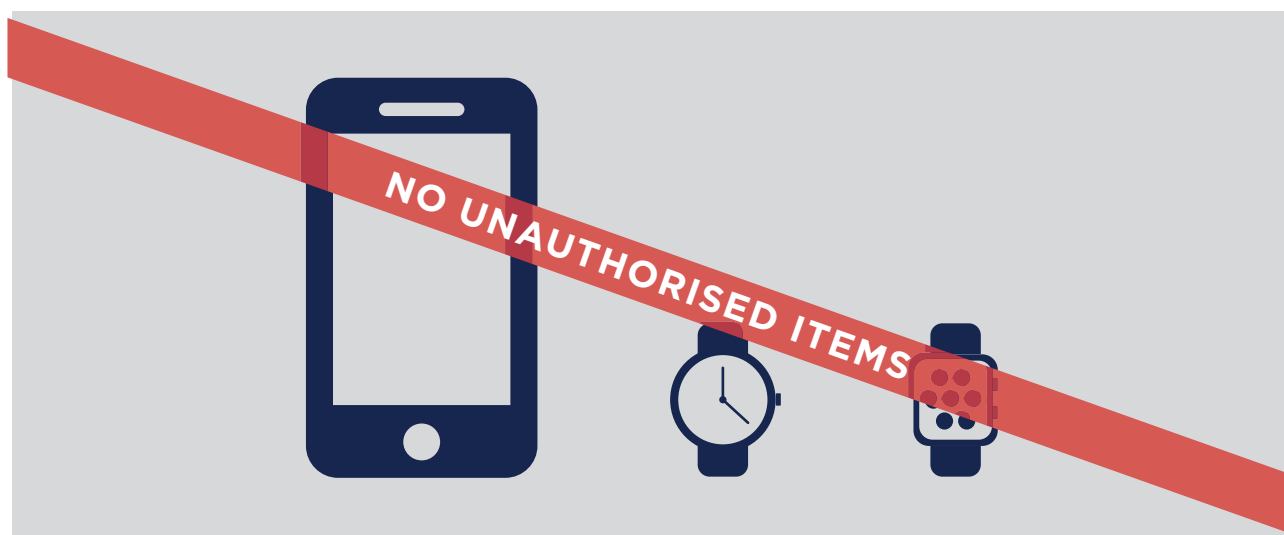
7

If you are confused about anything, only speak to an invigilator.

**The *Warning to candidates* must be displayed in a prominent place outside each examination room. This may be a hard copy A3 paper version or an image of the poster projected onto a wall or screen for all candidates to see.**

# **NO MOBILE PHONES NO WATCHES**

**NO TECHNOLOGICAL OR WEB-ENABLED  
POTENTIAL SOURCES OF INFORMATION**



**Possession of unauthorised items, such as a mobile phone  
or any watch, is a serious offence and could result in**

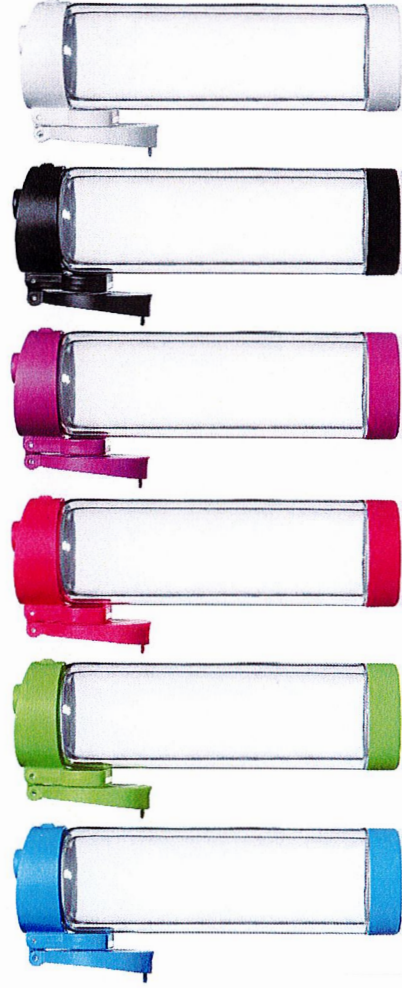
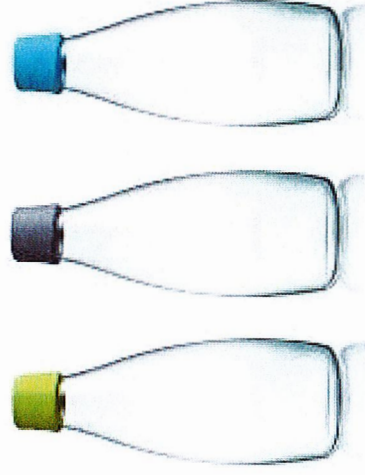
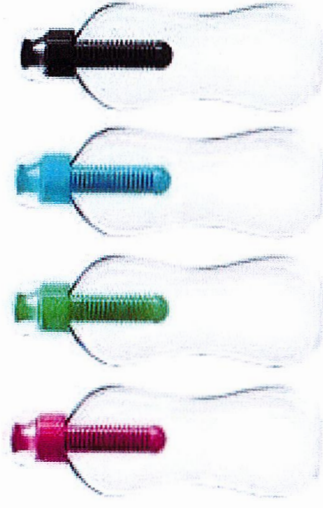
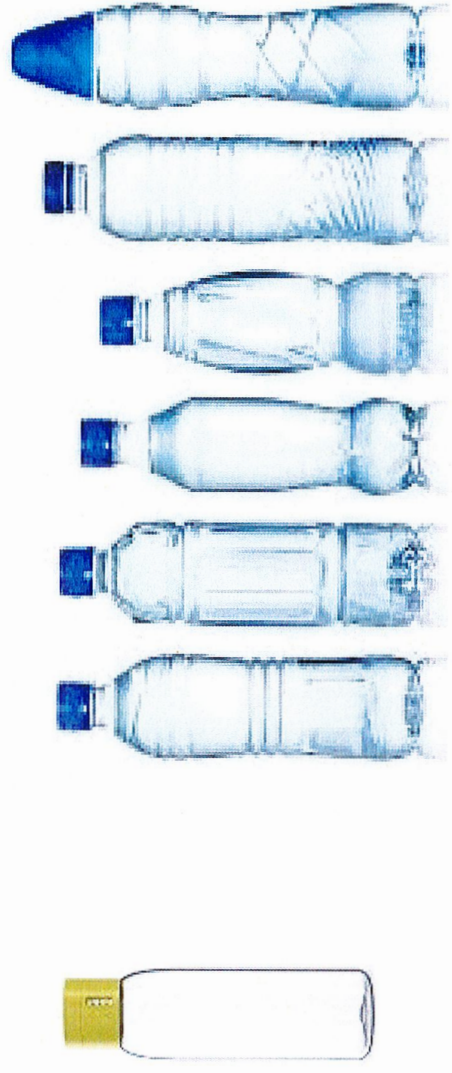
# **DISQUALIFICATION**

**from your examination and your overall qualification.**

This poster must be displayed in a prominent place outside each examination room.



# Water Bottles PERMITTED in IB, A Level or GCSE Exams



# AI and Assessments

## A quick guide for students



### What is AI?

- AI stands for artificial intelligence and using it is like having a computer that thinks
- AI tools like ChatGPT or Snapchat My AI can write text, make art and create music by learning from data from the internet, but watch out – they can also make things up and be biased



### How can AI be misused in assessments?

AI misuse is when you take something made using AI and say it's your own work.

**THIS IS CHEATING!**



### How do I make sure I don't misuse AI?



#### 1 Know the rules

- You're **not allowed** to use AI tools when you're in an exam
- Your teachers will tell you if you're allowed to use AI tools when doing your coursework – the rules will depend on your qualification
- Even if you're allowed to use AI tools, you can't get marks for content just produced by AI – your marks come from showing your own understanding and producing your own work

#### 2 Reference reference reference!

If you're allowed to use AI tools, you must reference them clearly

- Name the AI tool you used
- Add the date you generated the content
- Explain how you used it
- Save a screenshot of the questions you asked and the answers you got

#### 3 Declare it's all your own work

– When you hand in your assessment, you have to sign a declaration. Anything without a reference must be all your own work. If you've used an AI tool, don't sign the declaration until you're sure you've added all the references

### What happens if I misuse AI?

If you've misused AI, you could lose your marks for the assessment – you could even be disqualified from the subject.

**DON'T RISK IT!**



**REMEMBER**  
Misusing AI is cheating!  
Know the rules  
Talk to your teachers  
Reference clearly

# Class 10 Week 1 Timetable

Week 1	1	2	Break	3	4	5	Lunch	7	8
	08:15 - 09:05	09:10 - 10:00	10:05 - 10:35	10:40 - 11:30	11:35 - 12:25	12:30 - 13:20	13:25 - 14:15	14:20 - 15:10	15:15 - 16:05
Monday 5th Jan									
Tuesday 6th Jan									
Wednesday 7th Jan	Assembly	09:45 - 11:45 GCSE English P1			Supervision - <b>SG &amp; AB</b>	Revision / Study <b>SB &amp; MP</b>	Lunch	Art	
								Art & Design	
								Study	
Thursday 8th Jan	08:30 - 11:00 - GCSE Maths P1			Supervision - <b>RL &amp; RG</b>	Supervision / Lunch <b>GH &amp; JRI</b>	12:45 - 14:00 - GCSE Geography		Study - <b>EH</b>	Home
						Gym	Lunch		
Friday 9th Jan	08:30 - 10:00 - GCSE Combined Science Physics			Study - <b>SG &amp; AB</b>	Early Lunch - <b>CG</b>	12:45 - 14:15 GCSE History x 13		Break - <b>RL</b>	Science
	08:30 - 10:30 GSCE Physics				Craft	Geography - Study	Lunch	English	

## Class 10 Week 2 Timetable

Week 2	1	2	Break	3	4	5	Lunch	7	8
	08:15 - 09:05	09:10 - 10:00	10:05 - 10:35	10:40 - 11:30	11:35 - 12:25	12:30 - 13:20	13:25 - 14:15	14:20 - 15:10	15:15 - 16:05
Monday 12th Jan	08:30 - 10:00 GCSE Combined Science Biology			Supervision - <b>RL &amp; SB</b>	German - Spanish - Study	Supervision / Lunch <b>JRI &amp; GH</b>	13:15 - 14:30 GCSE Geography P2		English
	08:30 - 10:30 GCSE Biology						Lunch	Science	
Tuesday 13th Jan	08:30 - 10:00 - GCSE Combined Science Chemistry			Supervision - <b>IW &amp; RL</b>	English	Gym / Games / Lunch	13:15 - 15:15 GCSE German, Spanish & Italian Writing		Craft
	08:30 - 10:30 - GCSE Chemistry						Lunch	Craft	
Wednesday 14th Jan	08:30 - 10:30 - GCSE English P2			Supervision - <b>LAm &amp; MP &amp; MAr</b>	Science	Study / Lunch <b>MP &amp; SB</b>	13:15 - 15:30 - GCSE German Listening & Reading		
							Lunch	Art - Art & Design - Study	
Thursday 15th Jan	08:30 - 11:00 GCSE Maths P2		Break	Science	Eurythmy - Music	Gym	Lunch	Maths	Home
Friday 16th Jan	08:30 - 10:45 - GCSE Italian Listening & Reading			Supervision - <b>SG &amp; AB</b>	Craft	Geography - History - Study	Lunch	English	Science
	08:30 - 10:45 - GCSE Spanish Listening & Reading								
	08:30 - 10:15 - GCSE History P3								
	Guardian Lesson <b>RL</b>	Maths <b>EH &amp; JK &amp; IW</b>	Break						



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