



**YEAR 12
PARENTS SUPPORT BOOKLET**

**HELPING YOUR CHILD SUCCEED IN
GCSE EXAMINATIONS**

SETTING THE SCENE

- At the heart of examination success and fulfilling academic potential is the decision by your child to take control and responsibility for their own learning.
- Taking control means acquiring the motivation to organise, plan, set targets and learn effectively for future success.
- They must be open, honest and committed in their approach to study and revision- it's the only way.
- If they organise the present then the future will take care of itself.

DO YOU RECOGNISE ANY OF THESE?

- Puts off revision
- Thinks that reading through material the day before the exam counts as revision
- Is easily distracted
- Has a stock of excuses as to why they did not revise "tonight"
- Sets aside specific time for revision that they rarely keep to
- Uses revision time to catch up with coursework
- Revises only their favourite subjects
- Avoids topics they do not like
- Starts to panic
- Reads through notes repeatedly
- Constantly rewrites notes in full
- Does not discuss revision with anyone
- If these describe your child, then they are likely to be a D Grade candidate

MOTIVATION

Parents can play a major role in motivation

- Good motivation flows from within
- The will to improve is the first step to improvement
- Pupils perform to their own or other peoples expectations of them
- Nothing motivates pupils more than someone else's interest in them

Every mark counts - The difference between a grade D and a grade C is 4%

OUR EMOTIONAL BRAIN

Effective learning occurs when we are in the right mood

- High self-esteem is important for pupils to learn effectively
- A relaxed and untroubled mind will learn best
- Avoid using negative comments to your child
- Use positive comments as often as possible

If a child lives with encouragement they learn to have confidence and high self-esteem

OUR ACTIVE BRAIN

The brain is a working part of the body. It needs the same things as other working parts

- Exercise
- Healthy food
- Plenty of water
- Rest
- Stress free

TIME TO STUDY

Have a daily/weekly plan written down

- Set realistic targets
- Include regular breaks
- Eliminate wasted time
- Use time when nothing is happening
- Use every minute

WHERE TO STUDY

Studying will be most effective in a place which

- Is quiet
- Is bright
- Is neither too hot nor too cold
- Has enough space
- Has no distractions
- Has all the necessary equipment

ACTIVE LEARNING

Learn in ways that keep you fully alert and thinking

- Read out aloud
- Explain to others
- Highlight important points in your notes
- Draw diagrams, using the

LOOK - COVER - WRITE - CHECK

method to test your knowledge

- Watch the BBC's bitesize TV programmes
- complete past papers

WHY MAKE NOTES

We make notes from books, handouts, experiments, fieldwork and magazines - this involves reading skills

Note making is an important part to learning because

- They reduce the material to key words and facts
- They help understanding by showing connections or order
- They make it easier for topics to be revised more often
- They help information to get into the long term memory

DIFFERENT KINDS OF NOTES

- Lists of keywords and phrases on cards
- Mind maps tracing the development of topics
- Spider diagrams showing relationships between different parts of a topic

Notes can be made on

- Single pages
- Posters
- Cards
- Post its
- Tapes

TECHNIQUES TO IMPROVE MEMORY

- Understanding notes
- Construct mind maps and diagrams
- Mnemonics, first letter of key words, used to make rhymes or other words
- Explain to someone else
- Say it out loud
- Create unusual pictures
- Something revised before you go to sleep will be remembered when you wake up

WE REMEMBER

- 20% of what we **READ**
- 30% of what we **HEAR**
- 40% of what we **SEE**
- 50% of what we **SAY**
- 60% of what we **DO**
- 90% of what we **READ HEAR SAY DO**

REVISION DON'TS

- Don't re-write notes
- Don't get stressed
- Don't cram revision just before tests
- Don't revise when there are distractions

SHOW INTEREST

Always show interest in your child's work by:

- Asking them what their study plans are for each night
- Inquiring about study plans for the week
- Ask about particular subjects
- At the end of each study session ask about what they have done
- At the end of each study session ask them to explain something they have learnt to you
- Questions are asked to be supportive not for checking up

TEN WAYS FOR YOU TO HELP YOUR CHILD TO SUCCEED

- Start now
- Help to ensure they are in the right mood for study
- Provide the right conditions for study
- Link effort to attainment and praise
- Discuss progress regularly
- Encourage them to use a variety of revision techniques
- Encourage them to use all the time available
- Remind them of all the key facts relating to tests and encourage them to practice test questions
- Know their timetable for the tests
- Look for opportunities to commend and praise them

BEFORE THE GCSE'S

During the period before the GCSE examinations encourage them to:

- Keep to the revision plan
- Get plenty of exercise and sleep
- Avoid stress
- Check the test timetable
- Ease off the day before tests

DURING THE GCSEs

These rules will help get the highest grades possible in the exams

- Come prepared with everything you need - pens, pencils, rubbers, ruler, calculator etc
- Read all instructions
- Read all questions carefully and look for keywords
- Manage examination time carefully
- Do the questions you are best at first
- Keep moving through the paper and don't waste time on difficult questions
- Keep all work neat and tidy
- Make sure you check all answers and complete any you passed over
- Never leave any question unanswered, have an educated guess.

AFTER THE EXAM

- Forget about it
- Don't have a post mortem
- Concentrate on the next exam

GOOD LUCK