

How to help your child succeed in GCSEs and A levels

1. Support in place at school
2. How parents can help
3. Workshops



The White Hills Park Federation Trust
A Culture of Excellence



Important dates and useful contacts

- ▶ GCSE Exams run from 15 May - 28 June
- ▶ A level Exams run from 2 May - 22 June
- ▶ Personalised timetables were issued before the holidays
- ▶ Lessons will continue until the exams
- ▶ Any concerns about progress or support - contact KS4 and KS5 student support teams and SLT
- ▶ Email teachers directly

In-school support

- ▶ Class teachers - finishing coursework, preparation in class, setting homework that supports GCSE and A level attainment
- ▶ Revision support - sessions offered during lesson time: mind mapping, memorising diagrams etc.
- ▶ Intervention - individualised timetables
- ▶ After school revision, morning mastery classes and study lounge - optional but advisable
- ▶ Assertive academic mentoring 1:1, tracking, support and encouragement and learning mentors/learning support
- ▶ Assemblies - focus is on issues that are relevant to Year 11



How parents can help

- ▶ Support, encouragement and interest influence child's motivation and ability to cope with academic and organisation demands of the exam period
- ▶ Message? Unconditionality, hard-work & support
- ▶ You know your child better than anyone
- ▶ Agree the balance between work and social life
- ▶ Everyone will at some point feel demotivated, overwhelmed and stressed
- ▶ Catastrophic failure - need perspective
- ▶ Create a 'home' that is study-ready. You are in this together...sacrifice! Phone box
- ▶ Ease up on their contribution to chores...their job is revision



Incentive? Bribes? Comparisons

- ▶ Reward should be the results themselves and knowing that they did the best they could
- ▶ Is offering money a good idea?
- ▶ Incentives and encouragements along the way... little things. Treats, box sets, cinema and seeing friends
- ▶ All watch something together - end of a revision session
- ▶ Carol Dweck Growth Mindset - praise the effort...the outcome will take care of itself
- ▶ Many students are competitive - avoid comparisons with yourself and other siblings



Where?

- ▶ Somewhere quiet or public?
- ▶ Bedroom? For some students not helpful
- ▶ In view of supporting eyes!
- ▶ Place they can 'own' - revision plan up, books, notes..
- ▶ Isolation not always a good sign



How much? GCSE and A level

- ▶ Quality over quantity
- ▶ 1 - 2 hours per week per subject
(A level - 3 subjects - 8/10 hours per week per subject)
- ▶ School days - plan 2 hours/ A level 3
- ▶ Days off and built in rest/leisure
- ▶ Ask students how much they think is reasonable
- ▶ Some in danger of doing too much - pull back and help them
- ▶ Introduce them to a watch!
- ▶ Teach them to ignore what others are doing - people lie!



So what can you do to help in the organisation?

- ▶ Offer to help them 'chunk' the learning up and sketch out a revision plan
- ▶ If revision guides and notes have gone missing - seek to replace these
- ▶ Stationery! Post it notes, revision cards, mini white boards and decent pens



So what can you do to help actual revision process?

- ▶ Talk through revision plans
- ▶ At the end of a revision session test them
- ▶ Ask them to explain something to you
- ▶ Use mark schemes with them to mark a past paper.....
- ▶ Ideas in the workshop



Night before and morning of exams

- ▶ Don't allow them to study until late
- ▶ Early preparation means that they should be able to relax and take their mind off the exams
- ▶ If there is conflict brewing - ignore it. You can shelve some battles!
- ▶ Make sure they have everything they need and know what time it starts
- ▶ Up with enough time to wake up!
- ▶ Breakfast



Team - the line of one

- ▶ What we can learn from geese
- ▶ Supporting - honk from the back!
- ▶ Do well and be well
- ▶ We are here to help

