

Advice for Parents and Carers

Supporting students for success in Year 13

Important Dates

w/b 25th March

Review 4

Thursday 28th March

Parents Evening

Exams commencing

15th May – 26th June

A Levels

May 20th (Economics and English)

from June 3rd (vast majority)

Vocational subjects

from 15th May

Exam dates are already on Insight.

Subject support session list for Terms 3 and 4 are published with the Friday email.

Effective revision strategies – what the research says

Dunlowsky et al (2013) studied 10 strategies used by students to revise and prepare for examinations

- Most effective

 - Regular practice testing

 - Distributed practice (short sessions)

 - Interleaved practice (mix multiple topics when studying)

- Moderately effective

 - Elaborative interrogation (turning facts to be learned into ‘why-questions’, then answering them)

 - Self – explanation (explaining to yourself what you are doing and thinking)

- Least effective

 - Summarising

 - Highlighting

 - Mnemonics

 - Imagery to represent text

 - Re-reading

Using a **blend** of these techniques is most effective.

Planning Revision

They have the tools for success, but how will they achieve it?

Simple Keys to Success

- Be disciplined
- Be engaged **every day**
- Organise time well
- **Regularly revisit** material **over time**
- Work on weaknesses, not strengths
- Growth Mindset – success is not linear

What might this look like? Broadly.....

- Revision plan addresses weaknesses
- Folders well organised
- Evidence of practice papers/extended answers/tests
- Notes up to date and legible
- PLCs show them areas to work on

The Revision Pack and Planners will help to show you what it looks like – please see the separate link on the website.

Interleaving practice

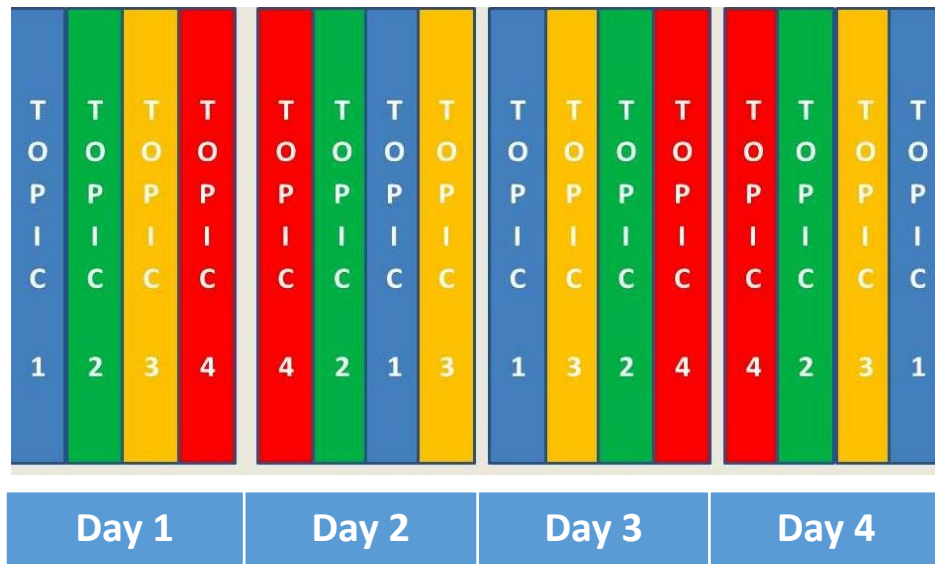
Studying more topics, more often, in smaller bursts

Interleave practice

Do **not** focus on just one topic, skill or subject at a time

Break the information down into **manageable** chunks

Importance of **repetition over time**



Effectiveness vs virtue

Revising for 5 hours straight until midnight might make us feel worthy, but it doesn't help recall or mood.

Effectiveness

3 parts revision to 1 part break

For most students this will approximately be:

30 minutes revision

+

10 minutes break



Controlling stress

In exams there are things you can control, and things you can't.

Can control	Can't control
Time devoted to revision Revising over time, not last minute Planning your time How you will work Where you will work Who to work with Order of revising topics Not all work, work, work Enough sleep Good diet Turning off your phone	Syllabus Examining board Length of the exam Start time Day of exam Rules in the exam room Questions

By controlling those things in the list above you CAN control your stress levels.

Remember

- Study is about balance.
- We do not want students to exhaust themselves, nor take the joy from their lives!
- We do want them to feel in control, and succeed.
- For that, they need to **plan**.

- There are lots of ways to cut the revision cake.
- Students have access to a whole variety of revision planners on the Sixth Form shared area.
- We have given every student a copy of the Revision Pack and enough blank planners, with an example, to last them through the exam period.
- A copy is also available with this presentation, on the website.

Revision - Week 1 Date from to

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (recap)	Sunday
Period 1							
Period 2							
Break							
Period 3							
Period 4							
Lunch							
Period 5							
3.20 – 3.50pm							
Break							
4.00 – 4.30pm							
Break							
4.40 – 5.10pm							
Other							
Break work down into small chunks. Focus on your weak areas. 30 minutes work, 10 minute break. Do different subjects.							



What should students be doing now?

Identify gaps in knowledge from internal exams, re-sits
Make sure **notes are organised and complete.**
Re-work material.
Create revision plans.

now

Work on identified weaknesses – regular testing of key concepts and knowledge; attend regular support sessions; use knowledge buddies.

March

Complete targeted past papers – part and full.
Address weaknesses in exam technique and gaps in knowledge.

March/April

Complete timed targeted past papers – full.

April/May/June

Attend lessons until their final exam/exams are completed for a particular subject.

May/June!

Refine revision plans to reflect progress made

Throughout

10 simple ways to help your child at home

1. Give them an appropriate place to work, free from distractions .
2. Turn off their phone/media distractions to help them focus on the work and get rid of FOMO (fear of missing out); **at least** an hour before they go to sleep
3. Display their exam and revision timetables in a place where they and you will see it regularly.
4. Short, sharp revision sessions: 30 minutes work, 10 minutes break.
5. Interleave/vary the subjects they revise, saving their favourites for last.
6. Never rely on reading alone to revise. Variety – practice papers, concept maps, flash cards, mini-quizzes etc.
7. Encourage them to keep up hobbies like sport or music - maintain a social life, but in moderation.
8. Plenty of sleep (minimum 8 hours), a proper breakfast, eat healthily - not just exam days.
9. Make sure they ask teachers for advice on subject specific exam technique – they're the experts.
10. Check their folders/books – are their notes well prepared, neat, legible?

7 simple ways to help your child with exam technique at home

“But I have no idea how to answer A Level Maths questions. I cannot help, can I?”

Check they.....

1. **Read the entire question before answering** - check they have looked at any additional text, graphs, tables or other information.
2. **Highlight important command words** like *describe, explain, compare, analyse* or *evaluate* in the questions.
3. **Look at the number of marks available for each question** – how long/detailed is their answer compared to the marks available? How much time did they spend on the answer? How many stages are there in their calculation?
4. **Find any additional help sheets available to them** (for example a formula or data sheet in science).
5. **Always finish questions**, even if they think they made a mistake at an early stage or had to make a guess. They will score marks despite this.
6. **Check carefully for errors** at the end – spelling, grammar, workings out – does the answer make sense?
7. **Check the whole paper** to make sure that they have answered every question that they should have.

Careers help

Careers Co-ordinator

Mrs Ann Millard

Independent Careers Adviser

Mrs Maggie Millard

- The Careers Centre is open Monday to Thursday,
- Students are invited to drop in for advice and support, or make an appointment directly or through their tutor.

Useful Careers links

<http://www.careerpilot.org.uk/>

<https://nationalcareersservice.direct.gov.uk>

<https://ucas.com>

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