



Year 11
Parent's Information Evening
February 2019

Start Revision Now

Students will be happier and more relaxed in the exam room if they are fully prepared and confident.

Starting revision now will spread the load. There is a lot of content to revise for 8/9 subjects students are taking this summer.

With good quality revision students and teachers will gain a real insight into strengths and weaknesses.

Students and parents will have time to seek advice from teachers and school.



The Science

Students will have a huge amount to LEARN for their exams.

Memory is based on connections between the neurons in the brain.

These connections are weak to start with , they break and disintegrate easily. This means we easily forget new knowledge or skill.

Revision , repetition and practice strengthens the neural connections in the brain.

Making it easier to remember the knowledge and skills needed for exam success.

Revision Techniques

- Not one strategy works for all students or all subjects.
- Organise time, space, equipment and the information needed.
- **Memorise information** you need to learn, then,
- Practise, practise, practise – using exam style questions.

These things help:

- Spaced out study sessions, going back over things several times.
- Testing with quick questions , quizzes and challenges.

Start as soon as possible.

Top Tips:

Plan your revision – which subjects when?

Find a place to work without distractions

Turn the ipad, TV off

Remove mobile phones from the room

Time sessions with breaks

Know what you need to learn

Prepare and organise what you are going to learn:

Flash cards

Mind maps

Key definitions

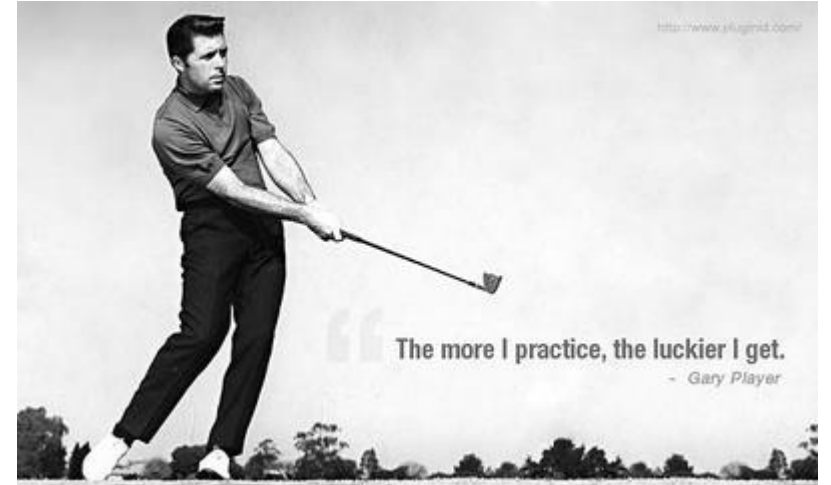
Summarise

Sub topics



The Order is:

Learn
then.....



Practise

How Can Parents Make a Difference?

Parental support is a key factor in determining a student's academic success.

You do not need to be an expert in any one subject, to make a difference you just need to know how best to spend the time you do have.

One of the hardest demands on students is that of understanding the long-term importance of doing the best they can vs. short term interests.

You know your child best – their motivations, barriers and maturity.

How much revision should my child be doing?

Before the exams start:

Next week – A minimum of 4 Hrs per day Mon – Friday (20 x 1 Hr sessions), plus one weekend if you can

Term 4 = At least 4 x 1 Hr during the week, plus 4 Hrs at the weekend (8 x 1 Hr sessions per week)

Easter = 6 Hrs per day (33 x 2Hr sessions)

Term 5 = 3 Hrs per day (Mon – Fri) plus week days plus 8 - 10 hrs per weekend

May Half Term = 6 Hrs per day

During the exams:

School week – 3 Hrs per evening (Mon – Fri), 4 - 5 Hrs per day over the weekend

Most importantly plan in breaks, rest, activities and sleep.

45 minutes study – 15 minutes break.

Exams will last up to 2 Hrs 15 mins – students will need to concentrate for this length of time – past papers should be sat in one go.

Your support, encouragement and guidance can make a difference.

Top Tips:

- ✓ Agree the balance between work and social life and stick to an agreement. Flexibility is the key. Check how they are getting on weekly, review the plan honestly.
- ✓ All students fall behind , feel demotivated or overwhelmed, or struggle with the balance of social, work and school demands at times. Talk to them , acknowledge their feelings and adopt a sensible attitude to seeking a solution.
- ✓ Be flexible – if you child is sticking to 80% of a suitable plan, they will be doing alright.
- ✓ If your child asks for support, encourage them by helping them to see the difficulties in perspective. Teenagers often take an all or nothing ‘catastrophic ‘ approach to difficulties – be the voice of reason with small goals and solutions

Talk to teachers and the school

9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk



Do the actual work - revise!



When really stressed, talk to someone about it



Get some fresh air each day



Stick to regular meal times



Do something to switch off an hour before bed



Don't dwell on worst case scenarios



A good sleep the night before is better than last minute cramming



Once you've done the exam, move on to the next one



Don't aim for perfection - it's a myth and doesn't exist