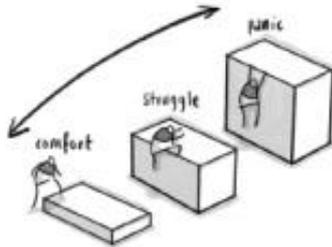
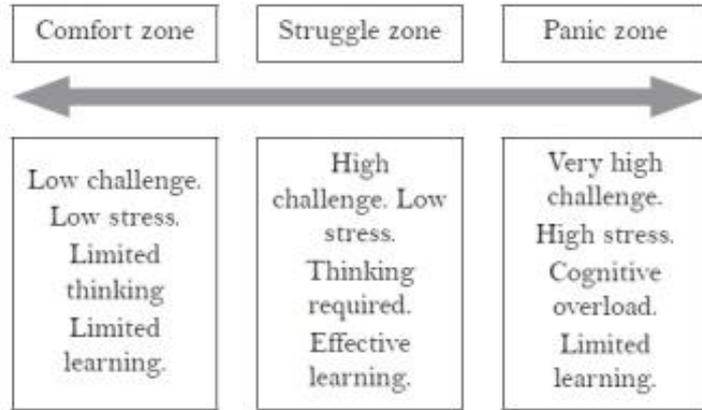


Supporting your child through their GCSEs

Year 11 Information Evening
Wednesday 5th February

Advice from the year 13 senior students

Tip 1: Ensure they stay in the right zone



- Reassure them that some stress is healthy and natural
- 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
- Not sleeping
- Feeling fatigue often

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





Specific

Do: Set real numbers with real deadlines.

Don't: Say, "I want more visitors."



Measurable

Do: Make sure your goal is trackable.

Don't: Hide behind buzzwords like, "brand engagement," or, "social influence."



Attainable

Do: Work towards a goal that is challenging, but possible.

Don't: Try to take over the world in one night.



Realistic

Do: Be honest with yourself- you know what you and your team are capable of.

Don't: Forget any hurdles you may have to overcome.



Time-bound

Do: Give yourself a deadline.

Don't: Keep pushing towards a goal you might hit, "some day."

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 a 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**



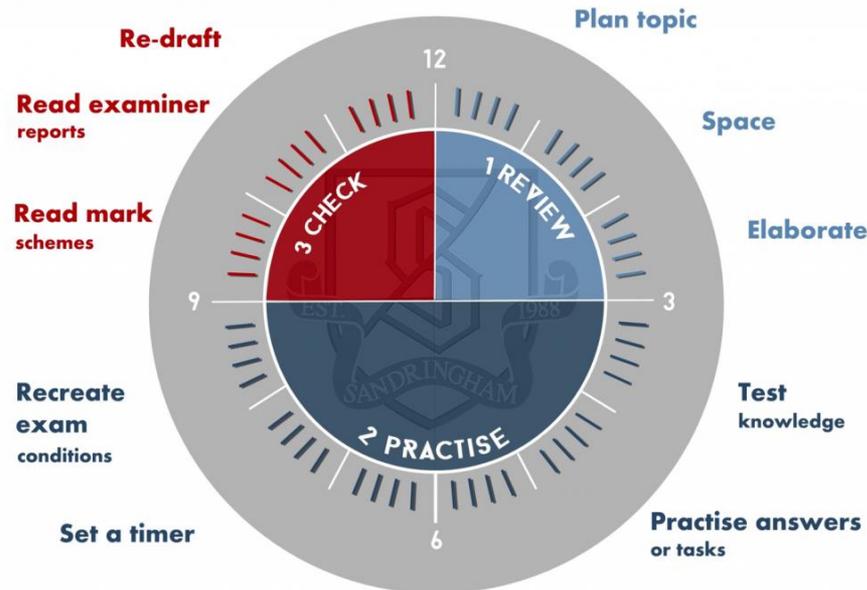
**TAKE A
SHORT
5 MINUTE
BREAK**



**TAKE A
15-30
MINUTE
BREAK**

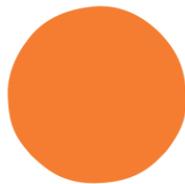


THE MEMORY CLOCK



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45 - 9:45	Bio	Drama	Maths	Free Maths	Free	Gym	Rugby Game
9:50 - 10:50	Bio	Drama	Maths	LL	Free	D	
	L	U	N	C	H	A	
11:10-12:10	Free Maths	Maths	Bio	Free Maths	Drama	Y	
12:15 - 13:15	Free Maths	Maths	Bio	Drama	Drama		
	B	R	E	A	K	O	
14:00 - 15:00	Maths	Belle	Maths*	Bio		F	Maths*
15:00 - 16:00			Maths*		Training		Maths*
16:00 - 17:00	Work	Bio*		Bio*		R	Bio*
17:00 - 18:00		Bio*		Bio*		E	Bio*
18:00 - 19:00	Bio*					S	
19:00 - 20:00	Bio*			Training		T	
20:00 - 21:00							
21:00-22:00	Gym	Gym	Gym				

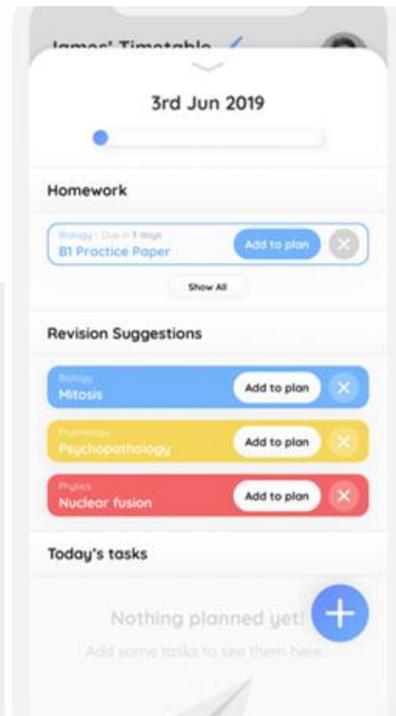
Quizlet



HEADSPACE

HEADSPACE

TREAT YOUR HEAD RIGHT



Trello

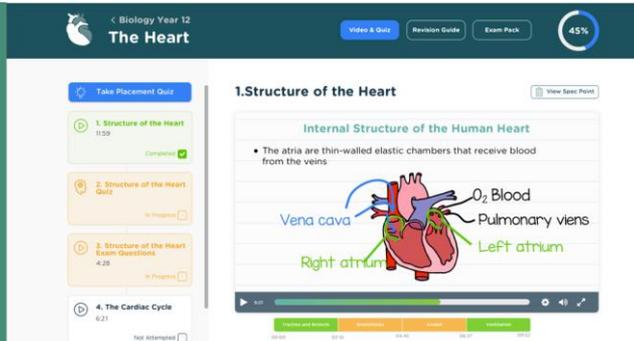
Useful Apps that help with revision

Your tree will die if you leave the app

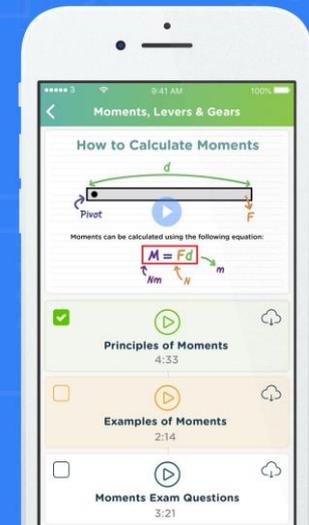


Build your forest

Connect to Forest mobile app to view your forest, statistics and more



High-quality, bite-size videos by A* tutors



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

A breakfast, water and a good night sleep is essential, it will help them to have a more focused and alert day; it is easy to feel groggy by the end of the day.

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
- Vary your 'revision spots'
- Remove distractions such as TVs from areas they work (use these as rewards)
- Digital detox
- Sleep hygiene

Tip 8: Allow for timely rewards and rest periods.



- Encourage them to continue hobbies and schedule breaks for a balanced timetable.
- Extracurricular activities are great for those passionate about their subjects;
 - Sports
 - Art
 - Volunteering
 - Music
- Distractions can be great as an additional way to help relax and deal with stress in a healthy way



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
 - This is a way that you could help your child, allowing them to recite facts or explain concepts to help their own understanding and memory
- 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.

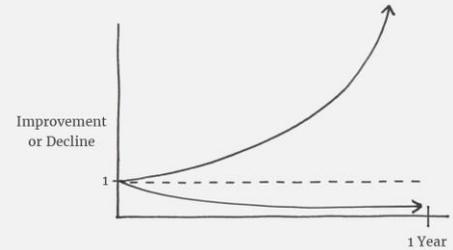
Sir Dave Brailsford set about breaking down the objective of winning races into its component parts.

He 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.

The Power of Tiny Gains

$$1\% \text{ better every day } 1.01^{365} = 37.78$$

$$1\% \text{ worse every day } 0.99^{365} = 0.03$$



JamesClear.com