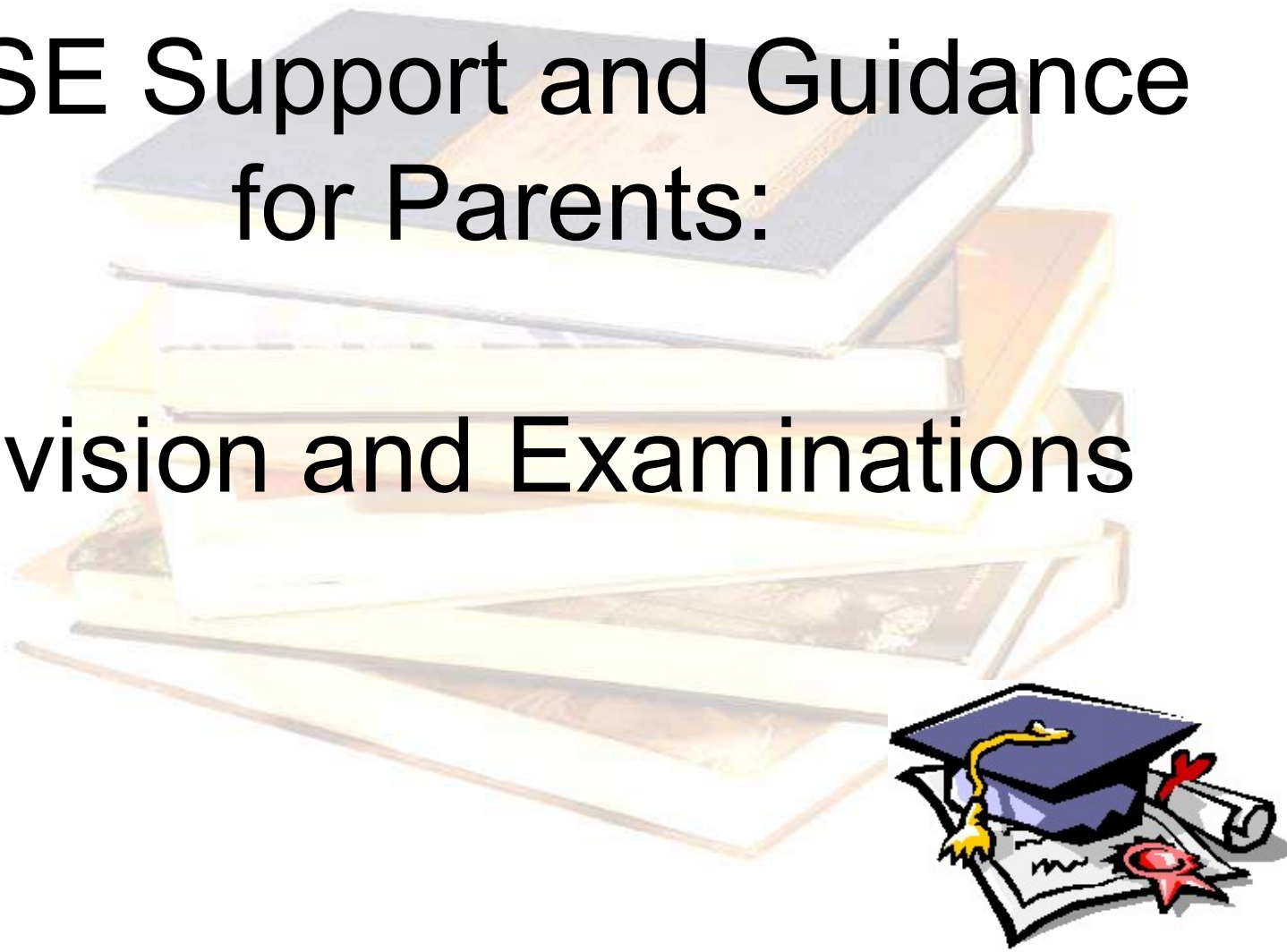




**GCSE Support and Guidance
for Parents:**

Revision and Examinations





- Main body of exams begin:

Monday 11th May 2019

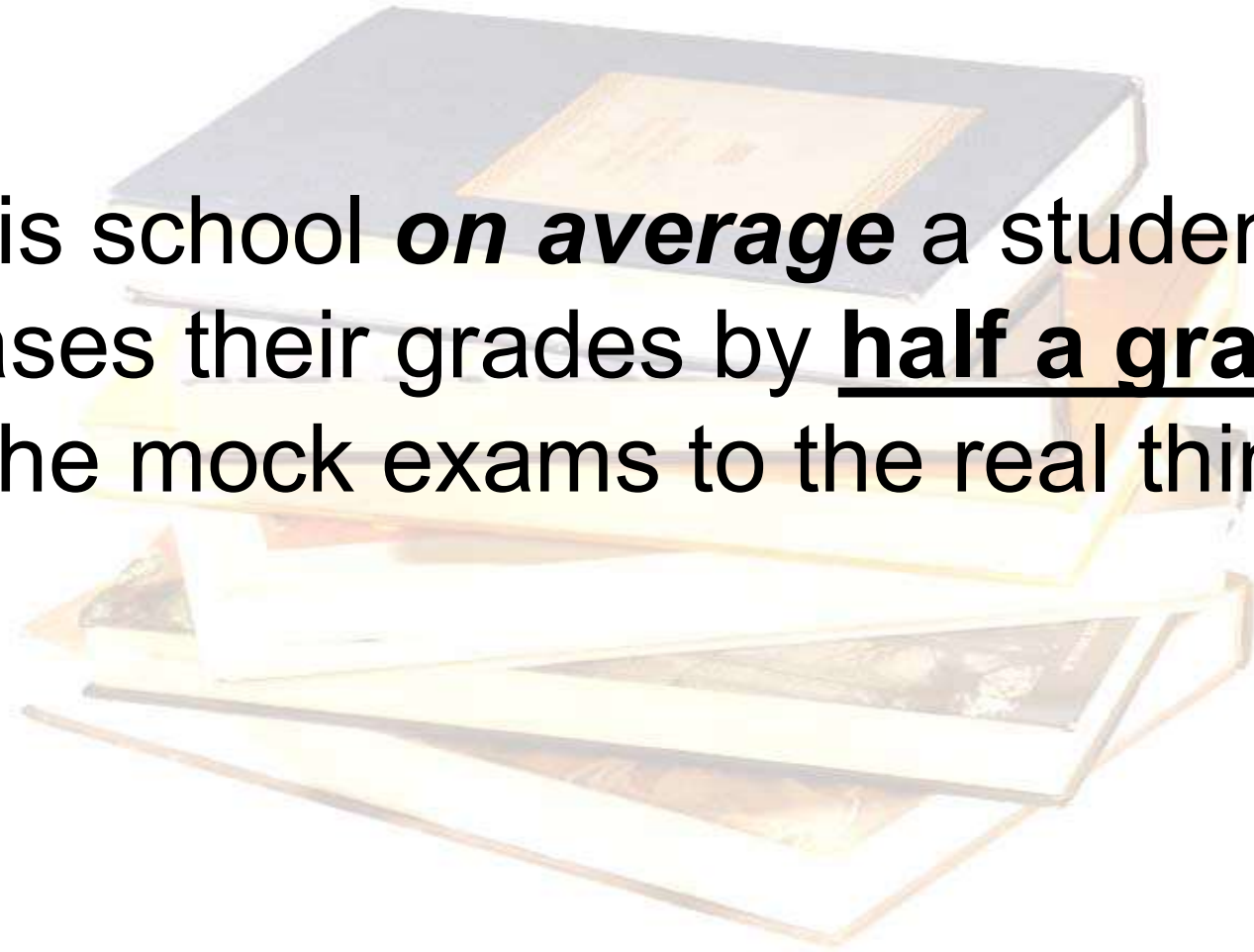
Mocks: Monday 18th November





Mocks: Monday 18th November

In this school ***on average*** a student increases their grades by **half a grade** from the mock exams to the real thing.





Parental Engagement

The biggest factor in raising achievement!

- Emotional and wellbeing
- Academic
- Positive distractions





General Advice for Parents

- **Communication** *“How can we support you with revision?”*
- **Balance** between work and social life.
- **Reward** structure to motivate.
- Clear **boundaries** and **expectations**.
- Falling behind – try to be **flexible**.
- **Facebook, XBOX... Go Off Line!**



Supporting your son in **preparing** for revision

- What would he find helpful?
- The simplest things often get in the way of starting revision – a revision pack.
- Organising folders/books to ensure all relevant material is there.
- Revision guides for each subject and a timetable.
- Help your son to plan topic lists.
- Nominate a quiet place for revision.
- Provide an area where work and revision notes can be kept safely.
- Relaxation time and plenty of rest.



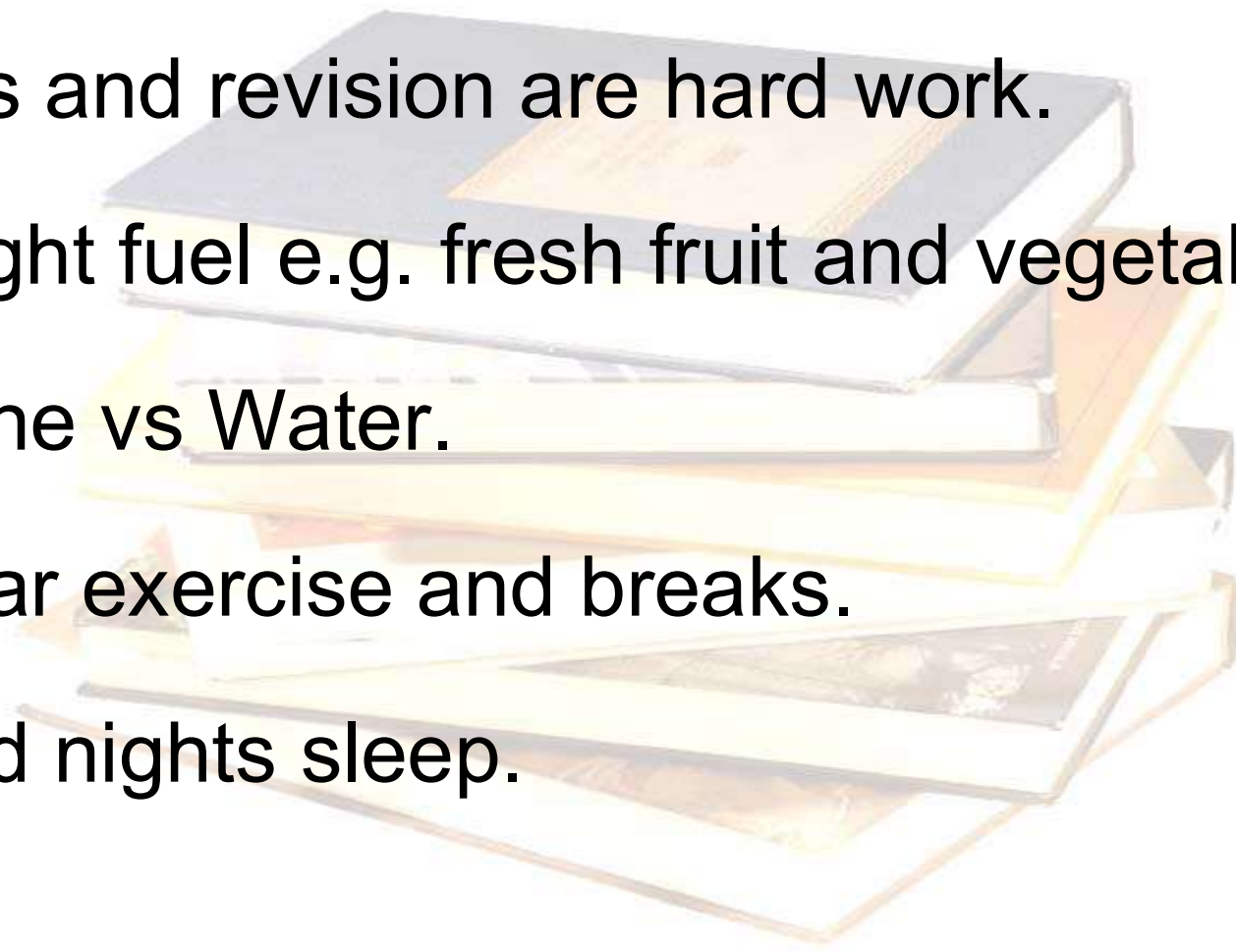
Support when **doing** the revision

- Try to stick to the revision plan but be flexible!
- Provide snacks and water for revision periods.
- Keep up with regular 'check-ins'.
- Pre-agreed rewards for reaching a goal/target.
- Be aware of the pressure your son will be feeling – he might not look under pressure!
- Anxiety management– there are a range of strategies and techniques!



Health Tips

- Exams and revision are hard work.
- The right fuel e.g. fresh fruit and vegetables.
- Caffeine vs Water.
- Regular exercise and breaks.
- A good nights sleep.





Revision Timetables





Revision Checklist

Subject: Maths

Sheet Number: 1

Topic	Notes	1	2	3
Percentages				
Pythagoras				
Simultaneous Equations				
Trigonometry				



Day	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Mon							
Tues							
Wed							
Thurs							
Fri							



REVISION TIMETABLE

Week Commencing:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am							
10:00am							
11:00am							
12:00am							
1:00pm							
2:00pm							
3:00pm							
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7:00pm							
8:00pm							
9:00pm							
10:00pm							

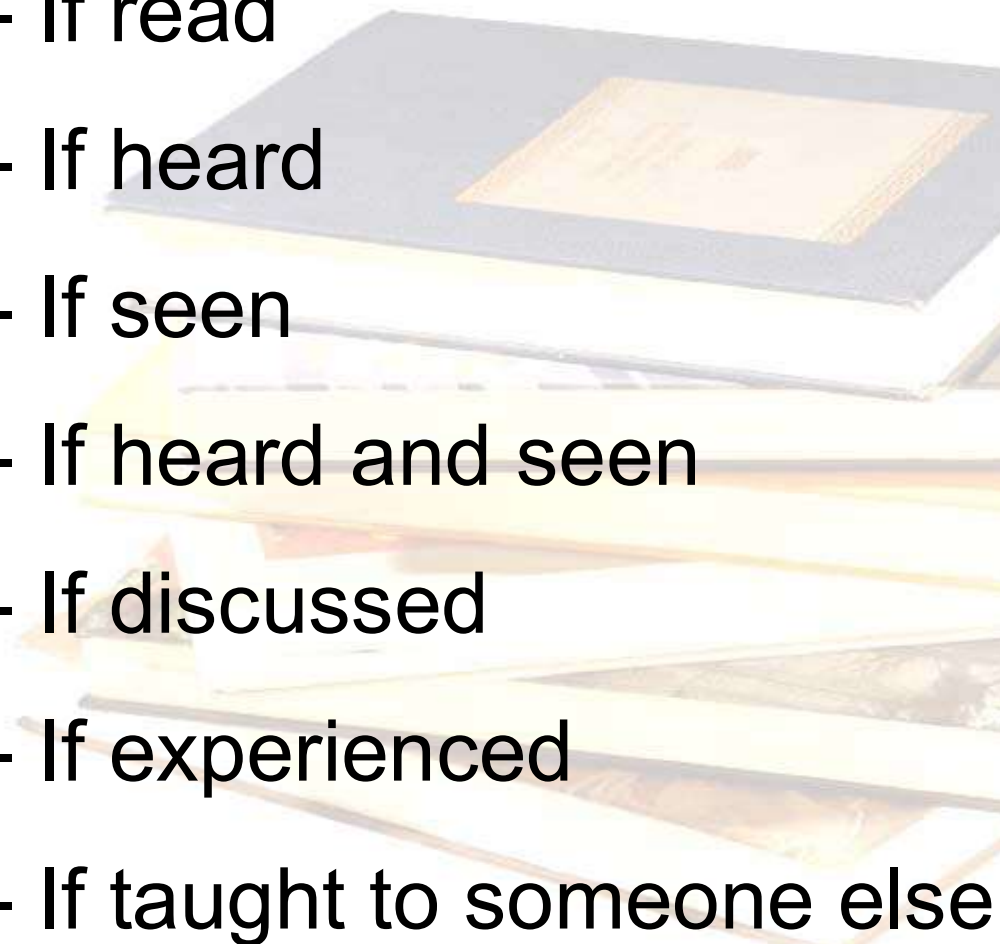


Revision Timetable

	11.00 – 11.45	12.00 – 12.45	1.00 – 1.45	1.45 – 3.00	3.00 – 3.45	4.00 – 4.45	4.45 – 6.00	6.00 – 6.45
Monday	English Lang.	Maths	RE	Lunch	Physics	English Lit.	Evening Meal	French
Tuesday	Biology	History	Graphic Prods	Lunch	English Lang.	Maths	Evening Meal	RE
Weds.	Physics	English Lit.	French	Lunch	Biology	History	Evening Meal	Graphic Prods
Thursday	English Lang.	Maths	RE	Lunch	Physics	English Lit.	Evening Meal	French
Friday	Biology	History	Graphic Prods	Lunch	RE	French	Evening Meal	English Lang.
Saturday	Day Off	Day Off	Day Off	Lunch	Day Off	Day Off	Day Off	Day Off
Sunday	Maths	RE	Physics	Lunch	English Lit.	French	Biology	History



Remembering Information

- 10% - If read
 - 20% - If heard
 - 30% - If seen
 - 50% - If heard and seen
 - 70% - If discussed
 - 80% - If experienced
 - 90% - If taught to someone else
- 



Working Memory

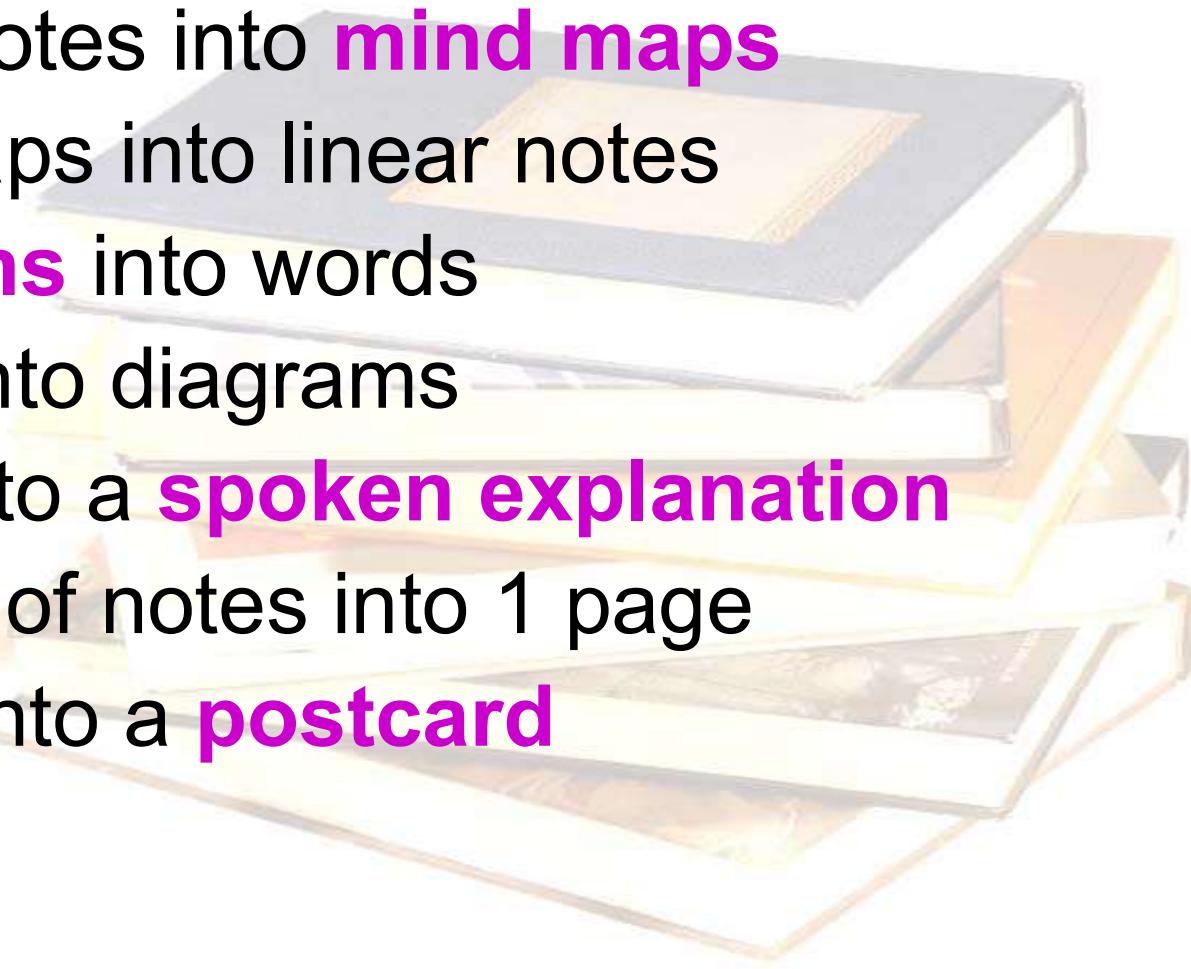
- What is your current limit??





For example, turn...

- Linear notes into **mind maps**
- Mind maps into linear notes
- **Diagrams** into words
- Words into diagrams
- Notes into a **spoken explanation**
- 2 pages of notes into 1 page
- 1 page into a **postcard**





Key Resources

- Websites e.g. *Get Revising, Revision World*
- Topic PowerPoint presentations
- Record notes to create a Podcast
- Revision guides (we sell these!)
- Revision groups- face to face/ WhatsApp etc. (and parents!)
- Past papers and mark schemes
- YouTube e.g. *My GCSE Science, Hegarty Maths*
- Phone Apps e.g. Exam Count Down, Cram, Memrise



Techniques to boost your memory...





Repetition

- Repetition
 - Technique for remembering facts in which you read, write and say the facts a number of times.
- Use Repetition
 - When you want to remember a few facts, usually not more than 4-5.
- How to use Repetition
 - Read the facts
 - Write the facts
 - Say the facts
 - Repeat the steps three or four times
- Practice - *Find different ways to learn the same thing.*



Grouping

- Grouping
 - Technique for remembering facts that go together in some way.
- Use Grouping
 - When you want to remember facts that can be placed in groups or categories.
- How to use Grouping
 - Look for ways that facts can be remembered or grouped together.
 - Write a name for each group.
 - Write the facts that go with each group.
- Practice



Acronym Words

- Acronym
 - Technique for remembering facts by forming a word using the first letter of each fact to be remembered.
- Use Acronym
 - When you want to remember facts where the first letters can be arranged to form a real or nonsense word that can be pronounced.
- How to use Acronym
 - Write the facts
 - Underline the first letter of each fact
 - Arrange the underlined letters to form a real word or nonsense word that can be pronounced
- Practice



Acronym Sentence

- Acronym Sentence
 - Technique for remembering facts by creating a sentence from words whose first letters help you remember facts.
- Use Acronym Sentence
 - When you want to remember a number of facts that are difficult to remember using the acronym or abbreviation techniques.
- How to use Acronym Sentence
 - Write the facts.
 - Underline the first letter of each fact.
 - Create and write a sentence using words that begin with the underlined letters.
- Practice

Mercury Venus Earth Mars Jupiter Saturn Uranus Neptune Pluto
My Very Efficient Memory Just Stores Up Nine Planets



Regular Reviews of Information

- *SHORT-TERM MEMORY*
 - Holds up to seven ideas at once
- *WORKING MEMORY*
 - Repeats and embeds ideas or information
- *LONG-TERM MEMORY*
 - Your mental 'filing cabinet'
 - Keep reviewing so it sticks...

Review after.....

- A month
- A week
- 24 hours
- Just before the exam



Learning Scientist

6 strategies for effective learning





Anxiety, What is it ?

Anxiety is a feeling of fear or panic.

Feeling generally anxious sometimes, it is normal!

Most people worry about something - money or exams - but once the difficult situation is over, you feel better and calm down.

If the problem has gone but the feeling of fear or panic stays or even gets stronger, that's when anxiety becomes a problem.

<https://youngminds.org.uk/find-help/conditions/anxiety/>





Possible Symptoms

Cognitive Symptoms

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

Emotional Symptoms

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation

Physical Symptoms

- Aches and pains
- Nausea, dizziness
- Butterflies
- Chest pain, rapid heartbeat
- Frequent colds

Behavioural Symptoms

- Eating more or less
- Sleeping problems
- Isolating yourself
- Neglecting responsibilities

Remember everyone experiences stress & anxiety differently and on different levels. You know your child if you have concerns talk to your GP or Pastoral team.



8 Ways To Help Yourself Feel Better



Spend time with friends



Listen to music, draw, read or write a diary



Speak to an adult (parent, teacher or some one you trust)



Keep Active



Plan to do something everyday



Eat Healthy & Regularly



Good Sleep habits



Avoid Stimulants



Try relaxation techniques

If you're feeling really anxious before an exam.

Find a calm quiet space and try breathing deeply in and out for a couple of minutes while focusing on something pleasant.

Also try deep breathing techniques during exams to help reduce feeling panicked

Inhale **5** seconds

Hold **5** seconds

Exhale **5** seconds





STOPP

STOPP

TAKE A BREATH

OBSERVE: What am I thinking?
What am I reacting to?
What am I feeling in my body?

PULL BACK: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing to do for me, for others, for this situation?





Ask Twice Campaign

Sometimes we say we're fine when we're not, so if your mate's acting differently, ask twice

<https://youtu.be/nOkH2jGK4p0>

Sometimes we say we're fine when we're not.

Ask twice. Be there for your mate.

Want to know more !

<https://www.time-to-change.org.uk/asktwice>

time to change

let's end mental health discrimination



Key Statistics

1 in 6 young people will experience an anxiety condition at some point in their lives.

This means that up to 5 people in a class may be living with anxiety, whether that be OCD (obsessive compulsive disorder), social anxiety and shyness, exam stress, worry or panic attacks

© 2018 Anxiety UK



The Wonderful Web



Headspace... help you train your mind



Free Meditation App



Smiling Mind
mindfulness meditation
accessible to all.



SAM Anxiety Management App





Where to get help out of school?

ChildLine: 0800 1111 <https://www.childline.org.uk/>

Samaritans: Support for anyone who needs someone to talk to. 09457 90 90 90

Kooth (access real time online counselling 24 hrs) www.Kooth.com

Healthy Minds: Emotional Wellbeing Pathway: www.lincolnshire.gov.uk/ewb

Mood Juice: Well being books <http://www.moodjuice.scot.nhs.uk/>

Young Minds: <https://youngminds.org.uk/>

Papyrus (Prevention of Young Suicide): <https://papyrus-uk.org/>

National Self-Harm Network: <http://www.nshn.co.uk/><https://>

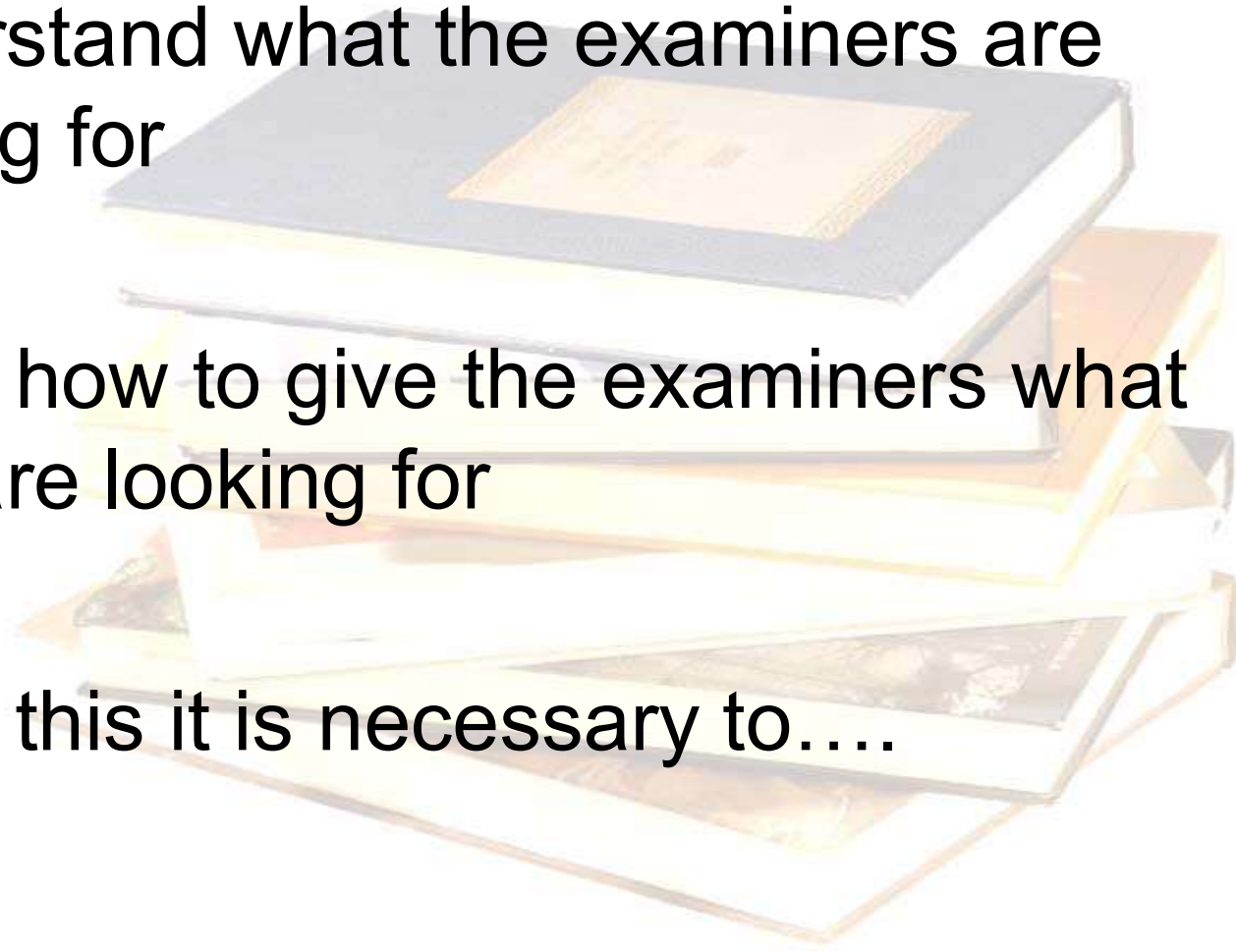
Winston's Wish: Supporting bereaved children and families. **Freephone National Helpline on 08088 020 021 (Mon–Fri, 9–5).** <https://www.winstonswish.org/>

Stem 4 : Supports positive teenage mental health: <http://www.stem4.org.uk/>



The 'Exam Game'

- Understand what the examiners are looking for
- Learn how to give the examiners what they are looking for
- To do this it is necessary to....





Exam Skills

❖ Understand how the exam papers are structured:

a) How long is the exam?

b) How many questions do you have to answer?

c) What format are the exam questions in?

d) How are the marks divided?

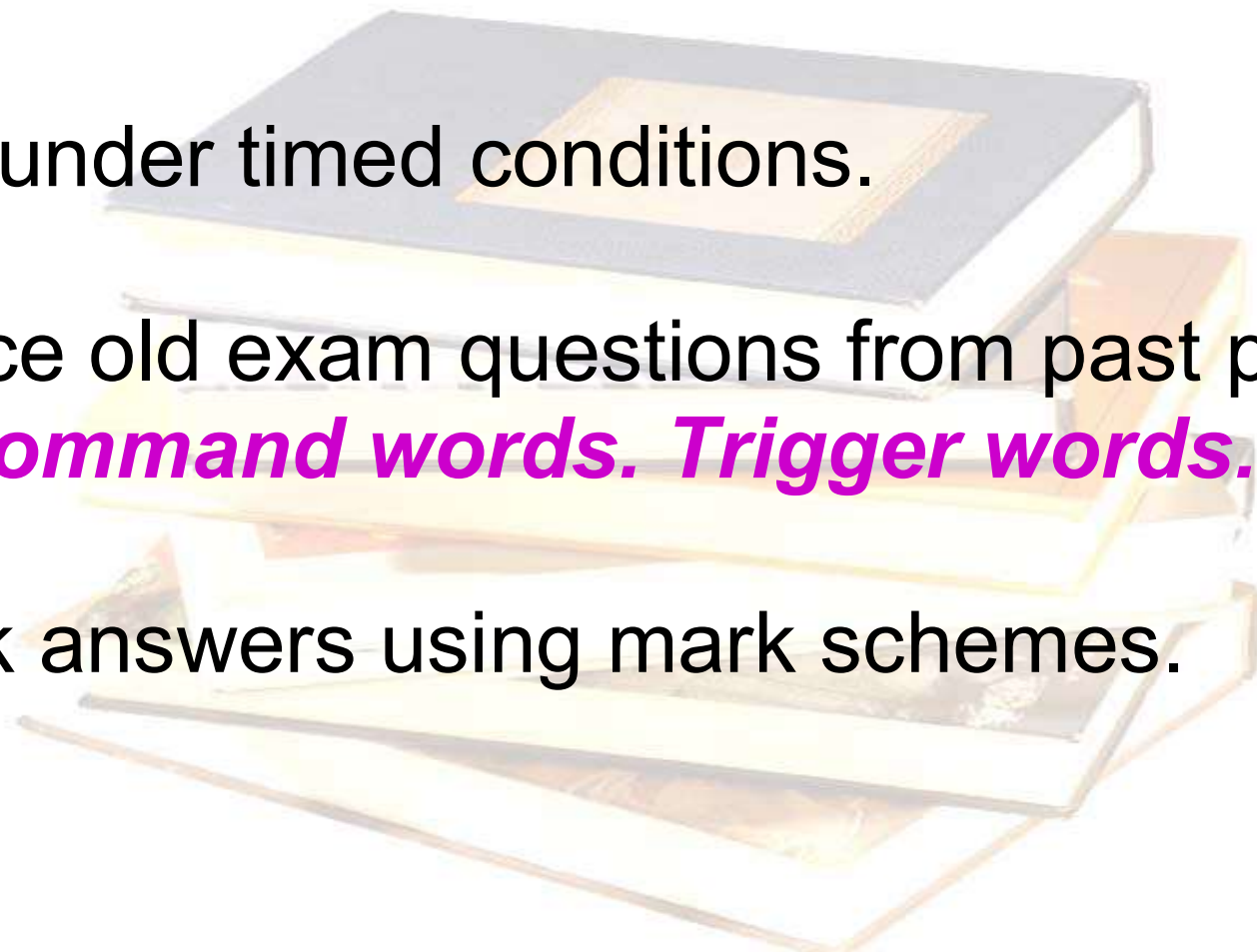
e) How are the exams marked?

❖ It is also necessary to.....



Exam Skills

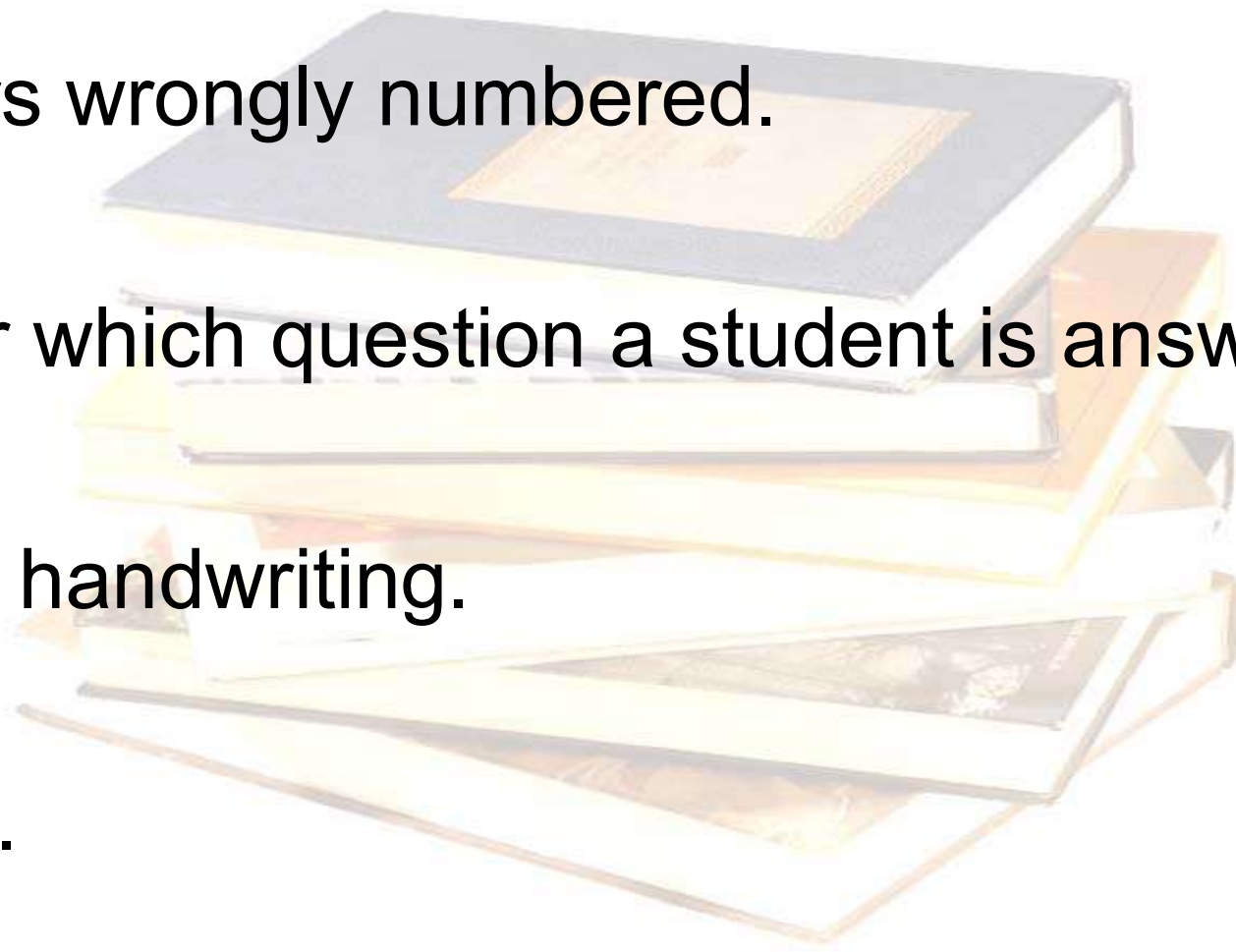
- Practice in realistic conditions.
- Work under timed conditions.
- Practice old exam questions from past papers.
Command words. Trigger words.
- Check answers using mark schemes.





Common irritations for examiners

- Answers wrongly numbered.
- Unclear which question a student is answering.
- Difficult handwriting.
- 'Waffle'.





On the day...

- Eat breakfast.
- Arrive promptly for the exam.
- Avoid too much conversation with friends.
- Have a glucose sweet just before the exam.
- Use the anxiety techniques we now know.



Exam results released on

Thursday 20th August 2020

Mock results: 18th December

How would you feel if they
were the real thing?



If not now, when? If not you, who? If not now, when? If not
you, who?



- If it is not possible for your son to collect the results:

- a) A named and stamped addressed envelope brought into school.
- b) A signed letter from your son giving permission for a named person to collect his results.