



**Glenmoor & Winton Academies**

High Achievement – High Standards

Part of United Learning

# Year 11 GCSE Mock Examinations

23 February – 13 March 2026

Information & Support for  
Students & Parents

## **The examinations:**

For English Language, students will sit two examinations, both 1 hour 45 minutes in length, which will assess their reading and writing ability.

### **English Language Paper 1 (1 hour 45 minutes)**

Section A of this paper tests reading and analysis skills and requires students to read one fiction extract. It contains 4 questions:

1. 4 multiple choice comprehension questions
2. Analyse language
3. Analyse structure
4. Evaluate a statement about the text

Section B of this paper tests students' creative writing skills. They will be asked to write a narrative or a description based on an image or written prompt.

### **English Language Paper 2 (1 hour 45 minutes)**

Section A of this paper tests reading and analysis skills and requires students to read 2 non-fiction extracts – one from the 19<sup>th</sup> century. It contains 4 questions:

1. Identify the 4 true statements
2. Comparison and inference
3. Analyse language
4. Compare viewpoints

Section B of this paper tests students' ability to write non-fiction. They will be required to write a newspaper article, letter, speech, leaflet or essay.

## **Topics to be covered in the examinations:**

### **Reading:**

- Recognising descriptive techniques
- Commenting on the effect of language
- Recognising word classes
- Recognising structural techniques
- Summarising information in texts
- Recognising genre of texts
- Recognising format of texts
- Recognising persuasive devices
- Recognising a writer's point of view

### **Writing:**

- Using descriptive techniques
- Using structural techniques
- Grammatical rules
- Ambitious vocabulary
- Imitating different styles, genres and formats of writing

## **Resources to help students revise and prepare:**

Class exercise books

Practice exam questions <https://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessmentresources>

Creative writing <https://www.pobble365.com> and <https://www.literacyshed.com/the-images-shed.html>

Mr Bruff videos <https://www.youtube.com/watch?v=ECFDyuu0DKk>

Mr Salles videos [\(75\) Mr Salles Teaches English - YouTube](#)

## The examinations:

Students will sit two papers.

Literature Paper 1: 1 hour 45 minutes

- One question on Shakespeare with an extract (Macbeth)
- One question on 19<sup>th</sup> Century Literature with an extract (A Christmas Carol)

## Topics to be covered in literature paper 1:

- Plot, characters and themes from Macbeth and A Christmas Carol.
- Quotes and ideas from Macbeth and A Christmas Carol.
- Contextual information about the Jacobean (Macbeth) and Victorian (A Christmas Carol) periods.
- Play – understanding terminology and methods
- Novel – understanding terminology and methods
- Students will need to comment on the effect of language and structural methods in each text

Literature Paper 2: 2 hours 15 mins

- One question on modern prose with no extract (An Inspector Calls)
- One question on poems already studied (from the Power and Conflict Poetry)
- Two questions on Unseen poetry (poems not studied before). One essay on a singular poem, one question on a comparison.

## Topics to be covered in literature paper 2:

- Plot, characters, quotes and themes of An Inspector Calls.
- Contextual information about the Edwardian era and post WW2.
- Key ideas, quotes, and themes from all 15 poems in the Power and Conflict poetry anthology
- Poetic terminology and methods
- Students will need to be able to comment on the effect of language and structure within all the texts.

## Resources to help students revise and prepare:

Knowledge Organisers for all texts

English books and anthologies. These contain notes on the poems and all the texts.

Mr Bruff videos- he has videos on the poems and texts. These are broken into characters, themes etc.

Watch ones relevant to the AQA Literature specification, Power and Conflict anthology.

Past papers- <https://www.aqa.org.uk/subjects/english/gcse/english-literature-8702/assessment-resources>

Mr Salles videos ([75](#)) [Mr Salles Teaches English - YouTube](#) Watch ones relevant to the AQA Literature specification, Power and Conflict anthology.

## The examinations

All students will sit three Higher or Foundation tier examinations depending on their set. Sets 1-4 will sit the Higher tier examinations and sets 5-8 will sit the Foundation tier. The three examination papers are structured as follows:

- Paper 1 Non Calculator - (1hr 30minutes)
- Paper 2 Calculator - (1hr 30minutes)
- Paper 3 Calculator - (1hr 30minutes)

## Topics to be covered in the examinations:

### Foundation

- Number (25%)
- Algebra (20%)
- Geometry and Measure (15%)
- Ratio and Proportion (25%)
- Data Handling and Probability (15%)

### Higher

- Number (15%)
- Algebra (30%)
- Geometry and Measure (20%)
- Ratio and Proportion (20%)
- Data Handling and Probability (15%)

All 3 papers cover mixed content and so topics can appear on any of the papers. Topics can be tested on more than one paper so if a topic has been covered on an earlier paper it could also come up in a later one.

## Resources to help students revise and prepare:

**Sparx maths – Fix up**

**Mathsgenie**

**Corbettmaths**

**CGP revision guides**

**Knowledge Organisers**

**Past papers supplied by their teachers**

## The examinations

Students will sit three GCSE papers covering Biology, Chemistry and Physics paper 1 content in individual papers and a fourth with a mix of Biology, Chemistry and Physics paper 2 content. The papers are **1 hr 15 mins** each (combined science) or **1 hr 45 mins** each (separate sciences).

The topic titles are listed below and linked to the exam board specification document which contains further details of what is required for each topic. There is an electronic copy of this booklet on the Exams section of the website which the links below take you to the relevant areas of the specification.

Combined Science. (AQA Trilogy)		
Biology	Chemistry	Physics
Paper 1		
<ul style="list-style-type: none"> <li>• <a href="#">Cell biology</a></li> <li>• <a href="#">Organisation</a></li> <li>• <a href="#">Infection and response</a></li> <li>• <a href="#">Bioenergetics</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Atomic structure and the periodic table</a></li> <li>• <a href="#">Bonding, structure, and the properties of matter</a></li> <li>• <a href="#">Quantitative chemistry</a></li> <li>• <a href="#">Chemical changes</a></li> <li>• <a href="#">Energy changes</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Energy</a></li> <li>• <a href="#">Electricity</a></li> <li>• <a href="#">Particle model of matter</a></li> <li>• <a href="#">Atomic structure</a></li> </ul>
Paper 2		
<a href="#">Homeostasis and response</a> <a href="#">Inheritance, variation and evolution</a> <ul style="list-style-type: none"> <li>• <a href="#">Ecology</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">The rate and extent of chemical change</a></li> <li>• <a href="#">Organic chemistry</a></li> <li>• <a href="#">Chemical analysis</a></li> </ul> <a href="#">Chemistry of the atmosphere</a> <ul style="list-style-type: none"> <li>• <a href="#">Using resources</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Forces</a></li> <li>• <a href="#">Waves</a></li> <li>• <a href="#">Magnetism and electromagnetism</a></li> </ul>
Separate science only		
AQA GCSE Biology	AQA GCSE Chemistry	AQA GCSE Physics
Paper 1		
<ul style="list-style-type: none"> <li>• <a href="#">Cell biology</a></li> <li>• <a href="#">Organisation</a></li> <li>• <a href="#">Infection and response</a></li> <li>• <a href="#">Bioenergetics</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Atomic structure and the periodic table</a></li> <li>• <a href="#">Bonding, structure, and the properties of matter</a></li> <li>• <a href="#">Quantitative chemistry</a></li> <li>• <a href="#">Chemical changes</a></li> <li>• <a href="#">Energy changes</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Energy</a></li> <li>• <a href="#">Electricity</a></li> <li>• <a href="#">Particle model of matter</a></li> <li>• <a href="#">Atomic structure</a></li> </ul>
Paper 2		
<a href="#">Homeostasis and response</a> <a href="#">Inheritance, variation and evolution</a> <ul style="list-style-type: none"> <li>• <a href="#">Ecology</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">The rate and extent of chemical change</a></li> <li>• <a href="#">Organic chemistry</a></li> <li>• <a href="#">Chemical analysis</a></li> </ul> <a href="#">Chemistry of the atmosphere</a> <ul style="list-style-type: none"> <li>• <a href="#">Using resources</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Forces</a></li> <li>• <a href="#">Waves</a></li> <li>• <a href="#">Magnetism and electromagnetism</a></li> </ul> <a href="#">Space physics (physics only)</a>

**Resources to help students revise and prepare:**

- Class notes and revision slides
- Flashcards – provided by school, available from class teacher.
- Knowledge organisers [KS4 KO Web Version.pdf](#)
- Sparx science – Independent learning on the above topics. [App.sparxscience.com](http://App.sparxscience.com)
- Cognito – [www.cognitoedu.org](http://www.cognitoedu.org) or the Cognito YouTube channel [Cognito - YouTube](#)
- Malmesbury Education Required Practical videos on YouTube. [Malmesbury Education](#)
- Revision guides – purchased from school or other source.
- Continuity Oak videos - [Curriculum - Curriculum \(continuityoak.org.uk\)](#)

## The examinations

Students will be sitting **three** examinations to mirror their summer exams:

- **Paper 1** – Religious, Philosophical and Ethical studies in the Modern World (2 hours)
- **Paper 2** – Christianity beliefs and practices (1 hour)
- **Paper 3** – Islam beliefs and practices (1 hour)

Topics to be covered in paper 1:		Topics to be covered in Paper 2:
<b>Relationships:</b> Marriage Contraception/ Purpose of sex Gender equality Family	<b>Life and Death:</b> Euthanasia Evolution Afterlife Funerals Environment	<ul style="list-style-type: none"> <li>• Jesus</li> <li>• Trinity</li> <li>• Atonement/sin</li> <li>• Bible as Law</li> <li>• Festivals</li> <li>• Evangelism</li> <li>• Baptism</li> </ul>
<b>Good and Evil:</b> Justice Prison Reformers- Treatment of Prisoners Evil Forgiveness	<b>Human Rights:</b> Prejudice and discrimination Poverty/ Wealth and Charity Human dignity	<b>Topics to be covered in Paper 3:</b> <ul style="list-style-type: none"> <li>• Prophethood</li> <li>• 6 Articles of Faith</li> <li>• Predestination/Human Freedom</li> <li>• Jihad</li> <li>• 5 pillars</li> </ul>

## Resources to help students revise and prepare:

- **Knowledge organisers** -these can be found within the KO pack- they will be made available on Show My Homework and TEAMS.
- **Seneca Learning/BBC bitesize** – search for Eduqas Religious Studies.
- **Revision booklet** - practice the key skills and past questions related to the topics above and a) email your answers to your teacher for feedback or b) bring them in to be marked.
- **Complete Microsoft Forms mega quizzes**- these will test your knowledge off the KO.
- **Blank mindmaps**- contrast black and green pen depending on what knowledge is secure.
- **Flashcards**- Made specific to each topic. Cut these up and use them to quiz yourself or with family/friends. Also Gizmo is a helpful app that uses AI to create helpful flashcards by uploading photos of your KO.
- **Bible Project Youtube**- great clips related to the Christianity unit.
- **Eduqas GCSE Religious Studies website** under tabs named 'Knowledge Organisers' and 'Digital exam walk throughs'.
- **Ethics books** - these are a good source of information and contain key words, practice questions and any other skill based activity we have done in class.

## **The examinations:**

Students will be sitting **three** examinations as follows, Paper 1 and Paper 2 will be sat in the same session (1hr 50min exam).

**Anglo-Saxon and Norman England c.1060-1088** [55 minutes]

**Cold War and Superpower Relations 1941-1991** [55 minutes]

**Weimar and Nazi Germany** [1hour 30minutes]

## **Topics to be covered in the exams:**

### ***Anglo-Saxon and Norman England 1060-1088***

- Anglo-Saxon England and the Norman Conquest
- William in power: securing the kingdom
- Norman England 1066-88

### ***Cold War and Superpower Relations 1941-1991***

- Origins of the Cold War
- Crises of the Cold War
- Détente and the end of the Cold War

### ***Weimar and Nazi Germany 1918-1939***

- The Weimar Republic 1918-1929
- Hitler's Rise to Power 1919-1933
- Nazi Control and Dictatorship 1933-1939
- Life in Nazi Germany 1933-1939

## **Resources to help students revise and prepare:**

- "History Revision 2025-6" folder in "Year 11" Microsoft TEAMS group (Knowledge Organisers, past papers and other revision materials)
- History books and Assessment Booklets
- Germany Homework Booklet
- SENECA
- BBC Bitesize (make sure you look for the Edexcel exam resources)





## Geography

Contact: [rreiss@glenmoorandwinton.org.uk](mailto:rreiss@glenmoorandwinton.org.uk)

Students will sit three papers for the mocks, as there will be three papers in the final exams in the summer

<b>Paper 1:</b> Living with the physical environment (1 hr 30)	<b>Paper 2:</b> Challenges in the human environment (1 hr 30)	<b>Paper 3:</b> Geographical skills (30 mins)
3.1.1 Section A: The challenge of natural hazards Natural hazards Tectonic hazards Weather hazards Climate change  3.1.2 Section B: The living world Ecosystems Tropical Rainforests Hot Deserts  3.1.3 Section C: Physical landscapes in the UK Coasts Rivers	3.2.1 Section A: Urban issues and challenges Urbanisation and megacities UK City: Bristol NEE City: Lagos  3.2.2 Section B: The changing economic world Global development gap  3.2.3 Section C: The challenge of resource management UK resources (food, water, energy) Water	3.3.2 Section B: Fieldwork  Questions based on the use of fieldwork materials from an <b>unfamiliar context</b> Questions based on <b>students' individual enquiry work</b> . For these questions students will have to identify the titles of their individual enquiries. Human: Tourism has an environmental impact in Swanage Physical: Hard engineering reduces longshore drift in Swanage

### Resources to help students revise and prepare:

- **Knowledge organisers**
- **Gizmo flashcards** – scan the QR codes here: [Y11 Geography Gizmo Revision Decks.pptx](#)
- **Past papers** – search AQA Geography GCSE Past Papers for question papers and mark schemes
- **Homework booklet** - practice the questions related to the topics above and email your answers to your teacher for feedback.
- **Educake** – [Educake - Online Formative Assessment for Homework and Classwork](#) | click Revision Wizard, then click 'Revise' and it will test you on questions and topics that you are specific to the areas you need to practice
- **Geography books and/or booklets** - these are a good source of information and contain notes on the key case studies and examples that have been studied.



## French

Contact: [astella@glenmoorandwinton.org.uk](mailto:astella@glenmoorandwinton.org.uk)

### The examinations

Students will be sitting an examination in listening, speaking, reading and writing.

**Paper 1: Listening 25%** Higher 60 minutes, foundation 45 minutes

Both tiers: Section A questions and answers in English, section B questions and answers in French

**Paper 2: Speaking 25%** (before half term– in class 12 minutes, with teacher 5 minutes)

**Paper 3: Reading 25%** Higher 1 hour, foundation 45 minutes

Both tiers: section A questions and answers in English, section B questions and answers in Spanish  
Section C translation from French to English (35 words foundation, 50 words higher)

**Paper 4: Writing 25%** Higher 1 hour 20 minutes, foundation 1 hour 15 minutes

Higher 80-90 word, 130-150 word and translation

Foundation Photo, 40-50 word, 80-90 word and translation

### Topics to be covered in the examinations:

- My personal world
- Lifestyle and wellbeing
- My neighbourhood
- Media and technology
- Study and my future
- Travel and tourism

### Resources to help students revise and prepare:

High frequency vocabulary booklet -

Knowledge organiser -

Sentence builder booklet -

Exampro homework on Satchel one – previous exams questions.

Flashcards – done in class, to take home for revision

EasyFrench website (Free) – authentic videos to support listening skills.

CoffeeBreak French (Free) – podcasts covering grammar and vocabulary.

AQA French revision booklet (£6 on Amazon). Covers all skills-

Slownews – listen to news in French (Free) – supports listening and reading skills -

Source	Link	How to use the source
BBC bitesize	<a href="http://www.bbc.co.uk/bitesize">www.bbc.co.uk/bitesize</a>	Complete reading and listening task in self-quizzing book and self-mark. Write down words you don't know (with translation) and do LCWC
Knowledge organiser		Use to complete LCWC. You can also use to complete writing practice and ask your teacher to mark it for you.
Sentence builders	<a href="#">speaking cards Fr.pdf</a>	Use to create flashcards. See below how to revise with flashcards.
Flash cards	Prepared in class, to take home for revision	Revise flashcards. Get someone to ask you the question and answer it. If answered correctly put the flashcard in a 'I know it' pile if not put it in a 'to revisit' pile.



		Continue to revise the 'to revisit pile' until confident. Can also be used to do LCWC for writing tasks.
Exampro homework	Satchel one	Use previous homework to help you revise. Complete reading and listening task in self-quizzing book and self-mark. Write down words you don't know (with translation) and do LCWC
EasyFrench website (Free)	<a href="https://easy-languages.org">Easy French — Easy Languages (easy-languages.org)</a>	Use website to help you listen to authentic French. Listen to the French and make a short summary of what you understand. Check in the caption below if you got that right. This is good to help you prepare to the listening task. You can also use this to help with pronunciation. Listen to difficult words, repeat them and listen to them again. Ask someone to help so you know if you sound like the speaker in the video.
Slownews	<a href="#">News in Slow French - Beginner Podcast</a>	Same activities as above but covers different topics, mostly current events. You can pick the speed of the news with this website. Good to use if you struggle with the listening paper.
CoffeeBreak Spanish (Free)	<a href="#">Introducing Coffee Break Languages - Coffee Break Languages</a>	Good for grammar revision. Listen to the grammar rules and complete the examples in your self-quizzing books.
Edexcel Spanish revision booklet (£6 on Amazon)	<a href="#">Pearson Revise Edexcel GCSE French Revision Workbook - for 2026, 2027 exams:</a> <a href="https://www.amazon.co.uk/Glover-Stuart-Smith-Harry-9781292739731/dp/1292739731">Amazon.co.uk: Glover, Stuart, Smith, Harry: 9781292739731: Books</a>	Practice the different exercises and then check your answers at the end of the booklet. Make a list of vocabulary you struggled with and complete LCWC. Look at the type of exercises you find difficult and complete more similar ones. Use the techniques learnt in class to practice. Examples of these can be: <ul style="list-style-type: none"> <li>• Make notes before listening</li> <li>• Use the steps for the past,present,future</li> <li>• Highlight where you find answers in the text</li> </ul>



## Spanish

Contact: [astella@glenmoorandwinton.org.uk](mailto:astella@glenmoorandwinton.org.uk)

### The examinations

Students will be sitting 3 examinations in listening, speaking, reading and writing.

**Paper 1: Listening 25%** Higher 60 minutes, foundation 45 minutes

Both tiers: Section A questions and answers in English, section B questions and answers in Spanish

**Paper 2: Speaking 25%** (before half term– in class 12 minutes, with teacher 5 minutes)

**Paper 3: Reading 25%** Higher 1 hour, foundation 45 minutes

Both tiers: section A questions and answers in English, section B questions and answers in

Spanish Section C translation from Spanish to English (35 words foundation, 50 words higher)

**Paper 4: Writing 25%** Higher 1 hour 20 minutes, foundation 1 hour 15 minutes

Higher 80-90 word, 130-150 word and translation

Foundation Photo, 40-50 word, 80-90 word and translation

### Topics to be covered in the examinations:

- **My personal world**
- **Lifestyle and wellbeing**
- **My neighbourhood**
- **Media and technology**
- **Study and my future**
- **Travel and tourism**

### Resources to help students revise and prepare:

Source	Link	How to use the source
BBC bitesize	<a href="http://www.bbc.co.uk/bitesize">www/bbc.co.uk/bitesize</a>	Complete reading and listening task in self-quizzing book and self-mark. Write down words you don't know (with translation) and do LCWC
Knowledge organiser		Use to complete LCWC. You can also use to complete writing practice and ask your teacher to mark it for you.
Sentence builders	<a href="#">Y11 revision folder - OneDrive (sharepoint.com)</a>	Use to create flashcards. See below how to revise with flashcards.
Flash cards	Prepared in class, to take home for revision	Revise flashcards. Get someone to ask you the question and answer it. If answered correctly put the flashcard in a 'I know it' pile if not put it in a 'to revisit' pile. Continue to revise the 'to revisit pile' until confident.
Exampro homework	Satchel one	Use previous homework to help you revise. Complete reading and listening task in self-quizzing book and self-mark. Write down words you don't know (with translation) and do LCWC
EasySpanish website (Free)	<a href="http://Easy Spanish (easy-spanish.org)">Easy Spanish (easy-spanish.org)</a>	Use website to help you listen to authentic Spanish. Listen to the Spanish and make a short summary of



		<p>what you understand. Check in the caption below if you got that right.</p> <p>This is good to help you prepare to the listening task.</p> <p>You can also use this to help with pronunciation. Listen to difficult words, repeat them and listen to them again. Ask someone to help so you know if you sound like the speaker in the video.</p>
Slownews	<a href="#">News in Slow Spanish - Spanish Podcast</a>	Same activities as above but covers different topics, mostly current events. You can pick the speed of the news with this website. Good to use if you struggle with the listening paper.
CoffeeBreak Spanish (Free)	<a href="#">Coffee Break Spanish Archives - Coffee Break Languages</a>	Good for grammar revision. Listen to the grammar rules and complete the examples in your self-quizzing books.
Edexcel Spanish revision booklet (£6 on Amazon)	<a href="#">Pearson Revise Edexcel GCSE Spanish Revision Workbook - for 2026, 2027 exams:</a> <a href="#">Amazon.co.uk: Halksworth, Vivien, Smith, Harry: 9781292739748: Books</a>	<p>Practice the different exercises and then check your answers at the end of the booklet.</p> <p>Make a list of vocabulary you struggled with and complete LCWC.</p> <p>Look at the type of exercises you find difficult and complete more similar ones. Use the techniques learnt in class to practice.</p> <p>Examples of these can be:</p> <ul style="list-style-type: none"> <li>• Make notes before listening</li> <li>• Use the steps for the past,present,future</li> <li>• Highlight where you find answers in the text</li> </ul>



## Further Mathematics

Contact: [nmiller-pipe@glenmoorandwinton.org.uk](mailto:nmiller-pipe@glenmoorandwinton.org.uk)

### **The examinations:**

Students will sit two examinations as follows:

Paper 1 Non calculator - (1hr 45mins)

Paper 2 Calculator - (1hr 45mins)

### **Topics to be covered in the exams (in addition to GCSE Maths topics):**

- Binomial expansion
- Differentiation
- Factor theorem
- Matrices
- Triple simultaneous equations
- Limiting value of a sequence
- Circle geometry
- Trigonometric proof & solving
- Trigonometric equations

### **Resources:**

<https://www.mathsociety.org.uk/gcsefurthermaths>

<http://www.mrbartonmaths.com/students/aqa-level-2-certificate-in-further-mathematics/topic-tests.html>

<https://www.draustinmaths.com/enrichment>

<https://corbettmaths.com/more/further-maths/>



## Wellbeing tips for revision

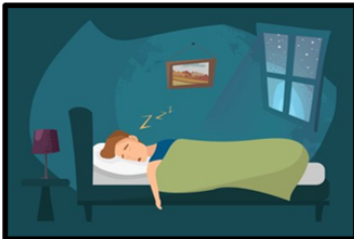
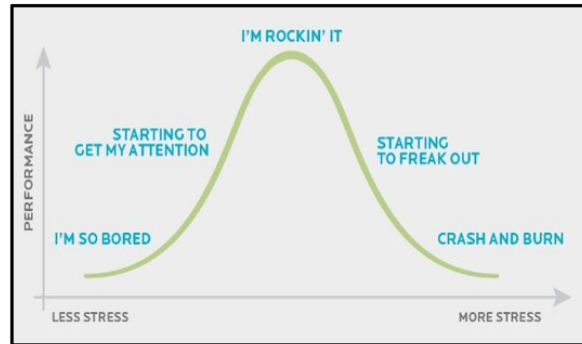
Looking after your wellbeing can have a positive impact on how well you do in your exams.

Below are five simple things to bear in mind during revision:

### 1. Not all stress is bad:

The **right amount of stress can motivate** you to get revision done. It can be important to **recognise when stress has tipped over** from becoming a motivating force to an overwhelming emotion.

Signs of overwhelming stress vary, but common signs are feeling irritable, feeling overwhelmed, difficulty concentrating, raised heart rate and breathing. If you feel your stress is overwhelming, take a **break** and **speak** to someone about how you are feeling.



### 2. Sleep is your friend!

If you sleep well (**8-10 hours** per night) you are scientifically proven to **retain more** of what you are studying and **concentrate** better.

Try to maintain a **consistent getting up time** and allow yourself **30 minutes** to unwind before you plan to go to sleep.

### 3. 30-minute study rule:

No-one can study for six-hours straight without a break. Trying to do so will increase your stress unnecessarily. Break up your time into **30-minute chunks** to be most effective. Take **micro-breaks** after every 30 minutes: stand up, check your phone, listen to a song, get some food.



### 4. Talk about exam nerves:

Feeling stressed and a little anxious about exams is normal. **Talk** to a friend or parent and share how you are feeling. You might feel better having spoken to someone.

### 5. Breaks = GOOD. Constant distraction = BAD:

Taking **planned breaks** is great and will help you remain on task but checking your social media every 5 minutes is a sure-fire study fail and might increase your feelings of stress unnecessarily. Research shows that it can take up to 20 minutes to refocus on a task when you've been unnecessarily distracted.