

Thursday 14th November 2024

Year 11 Parents' Revision Strategy Evening



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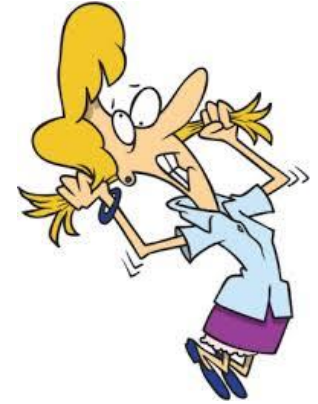
Parental involvement can make an enormous difference!

‘The impact of this positive dialogue between a child and their parents is significant. Children are more motivated, well-behaved and do better at school because they see that their parents are interested in their learning and value education.’

(Campaign for Learning)

Parental involvement in the form of ‘at-home good parenting’ has a significant positive effect on children’s achievement and adjustment even after all other factors shaping attainment have been taken out of the equation.(DFE)

Benefits in terms of progression for over 50% of participants to Further Education or training or a better job. (Ofsted)



Common Frustrations

She's always got
an excuse- I
don't know what
to believe....

He always leaves
everything to the
last minute...

I don't
understand these
exams. It's
different from
when I was at
school

She gets so
stressed when
we talk about
exams.....

I didn't do
French at school.
How can I help
him revise that?

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GENERAL REVISION ADVICE FOR PARENTS AND CARERS

5 HANDY HINTS



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So what can parents/carers do?

- Attendance – Students with an attendance of 90-94% only have a 60% chance of Grade 5s compared to 75% of students with an attendance of 95%+.

Attendance

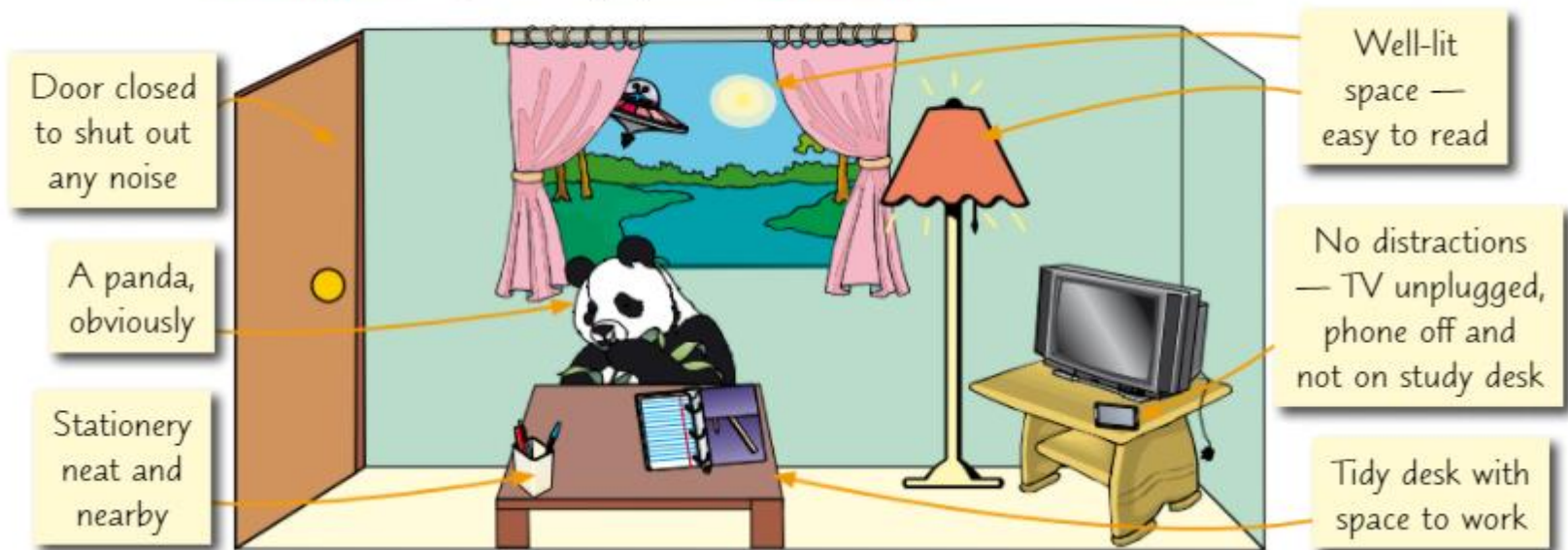




So what can parents/carers do?

- Providing a quiet place to study and the resources they require.

You'll find it easier to revise if your study space is free of clutter. Here's one we made earlier:





So what can parents/carers do?

- Project Manager – helping them devise a ‘realistic’ revision timetable and making sure they stick to it.

2) **Break each Subject Down into Topics**

- Fill in the **Topic Planners** on pages 53-67 for each of your subjects (see below).
- Look at the **exam board specification** for each subject to find a **list of topics**, or ask your **teachers**.
- Put a **tick** in the **correct column** to show how **happy** you are with each topic. Throughout your revision, **update** the table as you feel more **confident**.
- Make sure you do enough revision and practice so that you're **happy** with **each topic**.

Don't worry if you're unsure about a lot of your topics at first. The whole point of revision is that you get more confident as you go on.



EXAMPLE:

Biology

Topic	😊	🙂	😄
Cells	✓		
Microscopy	✓		
Cell Differentiation and Specialisation	✓	✓	
Stem Cells	✓		
Chromosomes and Mitosis	✓		
Binary Fission	✓	✓	
Culturing Microorganisms	✓		





Revision Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

**Break revision down into small chunks.
30 minutes FOCUSED revision.
Build in some 'down time'.**





So what can parents/carers do?

- 'Study Buddy' – Showing an interest in Home Learning, 'testing' them on revision etc.

Revise With a *Friend*

- 1) Test each other on different topics, e.g. using flash cards.
- 2) Try speaking for a minute on a topic, then get your friend to ask you questions on it.
- 3) Come up with funny pictures or stories to help you remember information. Get creative!



- Revising with a friend can be useful, but it's best not to do it all the time — it can be distracting and it's important to do your own revision too.
- Don't chat while you're revising. Take regular breaks, as you would if you were revising alone and save your chatting for then.



So what can parents/carers do?

■ Motivation and Encouragement.

Five Top Tips For Staying Motivated

1. Set small targets with rewards (see p.4).
2. Remind yourself of your long-term goals.
3. Plan a big treat for after your exams.
4. Use a topic planner so you can see the progress you've made.
5. If you're dreading a particular topic, start with some easier topics first.



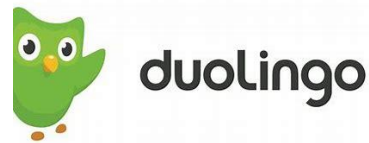
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USEFUL RESOURCES



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MANAGING EXAM STRESS



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Why is exam stress a problem?



Cognitive Symptoms

Memory problems
Poor Concentration
Poor Judgement
Negative thoughts
Anxiety
Worry
Nervousness



Emotional Symptoms

Moodiness
Irritable/Temper
Agitation
Feeling overwhelmed
Loneliness
Isolation
Unhappiness



Physical Symptoms

Muscle Tension
Aches
Stomach problems
Nausea
Dizziness
Chest pain
Racing heart
Colds and allergies



Behavioural Symptoms

Appetite changes
Sleep changes
Social withdrawal
Procrastination
Avoiding responsibility
Nervous habits



EXERCISE



The Mind Set



The Mind Set

The Mind Set - explainer video.

The Mind Set is the UK's first national peer-to-peer coaching network for GCSE and National students. It's a bold campaign that features 12 student coaches from a variety of academic and diverse backgrounds. They have all recently taken their exams and understand the pressures involved. In a series of short clips, they offer practical and well-being advice on how to get through the stressful exam period.

In these clips, the Mind Set team cover a range of practical advice from how to

Coping with Stress



How to reduce the stress

Studies show that exam stress can sometimes be the difference between grades, so this guide offers some useful tips and advice.



How to keep calm

A guide exploring the importance of staying calm during exam time with some handy tips.



How to stay motivated

Keeping students motivated during the exam period can be difficult, so here's some tried and trusted ideas to help.

Exam and Revision Advice



Tips for using past papers

Advice on how past papers can help students revise and prepare for their exams.

Teacher	Role in school	Strategy	Room
Mrs Sadler	Teacher of Art	‘Simple and Effective Revision’	EN1
Mrs Thomas	Teacher of History	<i>‘Making revision stick’</i>	EN2
Mr Fox	Teacher of Mathematics	<i>How to create visual revision notes: mind maps / revision cards / sequencing</i>	EN4
Mrs Wittering	Area Leader for Drama	<i>How to summarise all of those revision notes</i>	EN3
Mrs Kapoor	Area leader for Chemistry	<i>Study smarter not harder</i>	EN5





General Support for Students

www.childline.org.uk

www.mindmate.org.uk

www.bbc.co.uk/bitesize/articles/zsvqcqhv (Exam Stress)

www.headspace.com

Exam Board Websites

www.aqa.org.uk

www.edexcel.org.uk

www.ocr.org.uk

www.eduqas.co.uk

Revision Resources

www.bbc.co.uk/education

www.senecalearning.com/en-GB/

www.quizlet.com/en-gb

www.mystudylife.com/

