

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



**WHERE
YOU ARE
GOING**



**YOU ARE
HERE**



There will be several motivators along the way to support you and reward your efforts.

Base Camp

You have already completed your trek in Yrs 7 - 10 at The Bemrose School. Now it is time for The Climb.



You need to use the skills you have developed and the knowledge you have attained from years 7 - 10 to support you on this journey.

What are your goals?



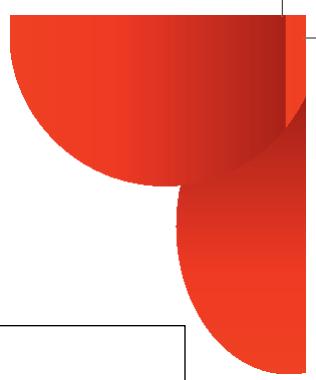
**Your
Goals**

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 5th January - Friday 13th February 2026
Interim check point: week beg Monday 26th January
2. Monday 23rd February - Friday 27th March 2026
Interim check point: week beg Monday 9th March
3. Monday 13th April - Friday 22nd 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.

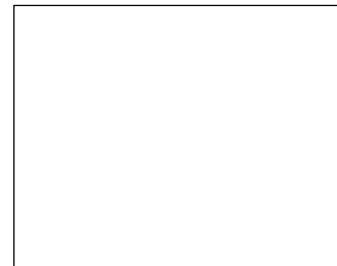
Stage 1 - Base camp: 5th January - 13th February

- 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 26th 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 9th March

Signed: _____

Date: _____

Form tutor Stage 2 final check:

Signed: _____

Date: _____

Navigating The Climb

Stage 3 - The Summit Bid: Monday 13th April - Friday 22nd 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 27th April**

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Date: _____

Form tutor Stage 3 check:

Signed: _____

Date: _____

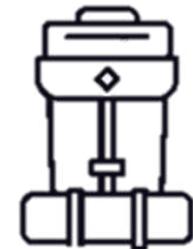
Preparing for The Climb

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

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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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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: | |

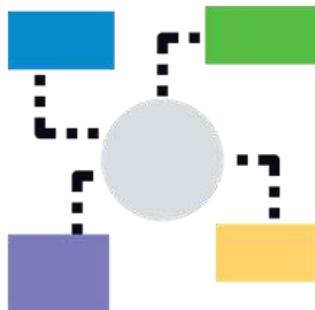
The Summit Bid

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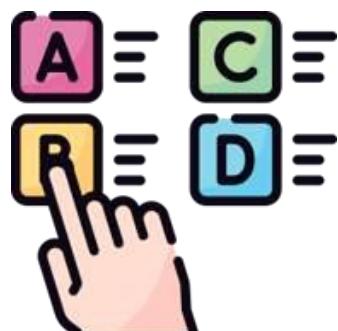
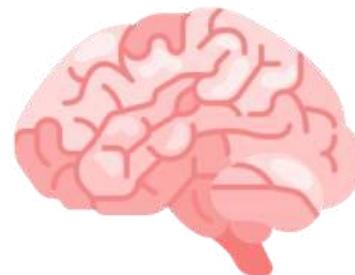
| Subject | Independent study |
|-----------|-------------------|
| English | |
| Maths | |
| Science | |
| RE | |
| Option A: | |
| Option B: | |
| Option C: | |

Revision Strategies



Mind Maps

Brain Dumps



Self Quizzing

Flashcards



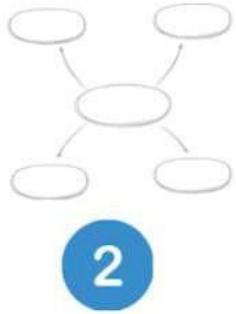
Revision strategies are key elements of your exam equipment list and you will have been using these in lessons and in your own revision. There are further revision templates in this booklet for you to trial, including the revision clock and space to answer practice questions.

Mind Maps



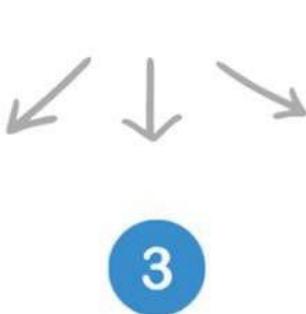
1 Identify Knowledge

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



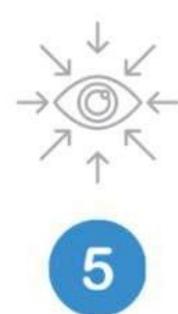
3 Branch off

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

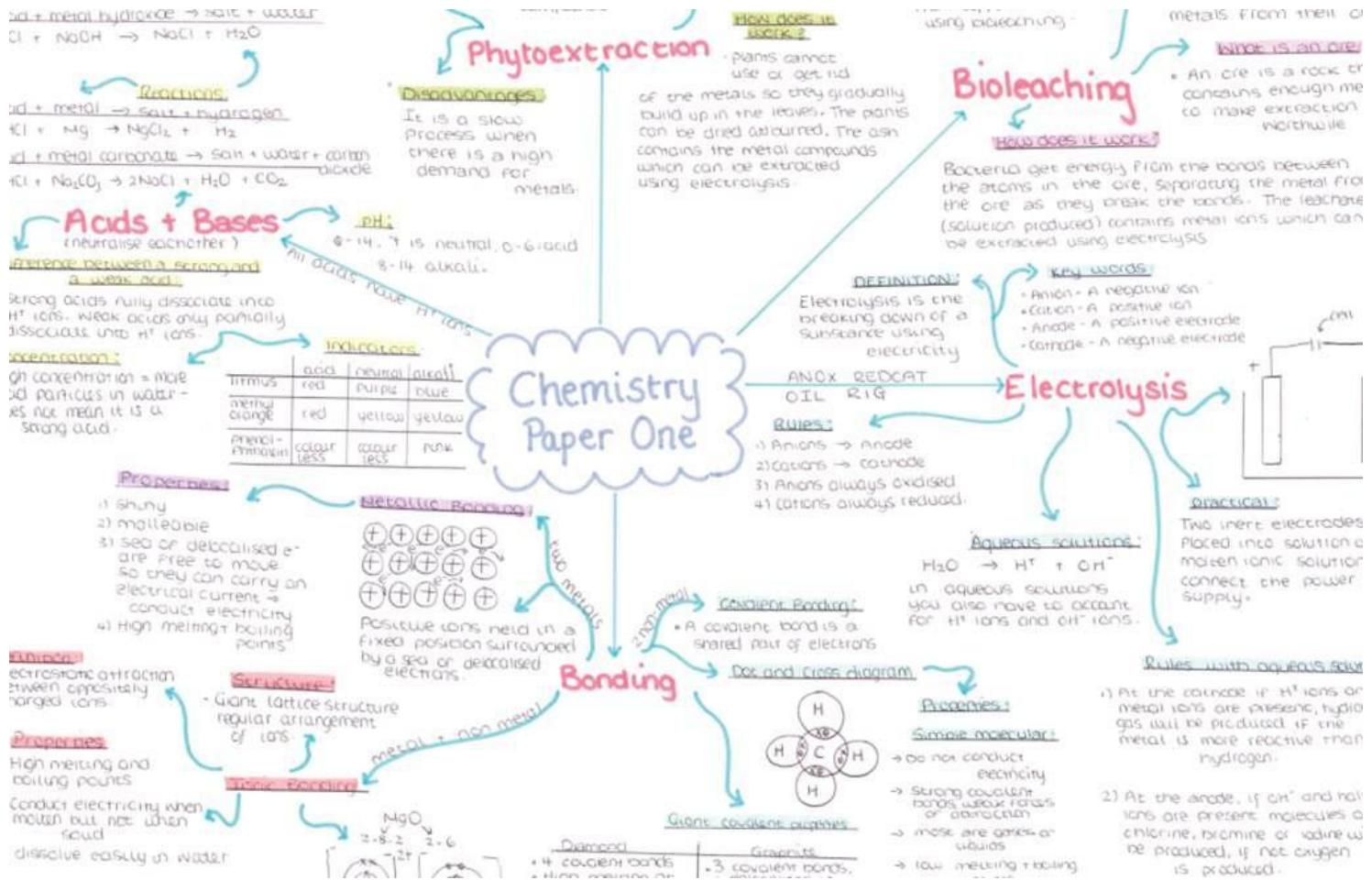


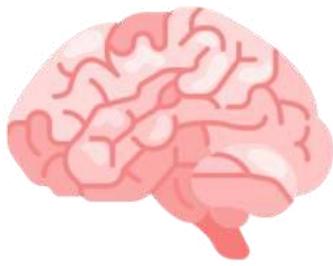
5 Put it somewhere visible

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.





Brain Dumps



1

Identify Knowledge

Identify the subject knowledge/content you wish to cover

2

Write it down

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

Give yourself a timelimit (eg 10 mins)

3

Organise information

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

This categorises information

4

Check understanding

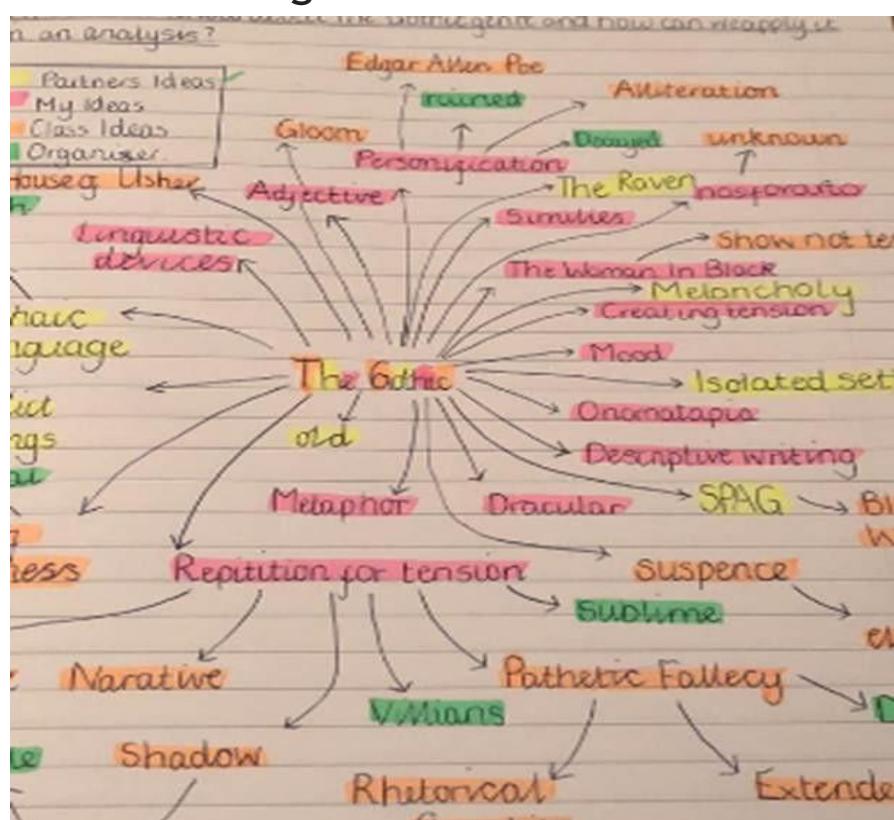
Compare your brain dump to your source and check your understanding

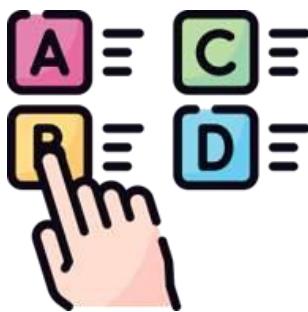
5

Next Steps

Keep your brain dump safe and revisit it

Ensure you do not just focus on the subjects or topic areas you already know lots about. It could be worthwhile RAG rating your topics and focusing on the Red areas first.





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.

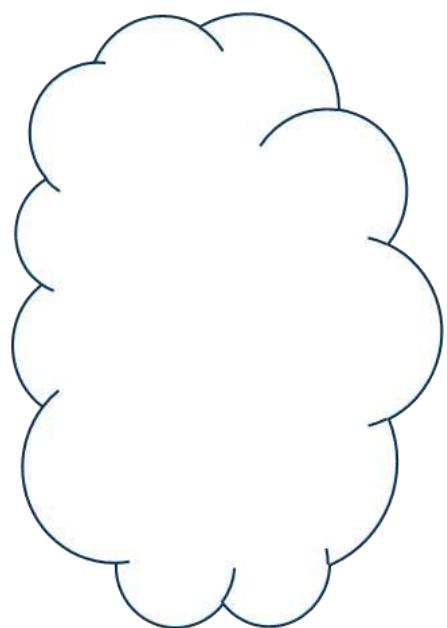
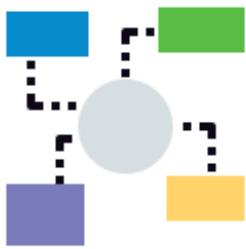
Write a question

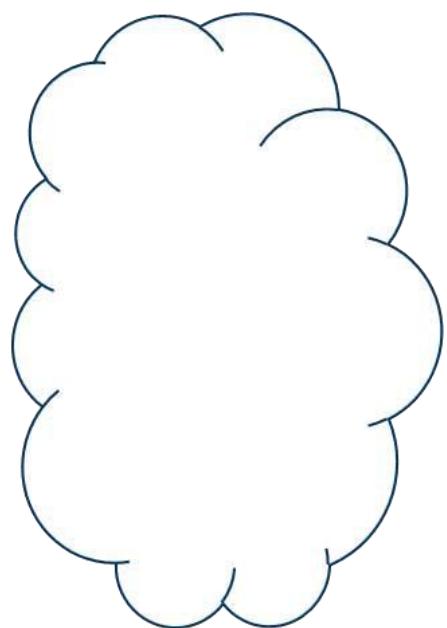
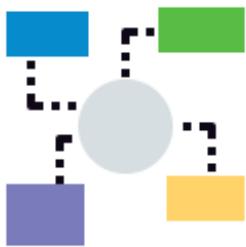
Write the answer on the back

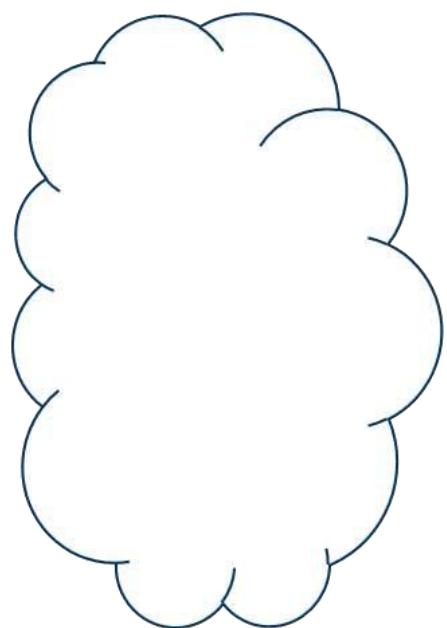
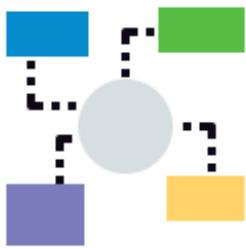
What is coastal erosion?

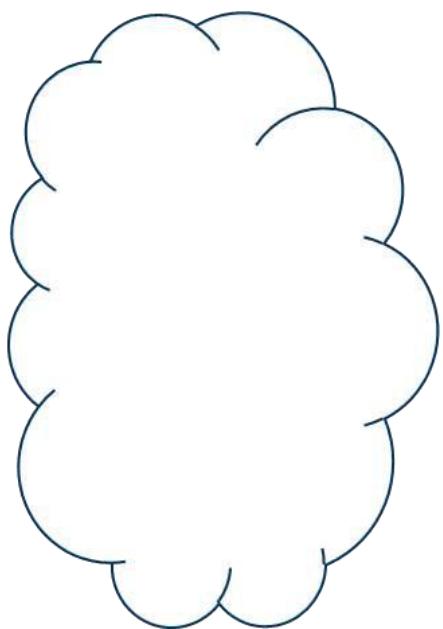
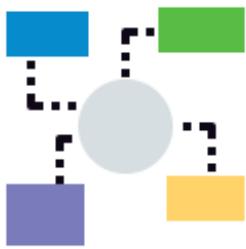
The wearing away and removal of material by a moving force, such as a breaking wave.

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: _____

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Date: _____ Subject: _____

Topic:

| Main ideas | Notes |
|----------------|-------|
| | |
| Summary | |

Date: _____ Subject: _____

Topic:

| Main ideas | Notes |
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| Summary | |

Date: _____ Subject: _____

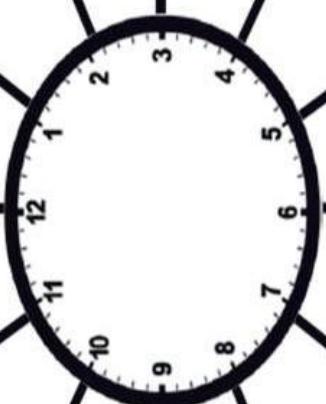
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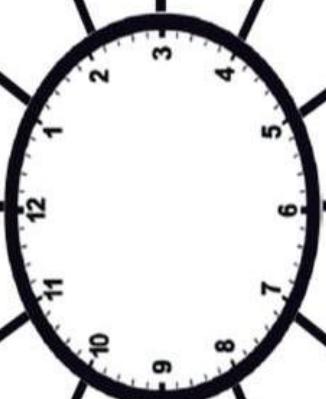
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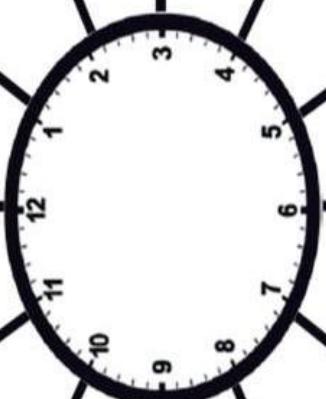
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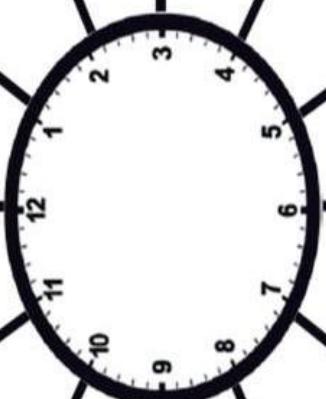
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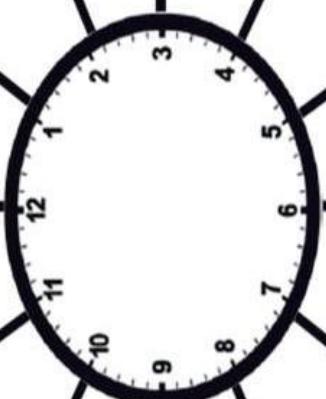
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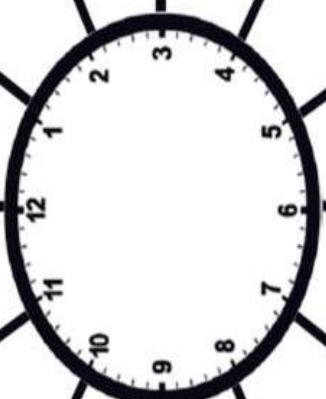












Subject notes

Subject notes