

MAY EDITION: VOL. 5

# #LongRoadLife

LONG ROAD SIXTH FORM COLLEGE APPLICANT NEWSLETTER

## EXAM TIPS AND TRICKS

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Hello from Long Road!

We know this time of year can get super stressful with all those GCSEs, so this month's edition of #LongRoadLife is jam-packed full of exams advice. We've got revision tips & tricks from our alumni and advice on how to manage your exam anxiety.

There's also important information from our Admissions Team, including details on how to register your interest for any of the Team Sports we offer at Long Road.

Happy reading!  
Long Road



ADMISSIONS UPDATE

WELCOME DAYS

SIGN UP TO TEAM  
SPORTS

REVISION TOP TIPS

MANAGING EXAM  
ANXIETY

## WE'RE HERE TO HELP

Our friendly Admissions Team are here to support and guide you through every stage of your Long Road application.

If you have any questions, please get in touch!



Julianna Sosnowska  
Director of Admissions



Michelle Butteriss  
Admissions Officer



01223 63 1125



admissions@longroad.ac.uk



## ADMISSIONS TEAM UPDATE

### WELCOME DAYS

As part of your application to Long Road, you have the opportunity to attend a Welcome Day. The event is created with you in mind, with the aim to make you feel as comfortable, prepared, and excited as possible to join us as a new student in September. [Click here to login to your Admissions+ account and register for our Welcome Day event.](#)

If you have already accepted your offer and completed your Welcome Day form, you don't need to do anything to progress your application.

Still interested in joining us but have not accepted your offer yet? [Click here to login to your application and accept your offer as soon as possible.](#)

Don't forget, you can accept offers from multiple post-16 education providers before making your final decision on where you would like to study after results day.

### ENROLMENT

We can confirm that this year's enrolment meetings will be taking place via telephone, with all onboarding activities to be completed online.

In preparation for our enrolment, you will be asked to confirm your personal details, submit a photo for your college ID card, and fill in your medical information. We will send you a reminder for this soon.

Don't forget to keep an eye on your emails for any other updates to your application!



# YOUR APPLICATION TIMELINE

Your application timeline will help you keep track of where you are in the admissions process and keep you informed of what happens next. Look for the arrow location to see where we are in the process!

## OCTOBER 2024

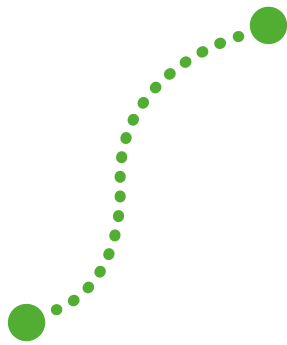
Applications Open



## JANUARY 2025

Applications Close.

Applications made after the deadline may be placed on a waiting list.



## SPRING & SUMMER 2025

Virtual Guidance Meetings & Conditional Offer

Discuss your options with an experienced member of staff. You'll receive a conditional offer via your Admissions+ account shortly after your meeting.



## 30 JUNE 2025

Welcome Day

Spend the day as a Long Road student; try out your conditional offer subjects and get a taste of Long Road life.

Auditions for Performing Arts subjects will be held during Welcome Day.

## 21 AUGUST 2025

GCSE Results Day

Good luck! We're keeping our fingers crossed for you!



## 27 & 28 AUGUST 2025

Virtual Enrolment

Our Enrolment will follow Results Day, with all activities to be conducted online.



## EARLY SEPTEMBER 2025

New Student Orientation

Welcome to Long Road!

Orientation activities will ensure you are prepared for your first day of college.



## 8 SEPTEMBER 2025

Start of Academic Year  
2025/2026

Time to start your Long Road life!



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## WELCOME DAY 2025

This year our Welcome Day will take place on **Monday 30<sup>th</sup> June**. The day will involve taster lessons for your offered courses, as well as a talk from our Guidance Team.

### OVERVIEW OF THE DAY

You will be invited to attend your sessions either in the morning, between 09:00 and 12:15, or in the afternoon, between 12:55 and 16:10. Your schedule will also include a short break. See below for example timetables:

Morning Session Times	Example Sessions
09:00-09:45	Lesson 1
09:50-10:35	Lesson 2
10:40-11:00	Talk
11:00-11:25	Break
11:30-12:15	Lesson 3

Afternoon Session Times	Example Sessions
12:55-13:40	Lesson 1
13:45-14:10	Break
14:10-14:30	Talk
14:35-15:20	Lesson 2
15:25-16:10	Lesson 3

### FOOD AND DRINK

If you have not packed a snack with you, you will have the option to purchase something from our Food Centre.

We are also very proud to be visited by Toni's Ices on the day, so let's hope for sunshine!

### TRANSPORT TO COLLEGE

[For information about travelling to and from Long Road, please click here to visit our website.](#)

The free college shuttle bus will be available for pick up and drop off at the Cambridge Railway Station (timetable will be updated on our website).

If you have not accepted your offer yet and wish to attend our Welcome Day, please login to your [Admissions+ account](#) and accept this as soon as possible.



## TEAM SPORTS

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During your time at Long Road we really hope you will be involved in sport or physical activity. The college competes in a variety of individual and team sports most of which start from September 2025.

To identify players for team sports we have scheduled trial sessions, at the following times:

- Men's Basketball Academy – 9<sup>th</sup> July 2:30-4:30pm
- Women's Basketball Open session – 9<sup>th</sup> Sept 2:45-4pm
- Men's Rugby – 10<sup>th</sup> Sept 1:00-2:30pm
- Women's Rugby – 10<sup>th</sup> Sept 2:30-3:30pm
- Women's Football – 10<sup>th</sup> Sept 1:00-2:30pm
- Mixed Hockey – 10<sup>th</sup> Sept 1:00-2:30pm
- Women's Netball – 10<sup>th</sup> Sept 1:00-2:30pm
- Men's Football – 10<sup>th</sup> Sept 2:30-4:30pm

To sign up to attend, [login to your Admissions+ application](#) and select the Sports Opportunities Form. The deadline to sign up for the trials is **Friday 4<sup>th</sup> July**.

Remember to press Save & Submit Application on the right-hand side of the screen to ensure your response is recorded.

If you would like to find out more information on the different team sports that we currently run at Long Road, [please click here to visit our website](#).

Can't see the sport that you love? Let us know – we're always happy to try and facilitate any sport based on student demand.

We will also support you in taking part in individual sports, such as badminton, cross-country running, tennis and golf.

Can't see the sport that you love? Let us know – we're always happy to try and facilitate any sport based on student demand.

*If you require any further information about individual or team sports at Long Road, please feel free to contact our Sports Services Manager Matt Payne by email on [mpayne@longroad.ac.uk](mailto:mpayne@longroad.ac.uk) or call 01223 631205*







## DANA NUGMANOVA

Long Road Alumni  
Class of 2019  
Psychology BSc  
Newcastle University

*I chose Long Road because there was a lot of support provided to students. Long Road showed me that a college experience is there to prepare you for your next step in life whether that be employment, apprenticeship or university. It is about independence, community and perseverance.*



# GOOD LUCK WITH YOUR EXAMS - ALUMNI TOP TIPS

GCSE exams are fast approaching, for some of you they may have already started! To help keep you on the right track we contacted our alumni (former students) to share their revision top tips!

### FIVE MINUTE RULE

The hardest part of revision is getting started because it can seem so big, daunting and impossible. I use the five-minute rule. Start a timer and just revise for five minutes then, if you feel like you need to, take quick break and then do another five minutes. Repeat that over and over. Five minutes of revision will add up to a full revision session in no time!

### FLASHCARDS

Use flashcards to study dates, names and definitions. Just flashcard everything.

### USE PAST PAPERS

All of them!! Do them again and again!! Do them with your friends, you can explain and teach each other stuff so you will reinforce that information.

### YOU ARE MORE THAN YOUR GRADES

No matter what your grade is, if you have put your best effort in you should feel proud because you are amazing. You are more than just a student sitting exams. You're a good friend, a good sibling, a good child, you're a hardworking employee, a caring volunteer, an artist, a musician, you have things you are enthusiastic about. You have hopes and dreams and so much ahead of you.



# GOOD LUCK WITH YOUR EXAMS - ALUMNI TOP TIPS

## DO NOT STRESS

The more you stress, the more difficult revision becomes, and the more difficult revision becomes, the more you stress.

## TAKE BREAKS AND HAVE NON-REVISION TIME

If you're constantly revising, I can guarantee you'll end up stressed. Have days off. See your friends. Do something fun.

## GET EXERCISE

You can get exercise in your breaks or non-revision time. This'll make a big difference to your wellbeing as it gets your heart rate up > blood pumping faster > more oxygen to the brain.

## START EARLY

You have to start at some point, so you might as well get on with it.

## DON'T STARE AT A TEXTBOOK FOR HOURS ON END

Try summarising a page or a chapter in notes. Writing stuff down makes you think about it, and you're more likely to remember it.

## SPICE IT UP!

We all love a bit of colour. Get your highlighters out. Coloured notes are 10x easier to memorise than boring black and white ones.

## FINALLY... THINK POSITIVE!

There are plenty of people who did well in life without achieving 100% in every exam. You can only do as much as you're capable of. Work hard. You'll do well.

## ALEX FARROW

Long Road Alumni  
Class of 2019  
Film Studies  
Brunel University London

*"I studied Media Level 3 Diploma and Musical Theatre Extended Certificate at Long Road. Since leaving I have been successfully accepted as a student at Brunel University London where I am a working towards a degree in Film Production and Theatre."*







## HANNAH KELLY

Long Road Alumni  
Class of 2017  
Secondary Physical  
Education with QTS,  
University of Brighton

*"From Long Road I moved straight to the University of Brighton to study BA (Hons) Secondary Physical Education with QTS - training to be a PE teacher. Long Road was extremely helpful to me on applying and going through the UCAS process so it was made as smooth as possible."*



## GOOD LUCK WITH YOUR EXAMS - ALUMNI TOP TIPS

### FIND A REVISION TECHNIQUE THAT SUITS YOU

Experiment with flashcards, mind maps, exam past paper/practise questions, coloured notes etc.

### DON'T OVERDO IT WHEN YOU REVISE

Set yourself realistic targets to revise for each day so it's manageable and achievable!

### BE STRICT WITH USING YOUR PHONE/TV WHEN REVISING

Revise for 1 hour then 10 minutes break e.g. grab a cup of tea, a snack, get up and walk around.

### CHANGING UP THE ENVIRONMENT OF WHERE YOU REVISE

You could revise for one subject in your room, then move and revise in the kitchen then the library.

### GET A REVISION BUDDY!

This may be your friend or parents/guardian or siblings, but this allows you to revise with someone and test and help each other as there are bound to be topics that you can help each other with.

### WHEN MAKING NOTES, ONLY WRITE THE KEY POINTS

Get used to summarising each point so you know the key facts ready for the exam.

### MAKE USE OF YOUR TEACHERS!

They are there to help you so make use of extra time in lesson or after lessons, bring in practise questions for them to mark etc.

### MAKE PLANS

Have things to look forward to after you have revised.





## GOOD LUCK WITH YOUR EXAMS - ALUMNI TOP TIPS

### **DRAW COMPREHENSIVE DIAGRAMS FOR REFERENCE**

As a visual learner, I would draw an annotated diagram with all details of a whole concept that I could recall and see in my mind when taking the exam. The act of collating relevant information helped strengthen connections in my mind between course content.

### **DO NOT WRITE OUT CONTENT WORD FOR WORD**

When revising, you should be transforming content from one form to something more condensed, accessible or helpful for you. Copying text verbatim from a textbook is not effective for learning — no matter how pretty or colour-coordinated you make it.

### **ASK YOUR TEACHER IF YOU CAN'T UNDERSTAND SOMETHING**

I remember my teachers at Long Road being helpful and willing to explain something, as long as I had already attempted to understand myself.

### **REVISE DIFFICULT CONTENT WITH PEERS**

They may have their own specific tips. Also, if you can't teach it, you don't understand it enough.

### **USE MNEMONICS**

make sentences, arbitrary or relevant, to remember the first letter of each answer to a question.

## **STUART KEPPIE**

Long Road Alumni  
Class of 2012  
PhD Interdisciplinary  
Bioscience, University of  
Oxford  
Life Science Consultant

*"I loved the enthusiasm of my teachers, the freedom to have a good gym session between lessons and the ability to revise with friends in the common room. Without the high standard of teaching, I would not have achieved my place at University."*





## STOP ANXIETY FROM RUINING YOUR SLEEP

It is often when we get into bed that we really have time to stop and worry – until we're overwhelmed & can't sleep!

Try out these strategies and you'll be drifting off peacefully in no time...

### THANKFUL THOUGHTS

We know that fixating on negative thoughts has a negative impact on sleep, so it follows that the opposite is also true! Trying thinking about the things in life that you are thankful for and make you feel positive. This will help calm your mind and therefore get a better nights sleep.



## MANAGING EXAM ANXIETY

Many of you are probably feeling more anxious than usual at the moment. Not only have we been living through a global pandemic for the last few years, and adjusting to a new normal, you're also having to sit exams for the first time – it's a lot to deal with!

Whether you are experiencing anxiety for the first time, or have suffered from anxiety in the past, it's important to find some coping mechanisms that work for you.

We've been researching different techniques for dealing with anxiety and found 5 top coping skills that work for lots of people – and will hopefully work for you too!

All of these techniques are very subtle, so where ever you are – even if you're in the middle of an exam – you can use them to regain control over your feelings.

### IMAGERY

Your thoughts have immense power over how you feel. If you think of something happy and calming, you will start to feel relaxed. This is the imagery technique and you can harness this inner super-power to reduce your anxiety. Think about a place you find comforting – use all your sense to imagine this place in full detail

### DEEP BREATHING

Deep breathing is a really simple technique that is a great way of managing your emotions and anxiety. Breathe in deeply through your nose, for 4 seconds.

- Hold your breath for 4 seconds.
- Breathe out slowly through your mouth for 6 seconds.
- Try and repeat this for 3 minutes, or until you feel calmer.





## MANAGING EXAM ANXIETY

### PROGRESSIVE MUSCLE RELAXATION

Progressively relaxing your muscles will teach you to spot anxiety by recognising the feelings of muscle tension. Sit in a comfortable position and work through the list of body areas below, tensing your muscles tightly for 10 seconds before releasing.

- Feet: Curl your toes tightly into your feet. Hold for 10 seconds. Relax
- Calves: Point or flex your feet. Hold for 10 seconds. Relax.
- Thighs: Squeeze your thighs together tightly. Hold for 10 seconds. Relax.
- Torso: Suck in your abdomen. Hold for 10 seconds. Relax.
- Back: Squeeze your shoulders together. Hold for 10 seconds. Relax.
- Shoulders: Lift and squeeze your shoulders towards your ears. Hold for 10 seconds. Relax.

- Arms: Make fists and squeeze them towards your shoulders. Hold for 10 seconds. Relax.
- Hands: Curl your fingers into your palm and make a fist. Hold for 10 seconds. Relax.
- Face: Scrunch your facial features to the centre of your face. Hold for 10 seconds. Relax.

### 5-4-3-2-1 TECHNIQUE

This is another really simple technique that you can use any time that anxiety strikes, no matter where you are!

- First, look around you and identify 5 things that you can see.
- Now identify 4 different sounds you can hear.
- Next, identify 3 things that you can feel.
- Then identify 2 things that you can smell.
- Finally, identify 1 thing that you can taste.

## STOP ANXIETY FROM RUINING YOUR SLEEP

### WRITE AWAY WORRIES

Set aside some time before you go to bed to write all your worries down and plan how you are going to tackle them

### PUT YOUR DAY TO BED

Engaging in activities that make us feel anxious or stressed just before we go to bed makes it really hard to get to sleep. So while you may feel the need to cram some late night revision, try and avoid this! Put your revision to bed, then put yourself to bed! You can look at it again in the morning when you are refreshed and well rested.





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COLLEGE  
CAMBRIDGE

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