with

The Revision Masterclass

Parents' Information Evening

REVISE

Surely she wouldn't be going out again when she's got exams coming up.

He leaves everything to the last minute

She's always got an excuse, I don't know what to believe!

He's always panicked in exams and when I try to help, it always ends in a slanging match!

I didn't even do GCSEs – how can I help?

I don't understand these grades and what they mean.

I encourage him but it always seems to make him more stressed!

This evening, we hope to cover the following:

1) What is the number 1 thing you can do to support your child?
2) Maintaining Motivation and encouraging persistence
3) Quick tips for revision
4) The moment of truth – sitting the exams
5) When it all goes pear-shaped – a troubleshooting guide
6) Four easy steps to follow for the best revision possible!

THE NUMBER 1 THING YOU CAN DO TO ENSURE YOUR CHILD'S SUCCESS IS….

Get them here!

"Well my child's got a 95% attendance record – that seems pretty good to me!"

Think again….

95% attendance = half a day of lessons missed every fortnightly rotation

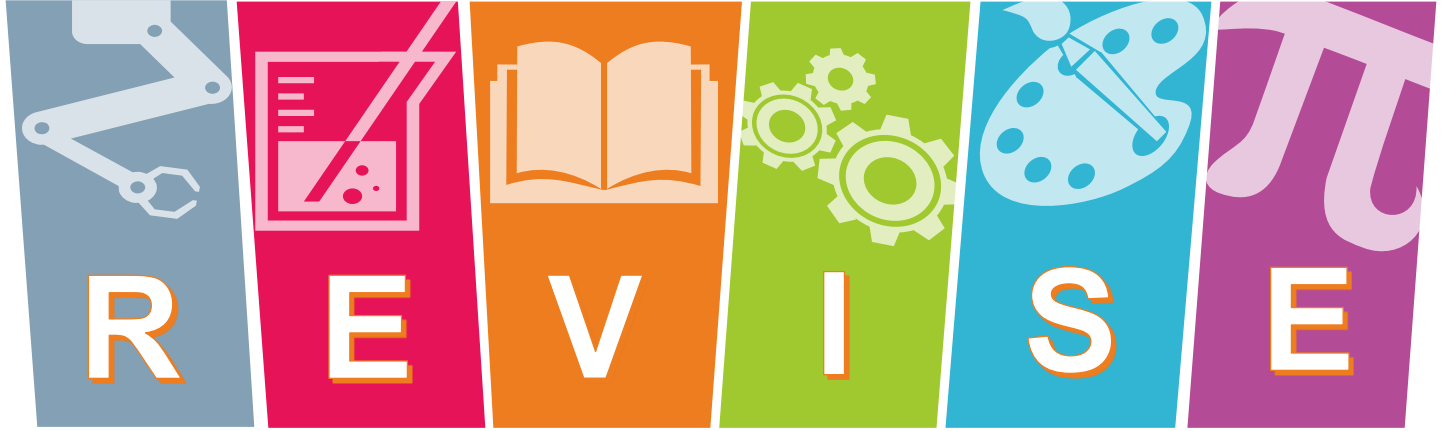
95% attendance = two weeks of lessons missed every year

THE NUMBER 1 THING FOR YOUR CHILDS SUCCESS…. **Get them here!**

A GCSE in 19 days?

We all assume that we have forever BUT when we look at how much time a student has over two years…

Mastery Block	**19 days**	(3 x 1 hour lessons a fortnight)
Optional subjects	**32 days**	(5 x 1 hour lessons a fortnight)
Core subjects	**50 days**	(7 x 1 hour lessons a fortnight)



Maintaining Motivation & Encouraging Success

All students will fall behind and feel demotivated at some point during their studies. This is both normal and okay.

- Talk to them about the issues, acknowledge their feelings.
- Find a solution together, even contact your child's teachers who may already have a solution available or can at least help you.
- Consider a reward structure at home. It needs to be something that will keep them focused even when they don’t want to anymore (don’t just give them the reward for “kinda trying hard”).

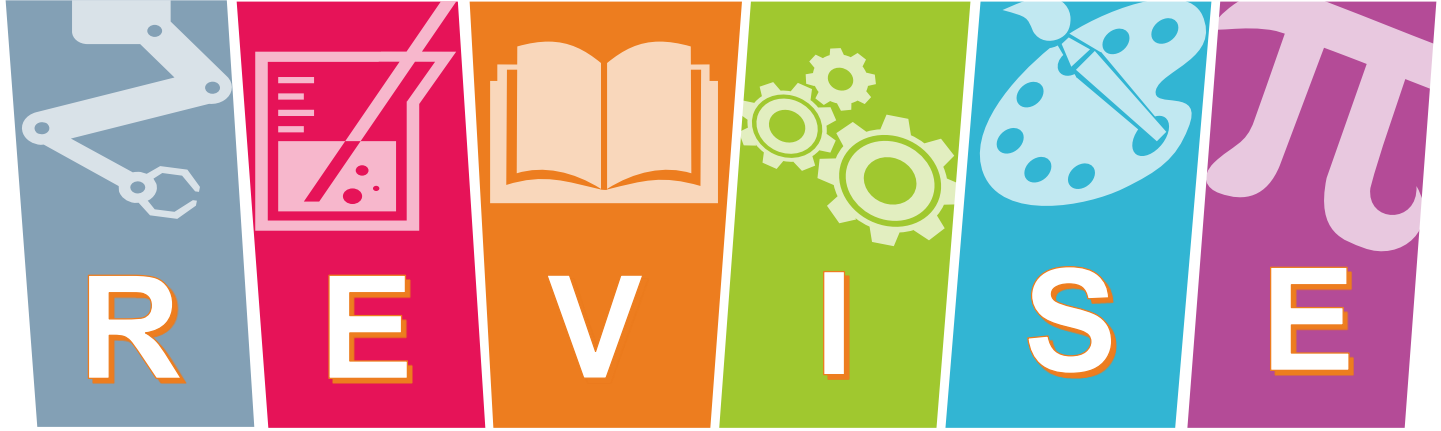
Quick Tips for Revision

Have a clear and specific goal for each revision period e.g. “at the end of this session, I will be able to label this diagram of the heart and answer one exam question relating to the heart.”

Clear your mind before you begin – give yourself two minutes to write down anything on your mind and tell yourself that you will deal with that later. It should not interfere with your revision at this time.

If there are things that you don’t “get” after spending a reasonable amount of time on them, then write them down and have a discussion with your teacher about rather than spending the entirety of your session trying to understand and achieving very little.

Make sure that your notes are summarised and that you continuously summarise them. More notes are not necessarily better if you cannot remember them.



Quick Tips for Revision

Make adequate use of technology. There are YouTube videos out there for every subject and topic as well as apps to aid your revision. Do not be passive with this information – make sure that you are summarising key points from any source that you use that you can recall later.

Make full use of past paper questions and the mark schemes. You can carry out all the revision in the world, but if you cannot apply that knowledge to past paper questions, then you are unlikely to be successful come the actual exams.

Mark schemes are also fantastic for finding out exactly what the examiner is looking for.

The moment of truth – sitting the exams!

Make sure that you are eating and drinking properly throughout the exam season. That means a healthy breakfast before each exam, along with lunch and dinner. If you are not eating properly, then you will not be able to focus during the exams or any subsequent revision.

You need at least 7.5hrs worth of sleep to be able to function properly. Less than that, and it is highly unlikely that you will be able to perform at your best for any of the exams – regardless of how much revision you have done.

Do not worry if you cannot remember anything right before going into the exam. This is normal, but anything you have revised will come back to you should you need it during the exam. The most important thing is to try and stay relaxed leading up to the exam as much as possible.

Allow time at the end of the exam to check over your work again and make any changes. This has been known to change a student's outcome by an entire grade in the past.

When it all goes pear-shaped!

"*I hate this subject/ teacher – I want to drop it!*"

- Teenagers can have an all or nothing attitude – which can lead them to exaggerate and want to give it all up or having an all out argument. Their emotions at their current age are strong and their mechanisms for dealing with issues is limited. Problems seem to be global and permanent.
- Don't minimise or undermine how they are feeling as this results in the thinking that you don't understand. Find out exactly what goes on in lessons or what persona the teacher has that the student hates so much.
- Keep the problem specific, letting them know that the problem is temporary and solvable. Letting them know that both you and their teachers will work together to solve any problems.
- With ongoing clashes between your child and teacher, contact the teacher and work together to reach a resolution. Although a parent's temptation can be to protect their child, know that the teacher will want to reach a resolution with you.

When it all goes pear-shaped!

"*I can't cope – there's too much to do!*"

- Issues with workload need to be addressed with the school as soon as possible to reach a resolution that will reduce stress for you and your child whilst ensuring that the work still gets done. It is important to remember that there is always a resolution available.
- Things like "I told you so" and "you should have listened", will only stress your child out further. Instead encourage honesty so that the full extent of the problem can be realised before contacting the school.
- Once a plan is in place, which would have been agreed with the school, continue to communicate regularly over how things are going. It's important to establish whether or any given plan is helping rather than making the assumption.
- Offer praise where it is due.

When it all goes pear-shaped!

"*I've left it too late to revise!*"

- This is a common problem, especially when students do not realise how much work is involved or when they are de-motivated.
- The most important thing to remember is that it is never too late to revise and make a difference to the outcome of an exam.
- Sometimes, it is the case that your child may not know everything for an exam, but should prioritise their time to know as much as they can in preparation for the exam. Many small steps can lead to a significant change rather that trying to look at the whole picture.
- Be a keen motivator for your child, reminding them of their strengths and resilience.

When it all goes pear-shaped!

Dealing with stress

- A degree of stress is normal and essential for exam success. It is important to encourage them to talk about what makes them stressed so that a resolution can be met.
- Some of the symptoms your child may be stressed include tiredness, difficulty sleeping, poor appetite and irritability. You know your child best so pay close attention to any changes in behaviour.
- Sometime time away from revision and study is good for getting back on track. Extra-curricular activities and exercise are good for reducing stress.
- Always remind them:
  - What's the worst that could happen?
  - Remind them of situations that they have overcome in the past.
  - Focus on what they have achieved already.
  - Very little is achieved without hard work and often plenty of mistakes along the way.

Four easy steps for the best revision possible…

The Feynman Technique

1) Choose a concept you want to study

The best way of doing this is by visiting a subject's exam specification. For example Maths use AQA, so going to the AQA website will give you access to all the topics that you are required to know for your exam.

You can tick off all the topics that you know for a given subject and focus your revision on those that you don't.

3.1 Number

3.1.1 Structure and calculation

N1

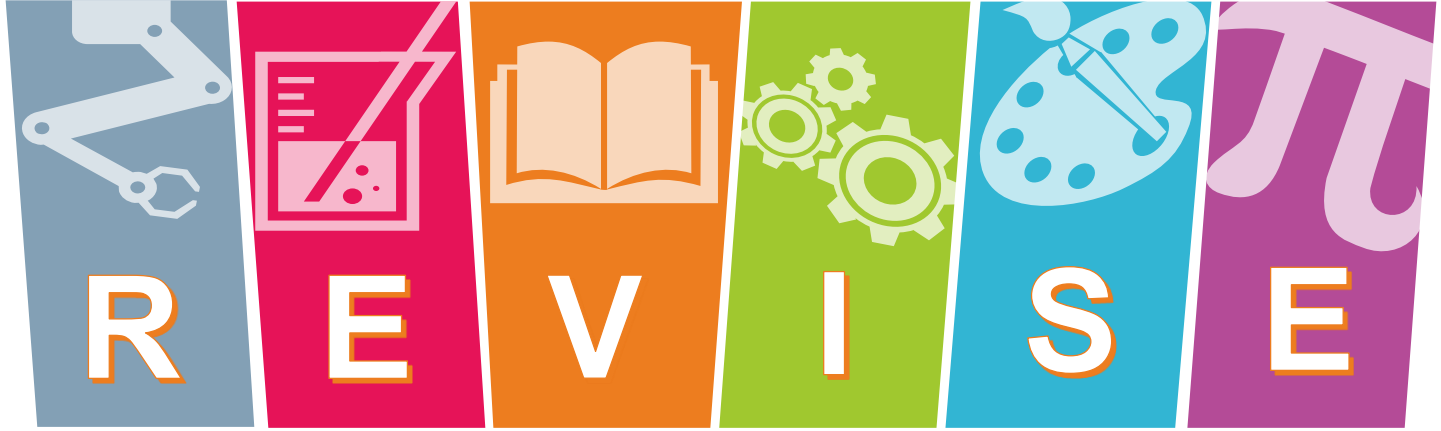
Basic foundation content	Additional foundation content	Higher content only
order positive and negative integers, decimals and fractions use the symbols =, ≠, <, >, ≤, ≥		

Notes: including use of a number line. See also A22

N2

Basic foundation content	Additional foundation content	Higher content only
apply the four operations, including formal written methods, to integers, decimals and simple fractions (proper and improper), and mixed numbers – all both positive and negative understand and use place value (eg when working with very large or very small numbers, and when calculating with decimals)		

Notes: including questions set in context.

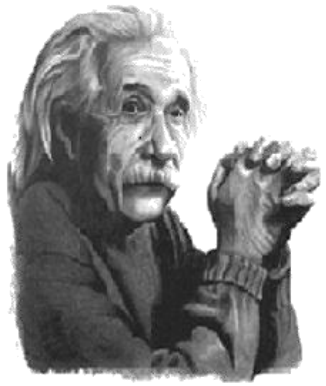


Four easy steps for the best revision possible… **The Feynman Technique**

2) Teach it to someone else

Explain the concept in your own words as if you were teaching it to someone else. Focus on using plain, simple language. Don’t limit your explanation to a simple definition or a broad overview; challenge yourself to work through an example or two as well to ensure you can put the concept into action.

For parents, this is where you can be more involved with your child's revision, and allow them to explain the concepts they learn as part of their learning.



If you can't explain it simply, you don't understand it well enough.

Albert Einstein

Four easy steps for the best revision possible… **The Feynman Technique**

3) Identify gaps in your explanation

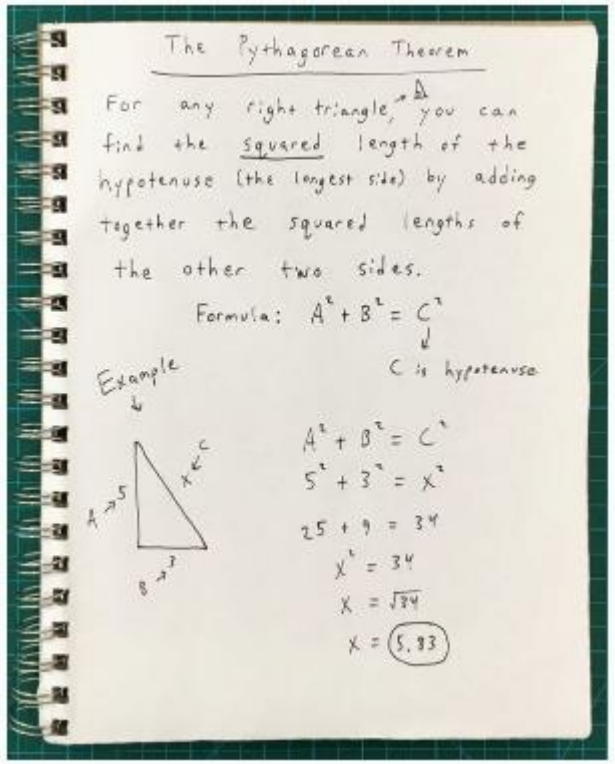
Review your explanation and identify the areas where you didn't know something or where you feel your explanation is shaky. Once you've pinpointed them, go back to the source material, your notes, or any examples you can find in order to shore up your understanding.

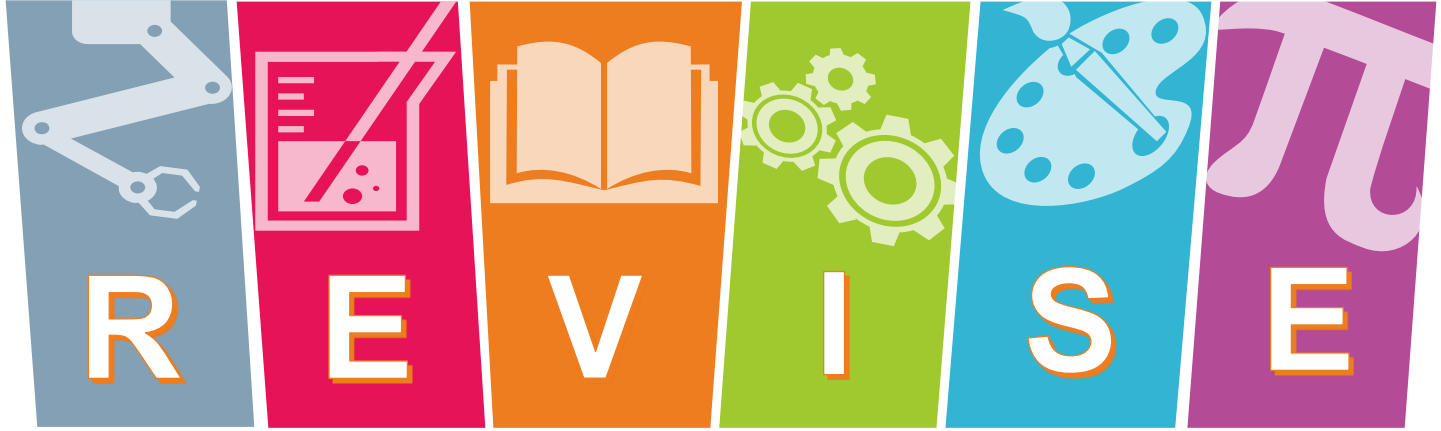
Four easy steps for the best revision possible… **The Feynman Technique**

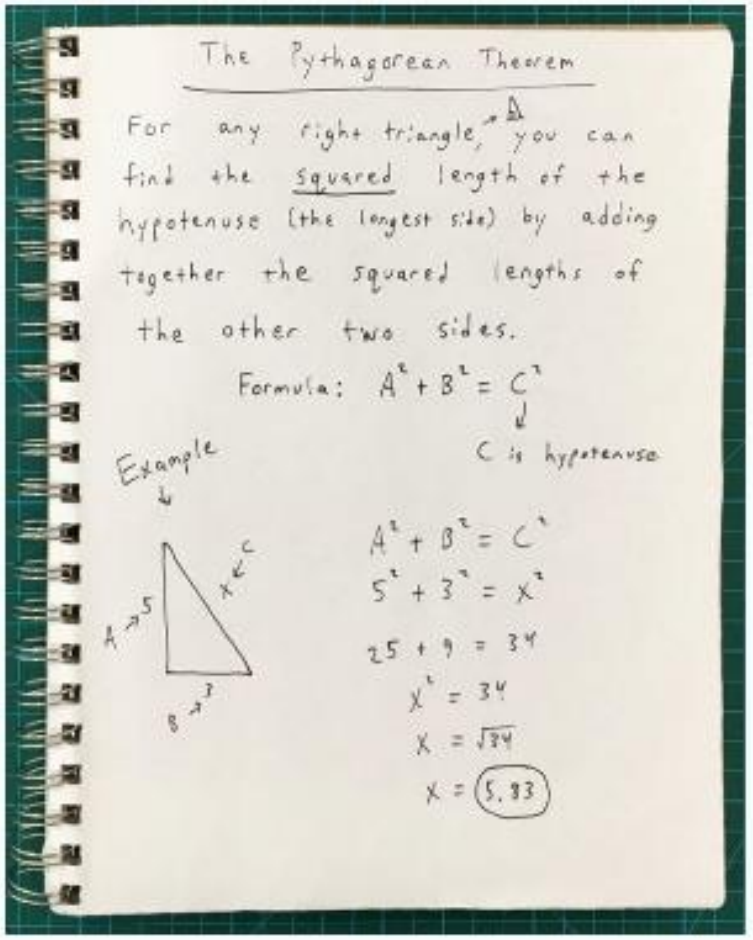
4) Review and simplify

If there are any areas in your explanation where you've used lots of technical terms or complex language, challenge yourself to re-write these sections in simpler terms. Make sure your explanation could be understood by someone without the knowledge base you believe you already have.

The importance of simplifying your notes as much as possible cannot be stressed enough.







There is a definition explaining the key concept

For a mathematical based problem, there is a formula accompanying the description.

There is a diagram to help with the explanation.

There is a clear example

So what's next?

Year 10	Year 11
Students will partake in a revision workshop on 11th March 2020 pm. Students will be participating in a carousel of activities every Wednesday focusing on revision and wellbeing.	Students will partake in a revision workshop on 22nd January 2020 am. Attend Independent Study sessions in the library every Monday Tuesday & Wednesday Evening. Subject tutors will put on revision sessions at lunch and after schools.