

Striving for Excellence



Supporting your Child Evening

DECEMBER 2016



How can we best support our children over the coming months?

Support a **healthy** and **balanced** attitude to work and rest

Help our children to develop a **vision** for the future

Make it clear that **effort** is needed to achieve our goals

Develop **systems** that work effectively to make the most of the effort we put in

Use revision to **practice** the key content and skills needed



Support a healthy and balanced attitude to work and rest

We are far more able to tackle the challenges when we are well rested.

Preparing for GCSEs can be a stressful time for students, we need to work together to help them manage this.

Key things to consider:

Making tasks manageable by building in time for relaxation and breaks

Sleep/diet

Impact of social media – good and bad!



Help our children to develop a vision for the future

Vision = students know what they want to achieve

Vision involves having clear goals and a plan to achieve them

Having a vision for **why** we're working helps us to stay motivated when we face challenges

What can you do:

Help to clarify plans for next year to shape concrete goals

Help to break down long-term goals into smaller, manageable



Make it clear that effort is needed to achieve our goals

Success requires effort

One aspect of this is committing the time necessary for the depth of study needed

But we also need to make sure the systems and techniques we use help our children to make the most of the time committed.

What can you do:

Praise effort and practice



Develop systems that work effectively to make the most of the effort we put in

Systems help us to make the most of the effort we put in and to eliminate unnecessary stress and worry - to work smart

What can you do:

Be aware of upcoming deadlines and exam dates

Support students to develop and stick to a study and revision timetable



Use revision to practice the key content and skills needed

Two students could give the same amount of time revising - but if one is using more effective methods for revision they will get more 'value' for their time.

A 'healthy diet' of revision will include a focus on

Content - mastering the content taught

Skills - putting the content into context of exam techniques

Feedback - seeking expert feedback



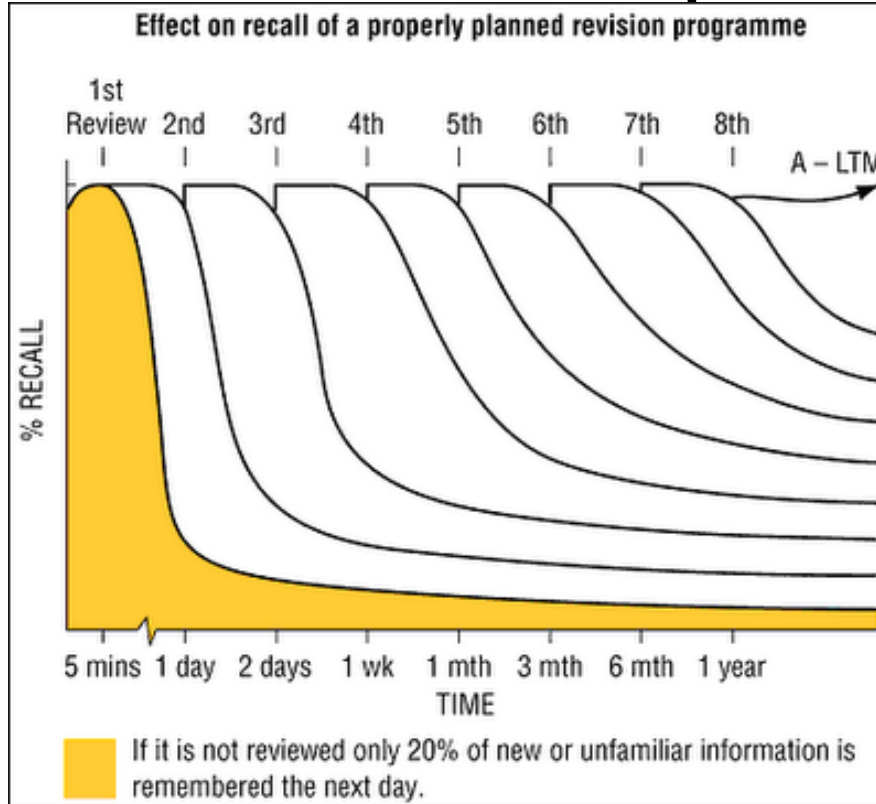
Effective Revision Techniques

Content	Skills	Feedback
<ul style="list-style-type: none">● Mind mapping/ diagrams● Creating flash cards● Consolidating class notes	<ul style="list-style-type: none">● Writing exam answers● Reading model answer● Planning out answers to past q's	<ul style="list-style-type: none">● Marking your work to a mark scheme● Working with peers● Handing in extra work for marking

Things to avoid: Repeated re-reading of class-notes / revision guides



Effective Revision Techniques



Planning to space out techniques and topics is a far more 'brain-friendly' way of organising revision than 'cramming' one subject



Promote an attitude of giving our best to everything we do

The next 6 months will be challenging

By working in partnership we can help to best support our young people to tackle the challenges they face

We're here to help - make us aware of any issues you're facing