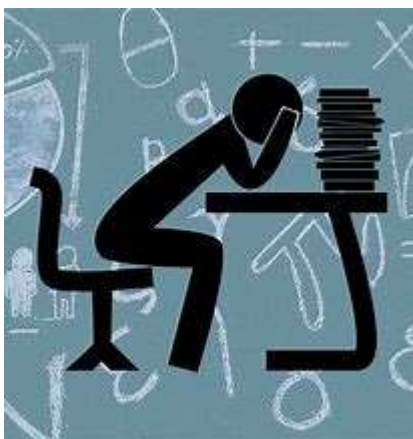


HOW WE CAN GET THROUGH EXAM SEASON WORKING TOGETHER



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WHY IS HOME SUPPORT IMPORTANT?

Studies show that pupils are much more likely to achieve if they have support and encouragement from home. Hopefully our suggestions will be helpful.

Much of the work and preparation for exams is done at home and so taking an interest, offering support, giving praise and helping your child stay focused and organised can make all the difference.

ATTENDANCE in school makes a **BIG** difference to how well a child does. Missing lessons can lead to a vicious circle... not understanding, falling behind, disagreements with teachers, dislike of the subject and so on.

So:-

- Get your child to school **EVERY** day
- If your child is ill, please contact the school immediately and remind your child that they need to catch up any work.
- If there is something that is keeping your child from school, please let us know so we can help sort it out.

HAVE A PLAN or a DREAM



Does your child **KNOW** what they want to do when they leave?

Does your child dream of a certain career? Do they know what they need to achieve this? It may not be just about qualifications - a good attendance record, participation in specific activities and a good reference will be required.

Kelly Wright our *Careers'* Advisor is available to our students every week and will help them apply for college courses or apprenticeships.

It is great to have something to aim for - but if they are not sure what they want to do next, they have more choices with more qualifications.

HOW CAN MY CHILD BE A BETTER LEARNER?

We all have to learn to learn - and it isn't easy. Learning doesn't stop when we leave school but continues throughout a person's life - everyone is expected to take on additional training in every job out there. Try and encourage your child to do the following:-

SCHOOL BASED

- Ask if they don't understand - this can be difficult in front of friends
- Learning about EXAMTECHNIQUE and exam structure
- Getting down to work quickly and completing tasks
- Taking pride in work and trying to recall information
- Building working relationships with teachers and others in the group
- Trying to be interested in the work - it makes it easier to remember it!
- Know your learning style - most of us are a mixture!

Auditory



Visual



Kinesthetic



- **Attend extra sessions the school arranges for them!**

HOME BASED



- Building SELF-MOTIVATION - they need to want to achieve
- Taking responsibility and pride for their work
- Find ways to overcome frustrations - we all get stuck sometimes - looking for strategies for persisting when things get tough
- Organising themselves

- Planning and carrying out revision

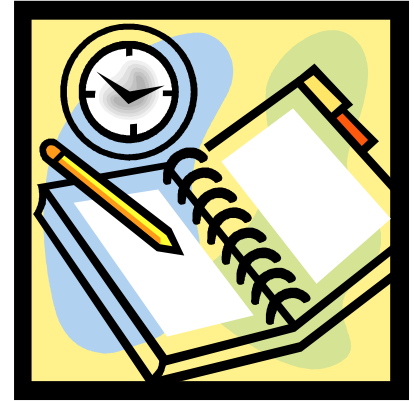
- Using the internet to extend learning (MyMaths, BBC Bitesize)



REVISION

HOW MUCH?

- Lots! Everyone is different but try to get your child to revise/learn information for **at least** an hour each night in addition to sessions in school.
- This should increase as the exams approach.
- We encourage pupils to draw out a **REALISTIC** timetable and then stick to it (no point saying they'll do 2 hours on a Saturday morning if they play football on a Saturday morning, or saying they'll revise when Eastenders is on when they **ALWAYS** watch it!).



WHY?

- The exam will test how much is known about a subject - no one can attempt this without learning the information first.
- Revision will **DEFINITELY** help your child do better.



WHAT?

- Your child should know **WHAT** to revise - they must listen in class and check with their subject teacher
- Use past papers - you can download from the board websites - but the teachers will give students them too
- Use BBC Bitesize

WHEN?

- Let them get home from school, have a drink/bite to eat and then get down to a bit of work before they see friends or their favourite telly starts...!!
- Revise for about 30 mins at a time and then a quick break before getting back to it
- Last minute revision can work - but try to get your child to do revision every day for a month or two before an exam rather than trying to cram it all the night before.

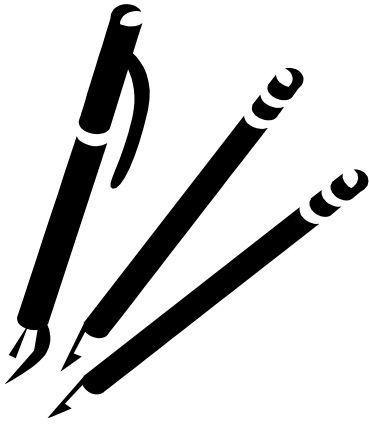
WHERE?

- Your child will need a quiet corner to work.
- It should be away from the television and other distractions (a break from their phone, if possible, would help a lot)
- They need to be monitored and checked - an hour messaging mates won't help their Maths exam!



WHAT YOU CAN DO FOR THEM AT HOME?

- Show a friendly interest
- Offer support
- Offer to test them on what they've just learned
- Have their revision timetable displayed somewhere
- You could think of little prizes to act as encouragement
- Have their exam timetable displayed



What they **NEED** on exam day

- We provide all stationery - but if your child prefers to use their own pens etc, help them get equipped (they'll need black ink pens, ruler, rubber, pencils, highlighter, protractor, compass).
- Use a **see-through pencil case**.
- They should wear - layers - it can get cold even in summer.
- **Water** in a see-through bottle - no labels

What they **DON'T** need on exam day

- They **CAN'T** have a mobile or a smart watch etc in the exam.

These must be handed in or left at home.

- They cannot wear a hoody or a cap.
- They don't need to be stressed out - tips below to help avoid this.



EXAM DAY - Stress Busters - Parent

1. They should eat breakfast! (Something sensible - slow burning carbohydrate eg porridge, brown bread toast and fruit juice)



2. Avoid talking about revision and the exam too much. They will be anxious and may be a bit snappy. Lots of **positive** talk.

3. Make sure they are **organised**. Have their pencil case and clothes sorted the night before.

4. Make sure you have the right time for the exam. **KEEP CHECKING** the **timetable**.



5. They should go to bed at a reasonable hour the night before an exam - sixteenth birthday bashes have to wait till the weekend!

6. Make sure they get to school with plenty of time to spare.

7. Make sure they have different layers of clothing. They can always take a jumper off if getting too warm.



8. Remind them to **TAKE A DEEP BREATH!** Take one as they walk into the exam room and another before they start.... And every time they remember!

9. They should **TIME THINGS** so they allow 10 minutes at the end to read through answers and correct any small mistakes.



10. Avoid too much post-exam analysis - but allow them to talk about it.

11. Have something nice for when they get home - a cup of tea and a chat.

EXAM DAY - Stress Busters- Student

1. Get some good night's sleep during exams. This is a very important time for you - late night chats on your phone can't happen. Put your phone on silent and put on charge away from your bed!
2. Eat breakfast! (Something sensible - slow burning carbohydrate eg porridge, brown bread toast and fruit juice)



3.. Avoid talking about an exam with your friends beforehand. (You don't need to get anything else in your head.)



4. You will be taken to where you are going for the exam so don't worry about where you'll be - this is sorted ahead.

5. Bring a jumper in case you get cold. Be ready to take it off to avoid getting sleepy and lethargic.

6. TAKE A DEEP BREATH! Take one as you walk into the exam room and another before you start.... And every time you remember!

7. Read through the paper slowly until the questions start to make sense.

8. Read every question TWICE before answering it. You could underline important words or highlight them.

9. Sit up straight, roll your shoulders and stretch your neck between answering questions.

10. TIME THINGS so you allow 10 minutes at the end to read through your answers and correct any small mistakes.



11. Enjoy a break after it is finished. Do something fun!



Remember - you can only do your best!

Good luck!

YOUR EXAM PREP - In the weeks ahead

Get plenty of sleep. Your brain needs time to sort out information and you need to be alert

Drink lots of water. Water can speed up learning by 30% as water conducts electricity and allows your brain impulses to be sent more easily. Dehydration leads to tiredness and headaches. Water does NOT mean tea, coffee or coke—but pure H₂O.



Eat well and get exercise. Eat 'brain' foods such as fish and green vegetables. Exercise can help relieve stress and improve your mood. Avoid too much chocolate, coffee, sugar and fizzy drinks

Find a good place to work. Somewhere quiet and light.

Know what is expected in each subject. Have an overview of all you need to do and by when. It will help you stay organised.

Practise answering questions in the style of questions on your exam papers. Use past papers and time yourself.

Switch your phone off! Stressing about friendships etc will not help your mood - and time can fly by as you scroll through.

Get to all the lessons you can. We can't help being ill, but try to be in school as much as you can, and **ALWAYS GET INTO CLASS.**

Get online. BBC Bitesize, My Maths - lots of websites with exercises to help you revise.

Get Help if you are getting stressed. Talk to your parents, friends, Key Worker—we are all here to help.



How to make the information stick



REPETITION – Write things out over and over again. Do lots of examples using the same formula for Maths.

Highlight your notes to pick out what is important

- Make bullet points or use numbered lists.

Change notes into diagrams. Use symbols and pictures

Use revision websites.

Try drawing a mind map and then cover it.

Can you reproduce it?

Highlight and revise the bits you missed out.

Use lots of different ways to revise. This will help you stay focused.

Make revision cards and stick them around your room.

Use colour

MAKE
MIND
MAPS



Acrostic poems

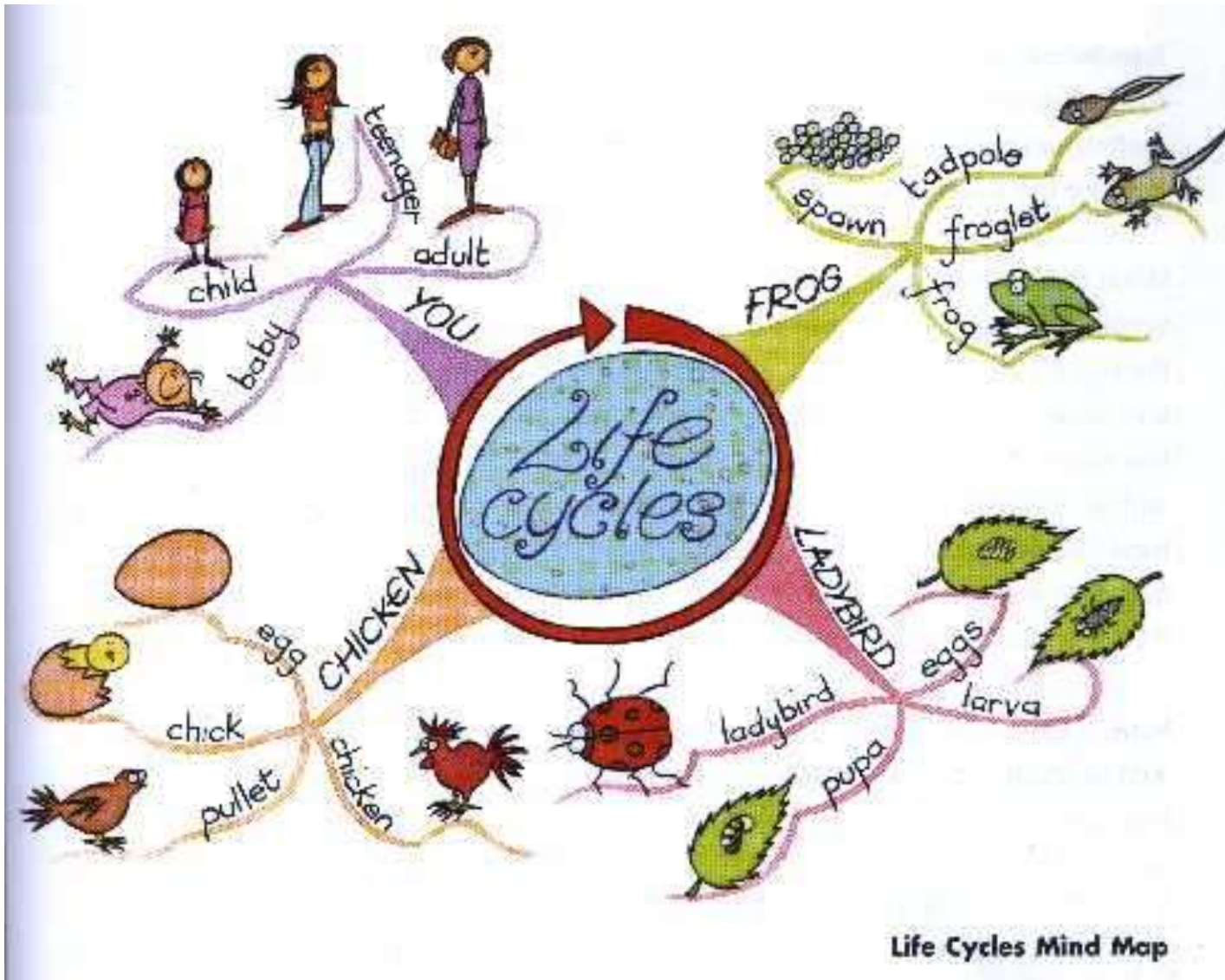
Shining
Ultraviolet
Not seen at night

Make up a rhyme, poem or even a song with the details of a topic.

Record yourself reading out your notes and then listen to it as you walk to school.

Use mnemonics: eg, to remember the "classic" named colours of the rainbow (Red, Orange, Yellow, Green, Blue, Indigo, Violet), it maybe easier to remember "Roy G. Biv".

Work for 20 minutes and then get a break for 10.



Use colour

Organise information across the page

Helps you order and group information appropriately

The colour and pictures help you remember things visually

Using pictures is fun

Example of a Mind Map