

# The Climb

## Y11 Independent Study Journal

Name: .....

Tutor Group.....



“The best view comes after the hardest climb”

# What is the Climb?

There are many metaphors for life, but none encompasses Year 11 and the process of sitting your GCSEs like the metaphor of climbing a mountain. This journal is like your map to your next destination, whether that be college, university, or an apprenticeship.

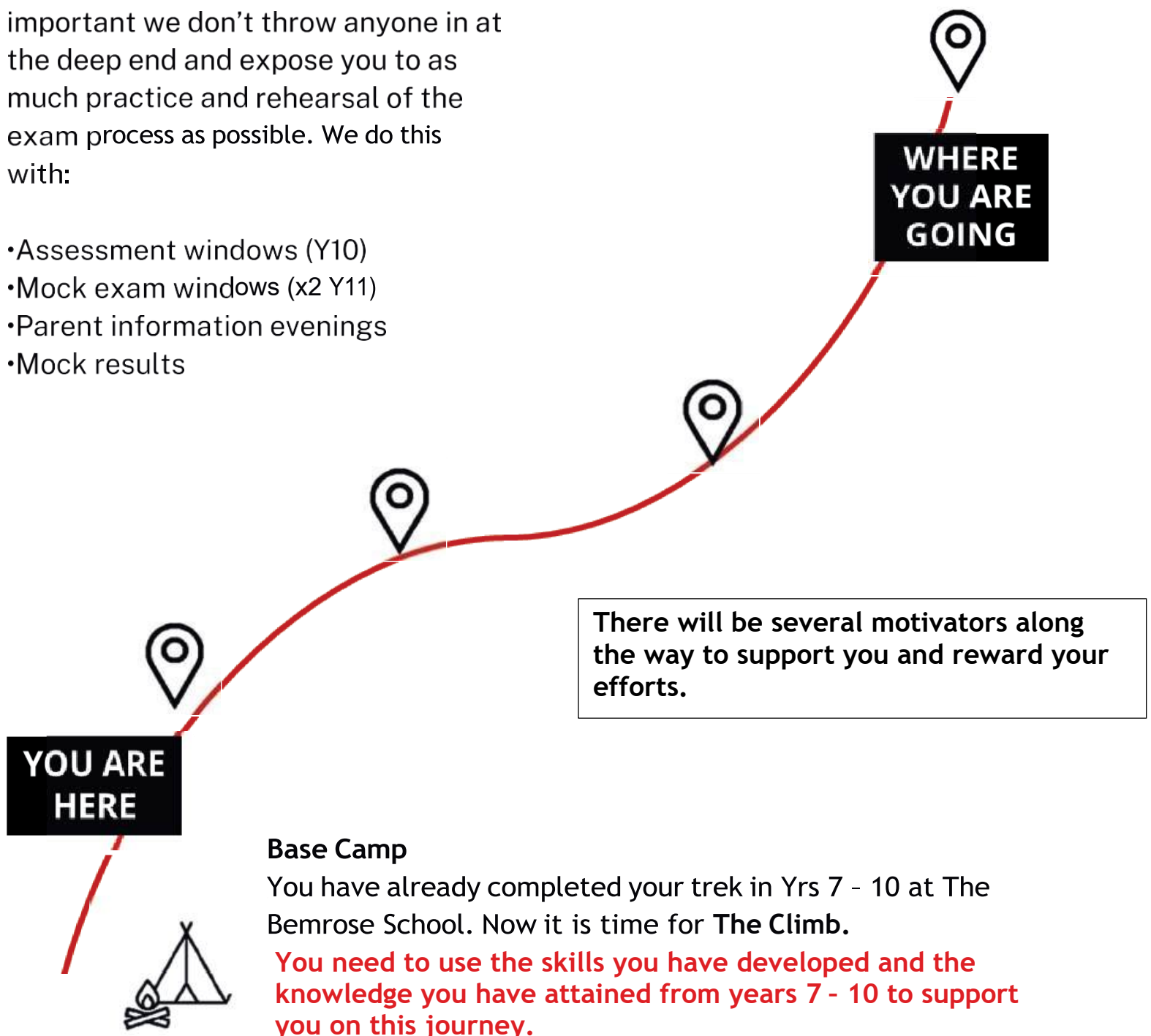
This journal has been written by experts who have completed this climb many times before and help hundreds of young people complete the climb every year. So, follow the route in this journal and complete the climb successfully to take you on to your next adventure in life! The rewards will be immeasurable.

## Acclimatisation periods

When climbing a mountain, you need to gradually expose yourself to the conditions of high altitude. So, it's important we don't throw anyone in at the deep end and expose you to as much practice and rehearsal of the exam process as possible. We do this with:

- Assessment windows (Y10)
- Mock exam windows (x2 Y11)
- Parent information evenings
- Mock results

## The Climb Graduation Ceremony



# What are your goals?



## Your Goals

My Goals:

My goals for May - June (exam season)

My goals for March - April (Spring 2)

My goals for January - February (Spring 1)





# Navigating The Climb

You would never climb a mountain without fully preparing yourself beforehand. Without training and the proper equipment to support you, it is likely you will fail. Sitting your GCSEs requires the same amount of intense preparation, hard work and commitment. To guide you through Y11, we have created a series of stages and check in points that include criteria to meet to be successful and ensure your ticket to the coveted Y11 prom.

The stages and check-in points chunk your revision down into manageable smaller parts to prevent you feeling overwhelmed.

## Check in points:

1. Monday 5<sup>th</sup> January - Friday 13<sup>th</sup> February 2026  
**Interim check point: week beg Monday 26th January**
2. Monday 23<sup>rd</sup> February - Friday 27<sup>th</sup> March 2026  
**Interim check point: week beg Monday 9th March**
3. Monday 13<sup>th</sup> April - Friday 22<sup>nd</sup> May 2026  
**Interim check point: week beg Monday 27th April**



Form tutors will check and sign off your stage challenges in this Climb Study Journal. Subject teachers will award you tickets for independent study which need logging. You will be given tickets for 100% attendance and completed independent study tasks - these need to go into the Climb boxes around school and a draw will be made every Friday to award 5 students a week.

Students who complete all stages every half term will be entered into a prize draw. Prizes will include chocolate, queue jumps for the canteen, pizza for your form, Amazon vouchers (including vouchers ranging from £100 - £5) and 'money off' prom vouchers/prom tickets.



**YOU are responsible for completing each stage.**

Your form tutor will check your journal at each stage and award you a sticker for successful completion. **You must complete at least 20 of the 24 stages to be able to attend prom.**

# Navigating The Climb

Three crucial stages of The Climb have been mapped for you to navigate your expedition to GCSE success. Each stage includes criteria that you need to meet to prepare you fully.

## Stage 1 - Base camp: 5<sup>th</sup> January - 13<sup>th</sup> February

- Over **95% attendance** at this stage
- Have **less than 5 lates** to lesson at this stage
- Climb learning journal shown to teachers/tutor and signed off - form tutors to sign off. A **minimum of 3 subjects** must be signed off to achieve this.
- Attendance to **at least 3 Strive** sessions a week.
- Have a **PPE revision timetable** and shown evidence of this to form tutor.

Interim check point: **week beg Monday 26<sup>th</sup> January**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Form tutor Stage 1 final check:

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



# Navigating The Climb

## Stage 2 - Lobuche Peak: Monday 23rd February - Friday 27th March 2026

- Over 95% attendance at this stage
- Have less than 5 lates to lesson at this stage
- Climb learning journal shown to teachers/tutor and signed off - form tutors to sign off. A minimum of 5 subjects must be signed off to achieve this.
- Attendance to at least 3 Strive sessions a week.
- Attend Yr 11 parent event and/or results day
- To have less than 20 behaviour points at this stage
- Be on target to achieve my target grade in at least 4 subjects.
- Have evidence of an application to a post-16 placement.
- To have no suspensions.

**Interim check point: week beg Monday 9<sup>th</sup> March**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**Form tutor Stage 2 final check:**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



# Navigating The Climb

## Stage 3 - The Summit Bid: Monday 13<sup>th</sup> April - Friday 22<sup>nd</sup> May

- Over 95% attendance at this stage
- Have less than 5 lates to lesson at this stage
- Climb learning journal shown to teachers/tutor and signed off - form tutors to sign off. A minimum of 5 subjects must be signed off to achieve this.
- Attendance to at least 3 Strive sessions a week.
- To have a GCSE revision plan and timetable including all the dates of my exams.
- To have less than 25 behaviour points at this stage
- Be on target to achieve my target grade in at least 5 subjects
- Have evidence of attendance to a post-16 interview
- To have no suspensions.
- Attend an additional revision day/holiday session

Interim check point: **week beg Monday 27<sup>th</sup> April**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Form tutor Stage 3 check:

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



# Preparing for The Climb

Just like you would never climb a mountain without sufficient preparation, you need to ensure you have all the right equipment to sit your GCSEs.

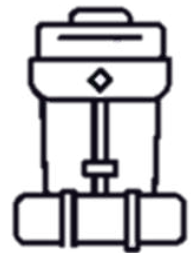


## Dealing with stress

Stress is a normal part of everyone's life every day. From minor inconveniences to greater challenges-like sitting your GCSEs! A healthy lifestyle can help you deal with stress much better-that includes a healthy diet, enough sleep and ensuring you plan in some down time.

## Sleep

Getting enough sleep and rest is crucial to being able to tackle any challenge head on. Experts recommend at least 8 hours sleep a night in order to feel fully recharged and rested. Keep your phone away from your bed or out of your room so you are not tempted to scroll!



## The right mindset

Feelings of doubt will inevitably creep into your mind at times during this climb. That's normal! Embrace a Growth Mindset-you are capable of great things when you put your mind to it.

Take a deep breath and keep going!



# Preparing for The Climb

Just like you would never climb a mountain without sufficient preparation, you need to ensure you have all the right equipment to sit your GCSEs.



## Diet

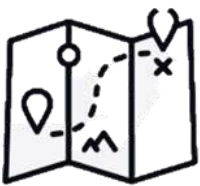
There is nothing more off putting for you than sitting an exam with a rumbling stomach. Just like a car needs fuel, your body and mind require whole foods to power your studies and revision. Ensure you eat at least 5 fruits and vegetables a day and drink 2L of water to feed your mind properly and keep the hunger pangs at bay.

## Relaxation

What do you like to do to relax? Make sure you plan some time during intense acclimatisation periods and as you reach the summit to relax and de-stress. Fresh air and sunlight have magical effects on your mindset so try and incorporate something outdoors, but most of all, do what you enjoy.



## Revision



Right from Y7, we have been equipping you with the revision tools you need to be successful. Research shows that you are more likely to remember something if you repeat it over spaced periods of time as opposed to cramming the night before. Make a revision timetable and use the strategies in this Journal to guide your revision over the year.



**My attendance tracker - what is my %?**

**Sept - Oct half term**

**Sept - Dec**

**Sept - Feb half term**

**Sept - Easter**

**Sept - May half term**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
16:00					
16:30					
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Time	Saturday	Sunday
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You are not expected to fill all this- choose the times and days that work for you.



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Time	Saturday	Sunday
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You are not expected to fill all this- choose the times and days that work for you.



## Base Camp Independent Study Log

Your subject teacher will give you a ticket every time you show them a piece of independent study/home learning. There is a list of activities across subjects you could complete on the website and emailed to you. You need a minimum of 3 subjects for this stage.

Subject	Independent study - what did you do?
English	
Maths	
Science	
RE	
Option A:	
Option B:	
Option C:	



## The Lobuche Peak Independent Study Log

Your subject teacher will give you a ticket every time you show them a piece of independent study/home learning. There is a list of activities across subjects you could complete on the website and emailed to you. You need a minimum of 5 subjects for this stage.

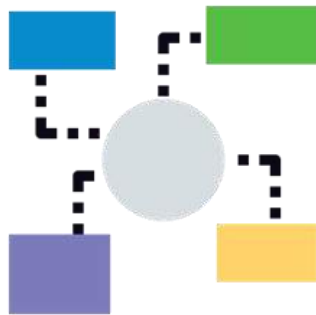
Subject	Independent study
English	
Maths	
Science	
RE	
Option A:	
Option B:	
Option C:	

## The Summit Bid Independent Study Log

Your subject teacher will give you a ticket every time you show them a piece of independent study/home learning. There is a list of activities across subjects you could complete on the website and emailed to you. You need a minimum of 5 subjects for this stage.

Subject	Independent study
English	
Maths	
Science	
RE	
Option A:	
Option B:	
Option C:	

## Revision Strategies



**Mind Maps**

**Brain Dumps**

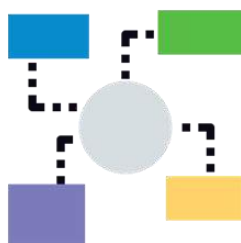


**Self Quizzing**

**Flashcards**



Revision strategies are key elements of your exam equipment list and you will have been using these in lessons and in your own revision. There are further revision templates in this booklet for you to trial, including the revision clock and space to answer practice questions.



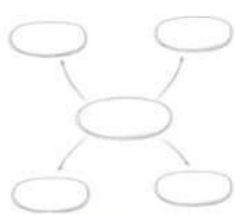
# Mind Maps



1

## Identify Knowledge

Identify the subject knowledge/content you wish to cover



2

## Identify sub topics

Place the main topic in the middle of the page and identify sub topics that will branch off



3

## Branch off

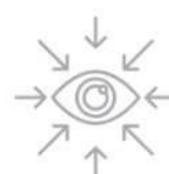
Branch off your sub topics with further detail



4

## Use images and colour

You can add images and colour to help information stick in your memory



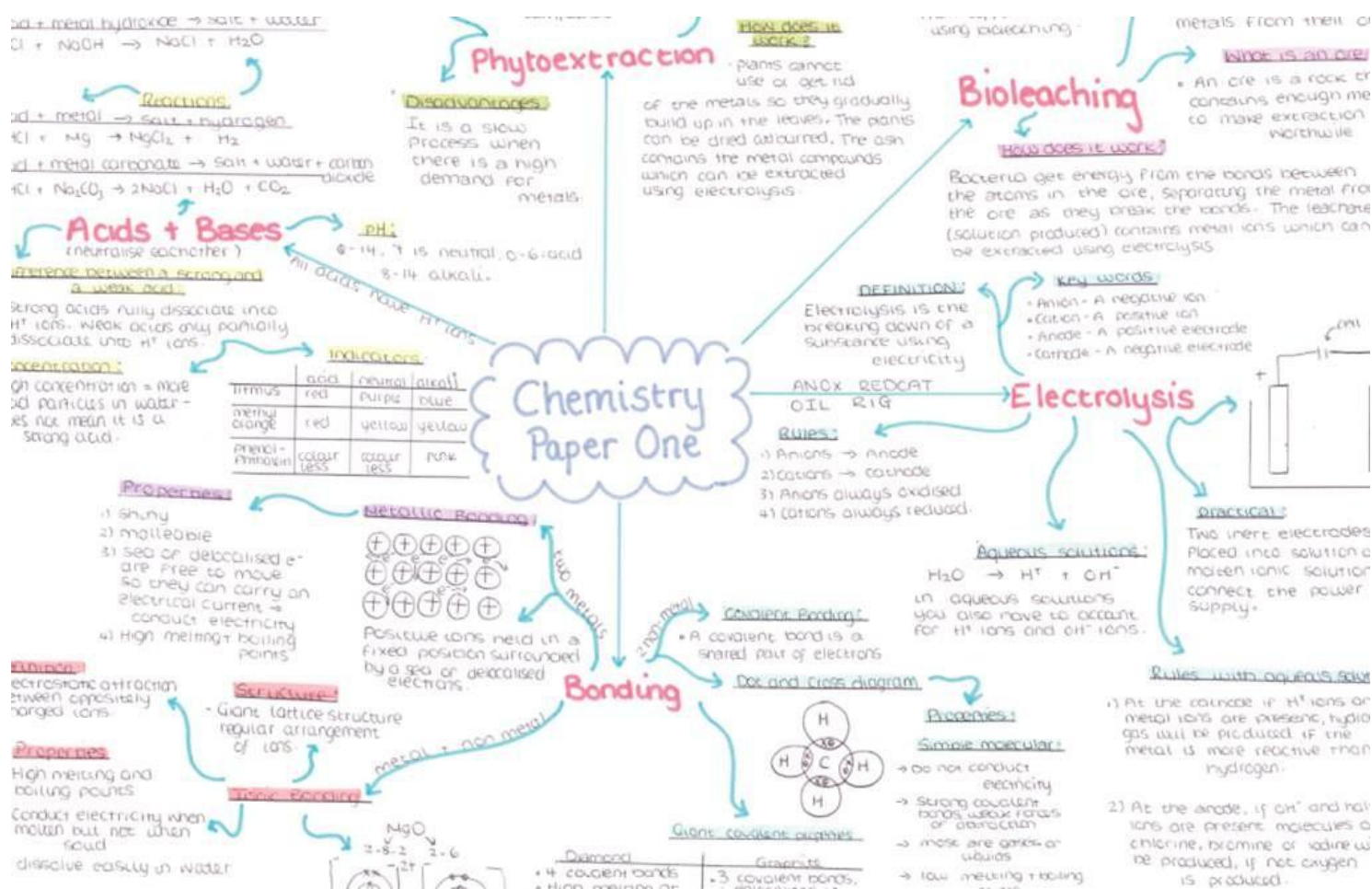
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## Put it somewhere visible

Place the completed mind maps somewhere where you can see them frequently

Try to recreate it from memory

Avoid using too much information on your Mind Map. If you overcrowd the page, you will find it harder to visualise the information when trying to recall it.





Identify the subject  
knowledge/content you  
wish to cover



Take a blank piece of paper/whiteboard and write everything you can remember about the topic with no prompts

3

Once complete and you can not remember anymore use different colours to highlight and underline words in groups

4

Compare your brain  
dump to your source and  
check your  
understanding



Keep your brain  
dump safe and  
revisit it

[illegible]





# Self Quizzing



1

## Identify Knowledge

Identify the subject knowledge/content you wish to cover



2

## Review & Create

Spend around 5 - 10 minutes reviewing content (knowledge organisers, class notes, text book)

Create questions based on this topic or use pre prepared questions



3

## Cover & Answer

Cover up the information and answer the questions from memory

Answer every question and in as much depth as you can



4

## Check Understanding

Go back to the content and self mark your answers

Correct any you got wrong



5

## Next Time

Revisit the areas where there were gaps in knowledge and quiz again on these next time

## When answering quiz questions...

### Do...

- Answer every question, even if you are unsure.
- Write the answers to the questions from memory.
- Answer the questions in as much depth as you can.
- Mark and correct your answers after you have finished.
- Improve your knowledge of incorrect answers after you have marked your answers.
- Keep a record of your scores.

### Don't...

- Skip questions because you find them difficult, or you are unsure about the answer.
- Answer the questions using textbooks or knowledge organisers- use your memory!
- Write single word answers so you can finish the questions as quickly as possible.
- Assume that your answers are correct.
- Throw the quiz away as soon as you have finished it-keep track of your progress.



# Flashcards



1

## Identify Knowledge

Identify the subject knowledge/content you wish to cover



2

## Colour Coding

Use different coloured flash cards for different topics

This will help with organisation NOT recall



3

## Designing

Create 1 question per flashcard, making it less likely that you will miss key points

Considering using pictures/symbols or an app such as Quizlet



4

## Checking understanding

Write your answers down, then check. Or say them out loud. This really clearly shows gaps in your knowledge

Do not copy and re read  
Shuffle the cards each time you use them



5

## Next Steps

Consider how you have performed in recalling the core knowledge

Once you are secure then make sure you move to practice applying that knowledge in exam questions

One of the key things is to know when they are effective. Flashcards work best when you have two pieces of information to learn, for example, a word and a definition. They are great for learning vocabulary in French, key terms in any topic, equations in maths and science and quotations in English.

Write a question

What is coastal erosion?

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Write the answer on the back

The wearing away and removal of material by a moving force, such as a breaking wave.

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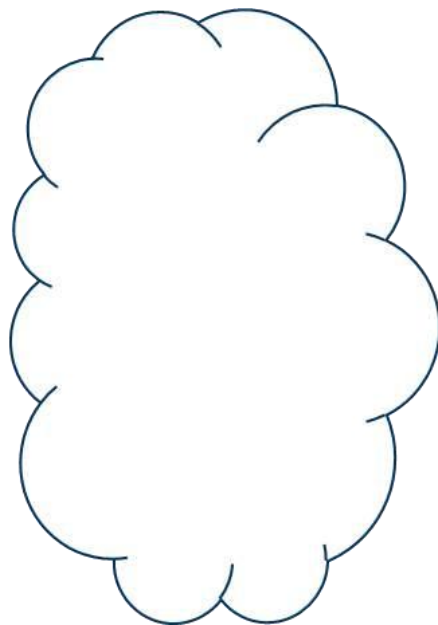
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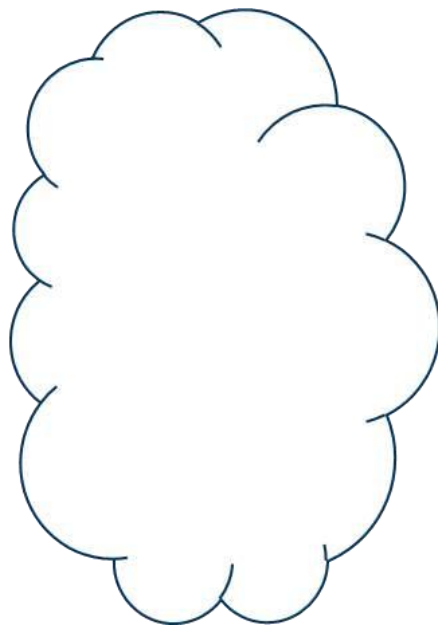
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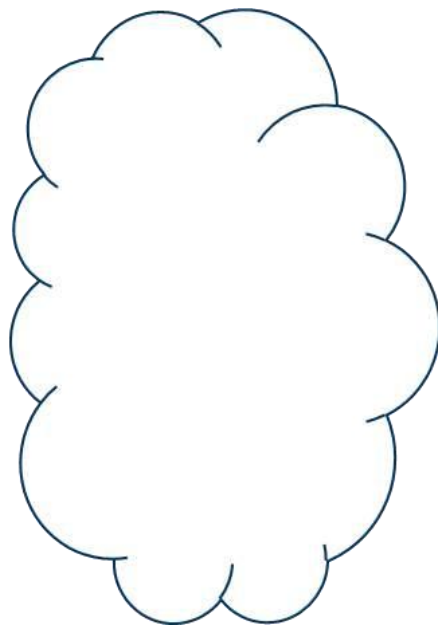
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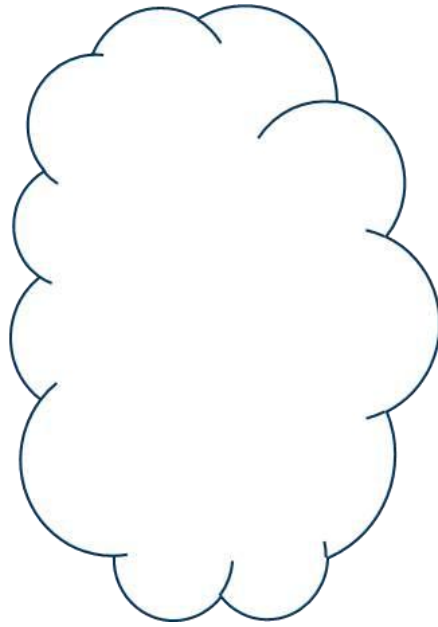
If you don't have any flashcards, cut a piece of A4 paper up into 4 and use these instead.













Subject: \_\_\_\_\_

Topic: \_\_\_\_\_



Subject: \_\_\_\_\_

Topic: \_\_\_\_\_



Subject: \_\_\_\_\_

Topic: \_\_\_\_\_



Subject: \_\_\_\_\_

Topic: \_\_\_\_\_





Topic: \_\_\_\_\_

Question:	Question:
Answer:	Answer:
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Topic: \_\_\_\_\_

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Topic: \_\_\_\_\_

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Date: \_\_\_\_\_ Subject: \_\_\_\_\_

Topic: \_\_\_\_\_

Main ideas	Notes
Summary	



Date: \_\_\_\_\_ Subject: \_\_\_\_\_

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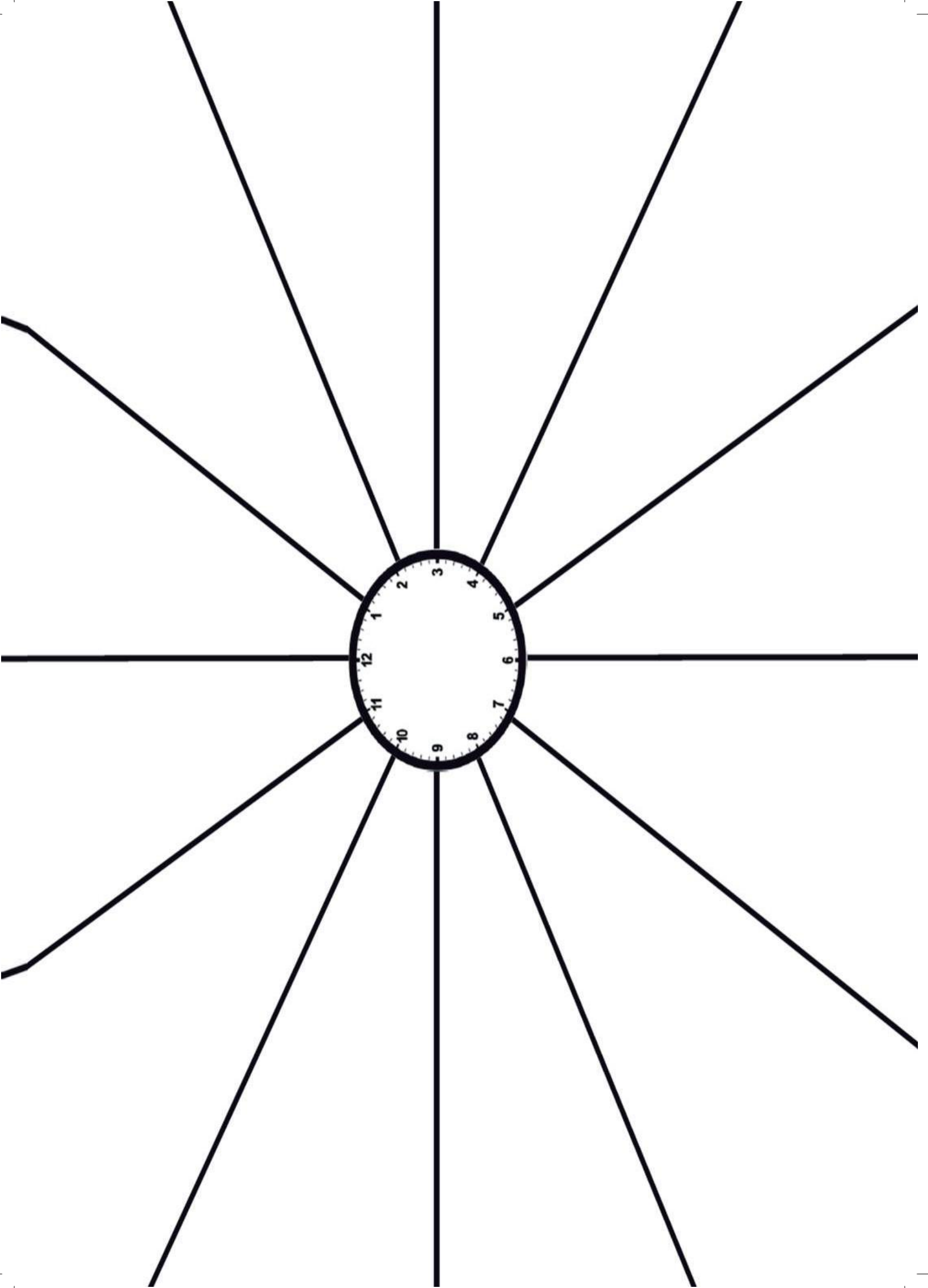
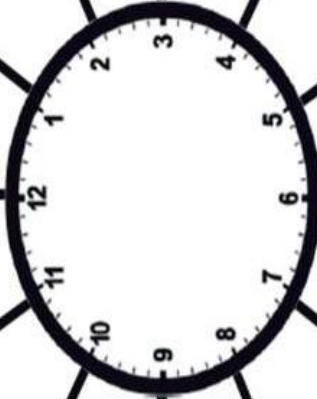


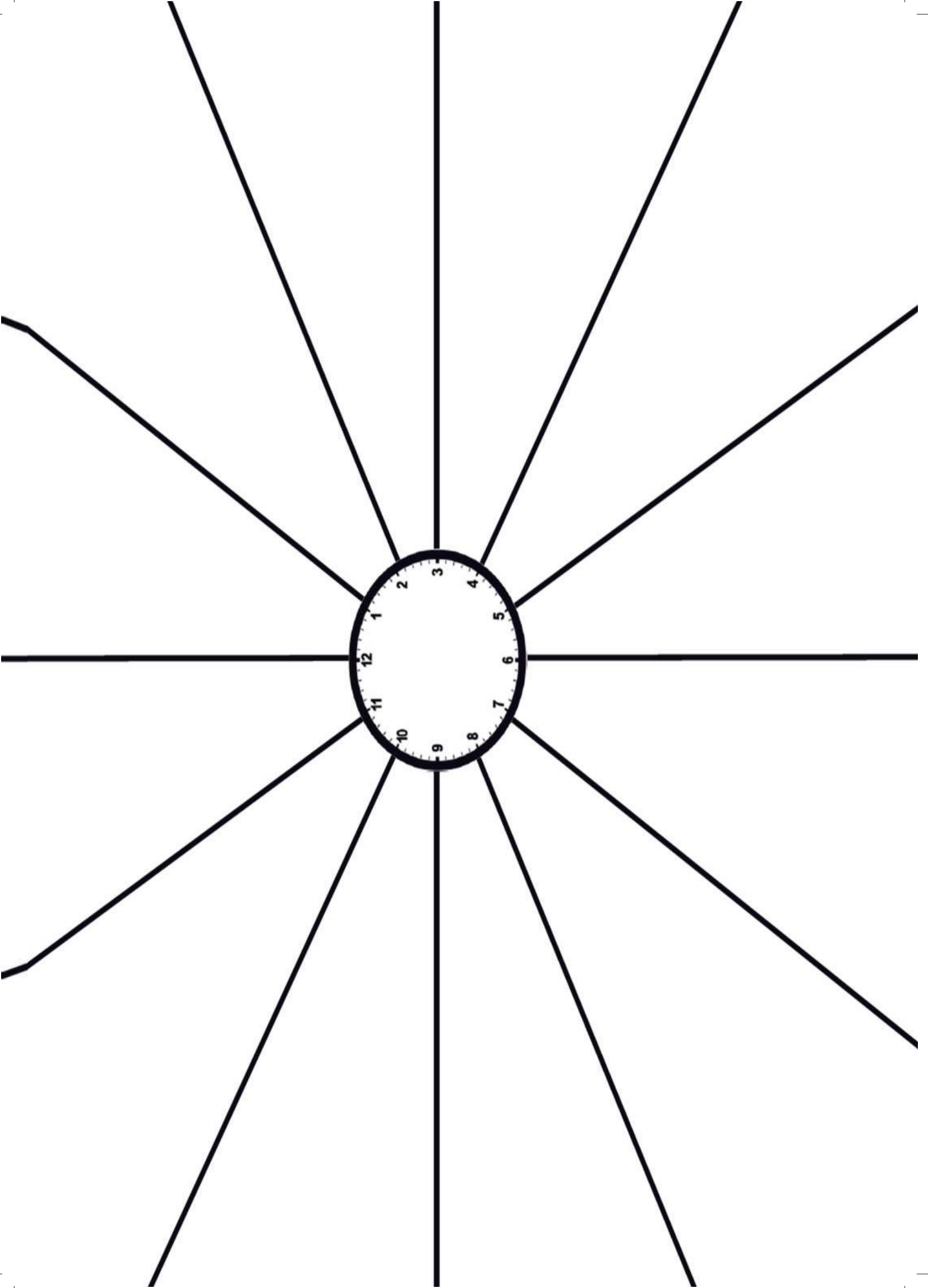
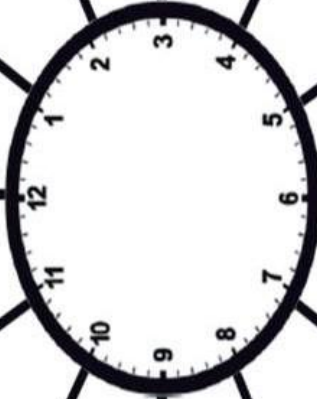
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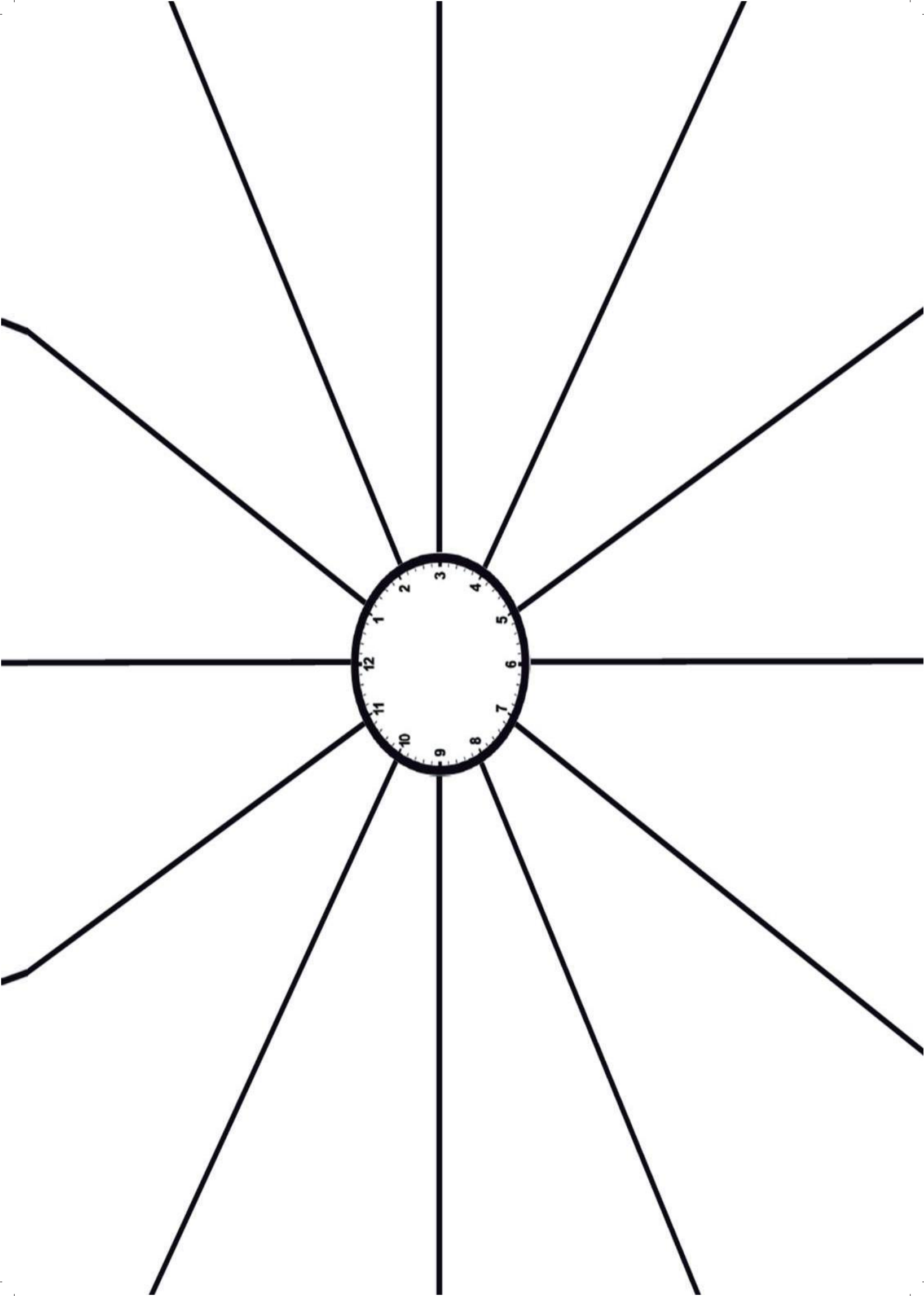
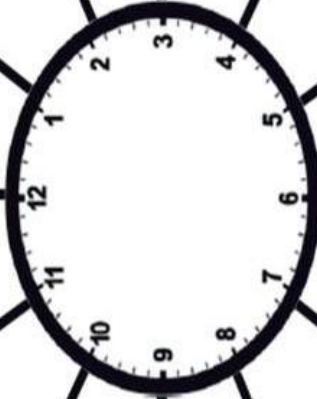
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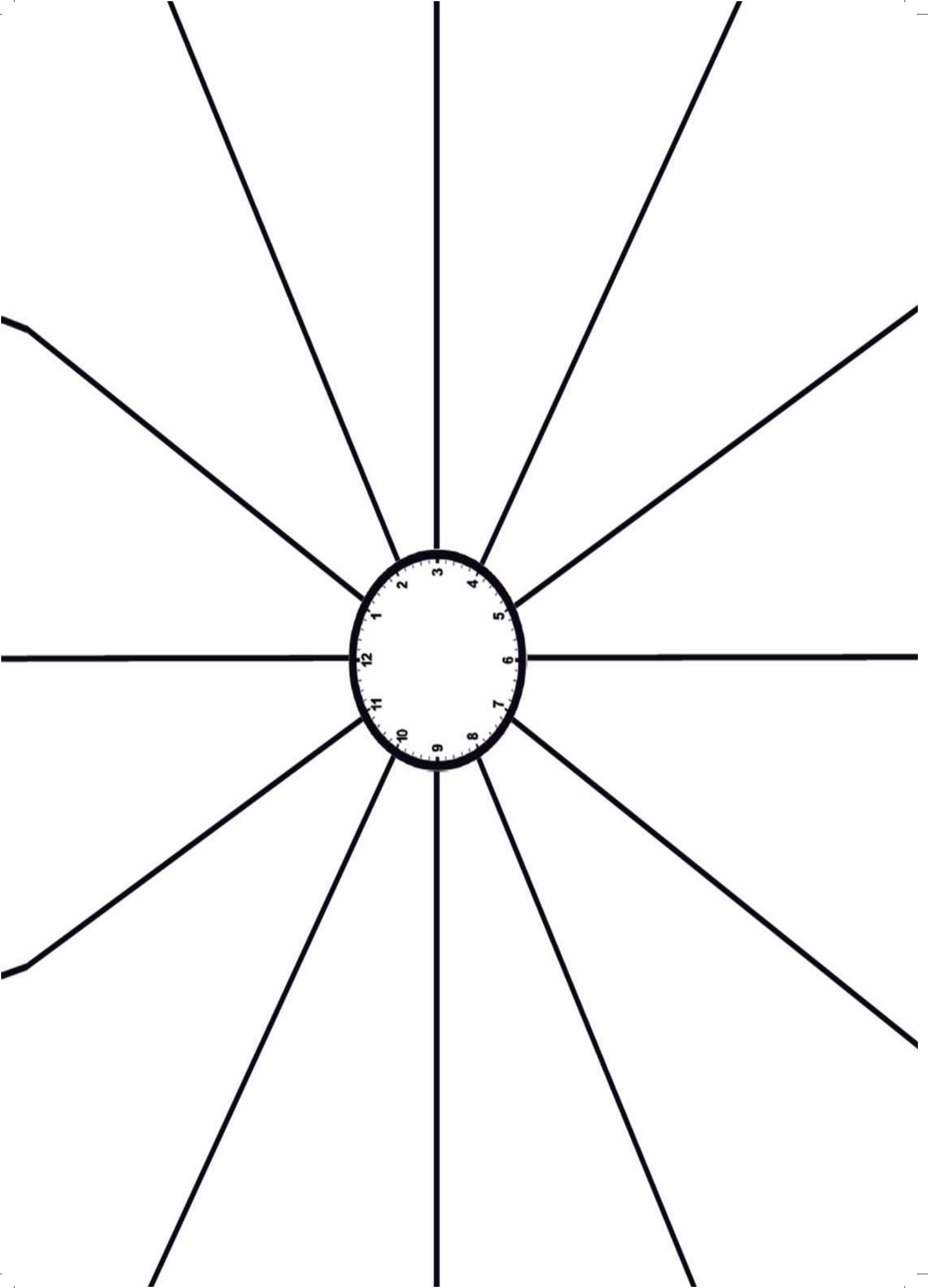
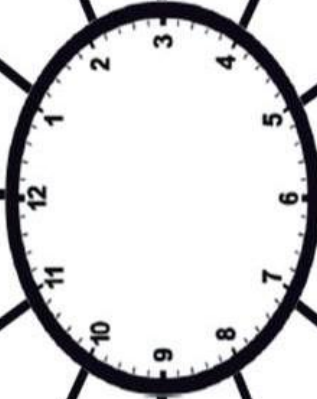
Main ideas	Notes
Summary	

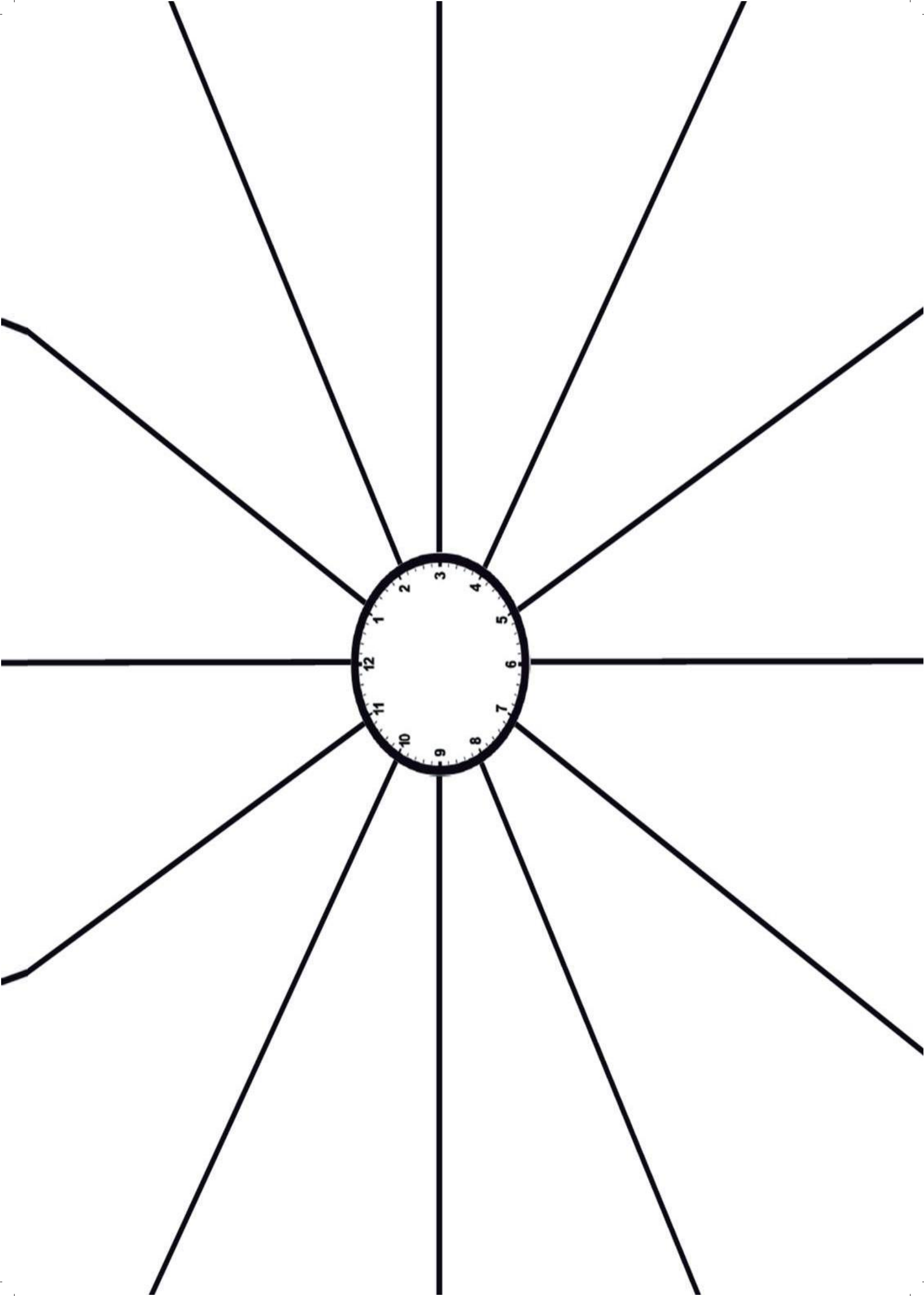
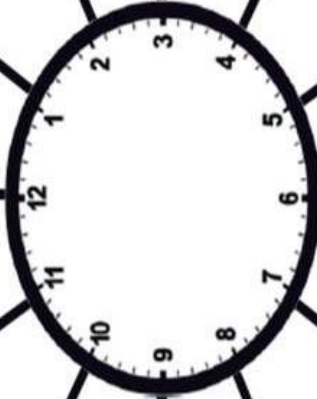


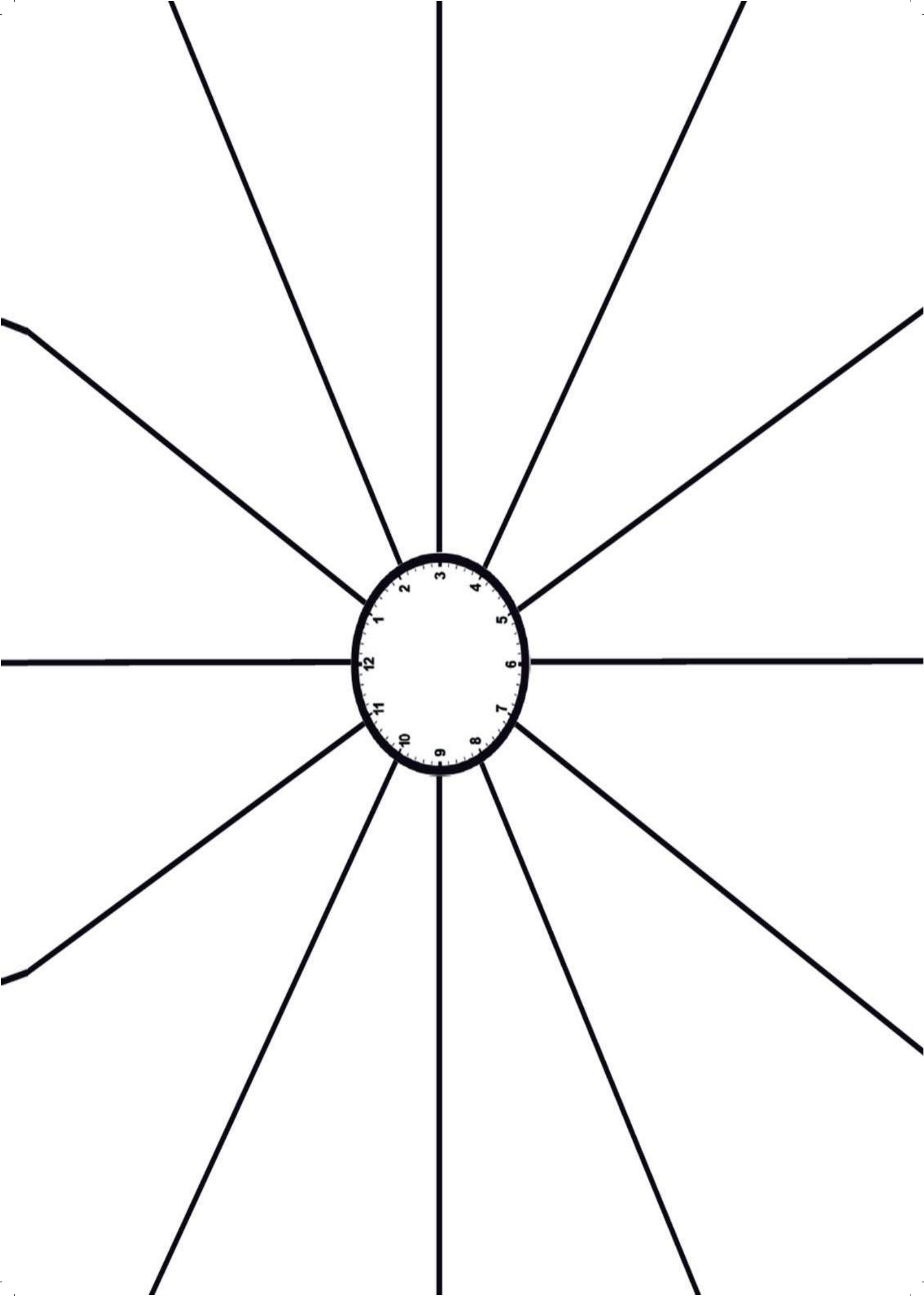
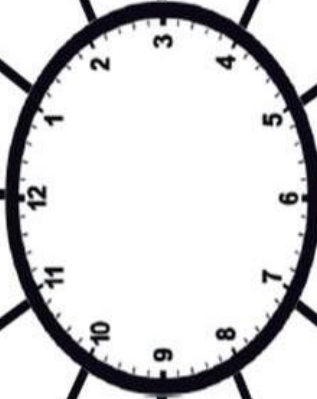












**Subject notes**

**Subject notes**