



Year 10: Refining & Applying

A parent guide to this year's Achieve Excellence Programme focus, reinforcing Elevate's Study Sensei

Year 10 marks the start of GCSE study in earnest. In September, pupils attend Elevate Education's Study Sensei seminar, and form time through the autumn term directly reinforces its Learn–Master–Create model: using the specification, making and organising notes, building a system of review, using practice papers, and going beyond the spec to stand out.

What Year 10 pupils are learning

- **LEARN:** using the specification as a checklist of what they can and can't yet do; making notes during term and organising them well.
- **MASTER:** a system of review (now, after 24 hours, and monthly) to beat the forgetting curve; using mind-maps as exam-room plans; completing 3–5 marked practice papers per subject.
- **CREATE:** independent work — reading beyond the specification and adding extra depth to stand out.
- Personalised revision planning — building a plan around the specification and prioritising weaker topics.

How you can help at home

- **Ask to see the specification:** “What does the spec say you need to know for this topic?” keeps revision targeted rather than vague.
- **Support the review rhythm:** a quick check-in soon after learning something, again a day later, and again after a month reinforces what's taught in form time.
- **Encourage timed practice papers:** open-book first, then under exam conditions, then reviewing the mark scheme together.
- **Ask what they've found out that goes beyond the spec:** this reinforces the ‘Create’ stage and shows genuine interest, not just checking up on them.

Useful phrase for this year

“Which method helped you improve most — and why?”

When this comes up in form time

Study Sensei runs Thursday 24 September; form time follows the Learn–Master–Create sequence through the autumn term. Personalised planning continues into spring, with assessment preparation ahead of Year 10 mocks in June. Every Monday, Year 10 personalises their study timetable to assessment dates and the specification.