

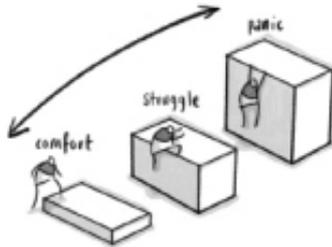
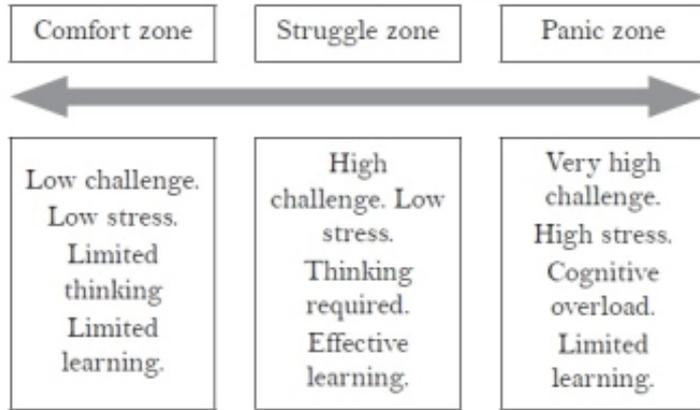
# **Supporting your child through GCSEs**

Year 11 Information Evening

Wednesday 6th February

Stanley MacMurray, Ben Meyrick & Ben Wyatt

# Tip 1: Ensure they stay in the right zone



- Reassure them that some stress is healthy
- If you see them moving into the 'Panic zone', remove the revision from them and use distraction techniques

# What Healthy and Unhealthy stress looks like

## Healthy:

- Viewing work as a competitive challenge against themselves
- Being determined to complete work
- Celebrating small achievements

## Unhealthy:

- Getting upset over their workload
- Being put off revising because of the difficulty
- Irrational outbursts

## Tip 2: Motivation and goal setting

### Motivation is not pressure

- Staying motivated is the key to staying on top of things especially when it comes to ongoing revision through GCSEs
- With motivation comes initiative
- Helpful encouragement about what they can achieve. The 'Yes I can' mind set
- Inspiration Dashboard





S

## Specific

Who, What, Where,  
When, Why, Which

Define the goal as much  
as possible with no  
ambiguous language.

WHO is involved, WHAT  
do I want to accomplish,  
WHERE will it be done,  
WHY am I doing this  
(reasons, purpose),  
WHICH constraints /  
requirements do I have?



M

## Measurable

From and To

Can you track the  
progress and measure  
the outcome?

How much, how many,  
how will I know when  
my goal is  
accomplished?



A

## Attainable

How

Is the goal reasonable  
enough to be  
accomplished? How so?

Make sure the goal is  
not out of reach or  
below standard  
performance.



R

## Relevant

Worthwhile

Is the goal worthwhile  
and will it meet your  
needs?

Is each goal consistent  
with other goals you  
have established and  
fits with your  
immediate and long  
term plans?



T

## Timely

When

Your objective should  
include a time limit. "I  
will complete this step  
by month/day/year."

It will establish a sense  
of urgency and prompt  
you to have better time  
management.

# Tip 3: Relaxing

Always make sure they take time to relax

- Set a cut off point for work and encourage to do work in regular intervals ie: 30 mins work 5 mins rest



- Enough sleep is crucial - removing devices right before bed is a good way to allow minds to settle

- Relaxing is an important part of maintaining a social and mental well being

- Relaxing after work provides a feeling of achievement and pride important for confidence building

# Tip 4: Scheduling

## THE POMODORO TECHNIQUE



**DECIDE**  
ON THE  
TASK TO  
BE DONE



**SET THE  
TIMER TO  
25 MINUTES**



**WORK ON  
THE TASK  
UNTIL THE  
TIMER RINGS**



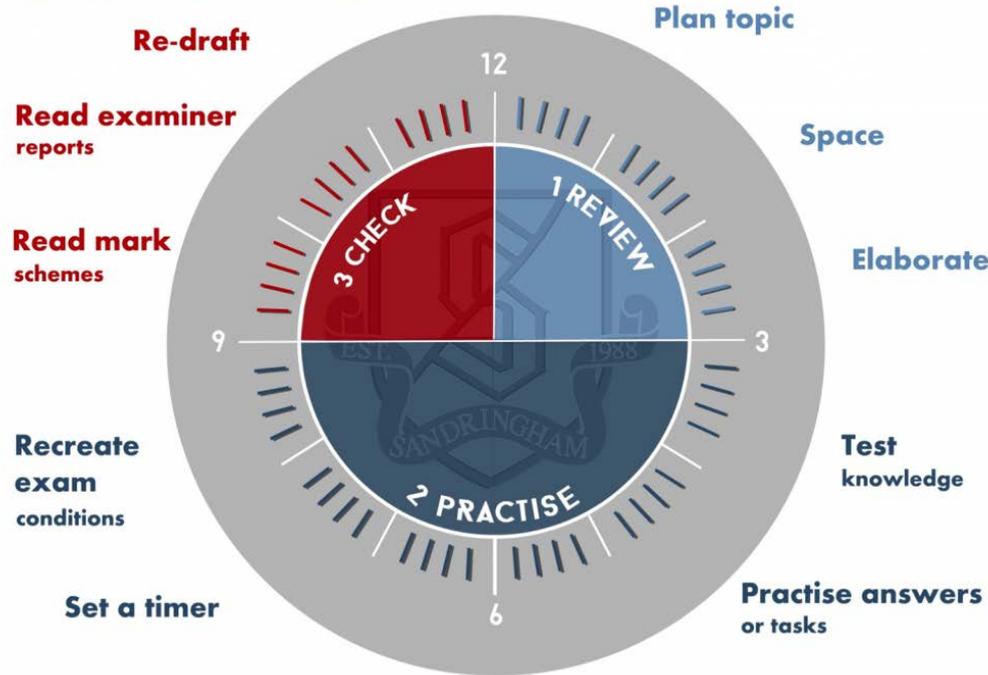
**TAKE A  
SHORT  
5 MINUTE  
BREAK**



**TAKE A  
15-30  
MINUTE  
BREAK**



## THE MEMORY CLOCK



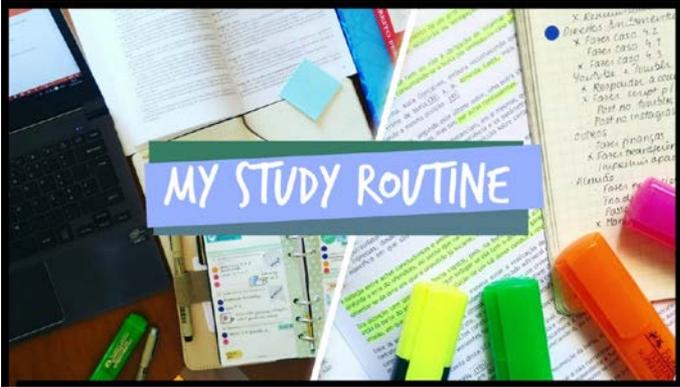
**examtime™**

Calendar Timeline

22 - 28 Jul 2013

Task	MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27	SUN 28
History (7 hours)							
Geography (5.5 hours)							
Information & Communic... (1 hour)							
English (4 hours)							
Physics (9 hours)							
Chemistry (9 hours)							
Biology (1 hour)							
Mathematics (7 hours)							
Additional Mathematics (1 hour)							

# Tip 5: Keep to routines



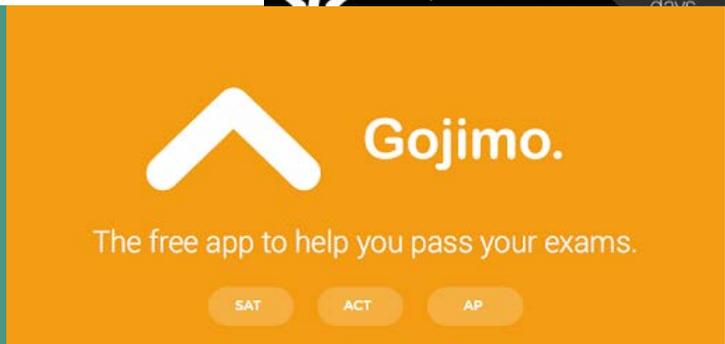
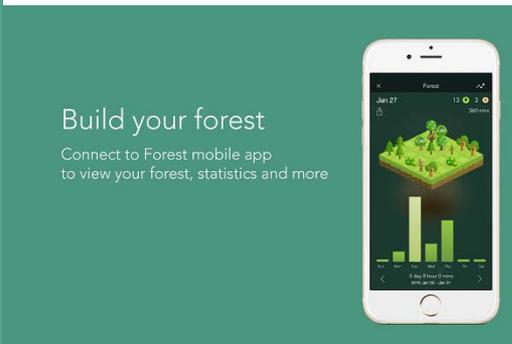
Routines help give a sense of order and are helpful to reduced the feeling of being overwhelmed with workloads ✓



**Ideas to try!** Using revision timetables to structure effective revision to know exactly when to go through specific content - give them rewards when they stick to a week of their timetable



# Useful Apps that help with revision



# Tip 6: Encourage them to be healthy...but don't forget about treats!

A healthy balanced diet is important for maintaining both physical and mental wellbeing.

It's a great way of staying motivated and boosting self confidence

An occasional more 'unhealthy' alternative can be a great reward after small achievements or overcoming challenges!



## Tip 7: Provide a calm, tidy environment



Having a clean revision space helps reduce the feeling of being overwhelmed

- Encourage organising work
- Keep a comfortable and tidy environment to keep a clear head
- Remove distractions such as TVs from areas they work (use these as rewards)
- Digital detox
- Sleep hygiene

## Tip 8: Allow for timely distractions/rewards



- Keep encouraging them to do activities that they enjoy away from their studies
- Extracurricular activities are great for those passionate about their subjects
- Distractions can be great as an additional way to help relax



## Tip 9: Encourage group sessions when appropriate



- Research suggests that these are very effective when completed with structure
- Teaching others can be a great use of active recall - so ask about a certain topic and get them to explain it
- Reviewing notes with friends can also help encourage a healthy social well being

## Tip 10: Aggregation of marginal gains

The doctrine of marginal gains is all about small incremental improvements in any process adding up to a significant improvement when they are all added together.

It is perhaps most easy to understand by considering the approach of Sir Dave Brailsford. When he became performance director of British Cycling, he set about breaking down the objective of winning races into its component parts.

Brailsford believed that if it was possible to make a 1% improvement in a whole host of areas, the cumulative gains would end up being hugely significant.