

Supporting Year 13 for Success

A Parent Information Evening

This evening's aims:

- Give some clear, practical strategies for supporting your child with effective revision and preparation for exams
- Help you support your child to take control of their learning
- Give advice about promoting positive health and well-being of young people

N.B. this presentation will be available on our website for easy access

Important upcoming events/ dates

Mid March

Review 4 (final one)

Late March

Parent/Carer Evening

Exam period

May –June

(some practical exams will fall outside of this window)

- Exam dates will go on Insight
- Subject support sessions for Terms 4 and 5

It is important to remember what they are aiming for

- University?
- Higher Apprenticeship?
- Employment?
- Doing the best they can?
- Being proud of their achievements and effort?
- Make you proud of them?

REMINDE THEM

Summer results will be used by future employers,
course providers
Results stay on your CV for ever

"It's too early to
start revising"

"I'm organising
my notes"

"I only need XXX
grades to get my
offer for next year;
I don't need to
worry"

"I've got my
unconditional offer at
uni/apprenticeship/
employment, I'm sorted
for next year"

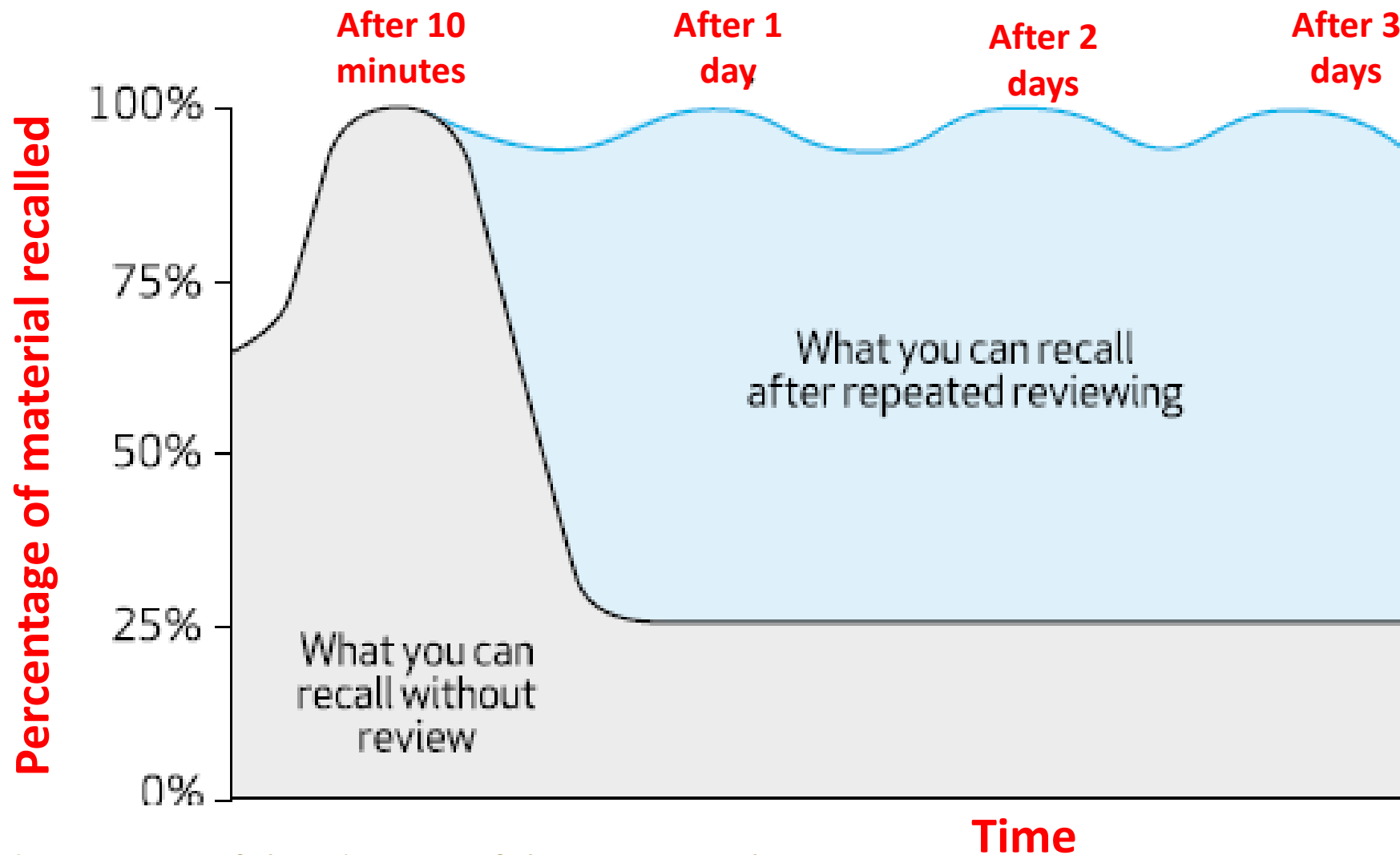
It is also important to remember that A Levels have changed

- Exams account for a much larger percentage /the entire grade, coursework less so or not at all
- Depth of knowledge required is greater
- Students need to apply the knowledge in **specific** ways
- Students need to work much more independently – be more organised, more inquisitive, more demanding of themselves
- They have Personal Directed Learning - PDL - (when not in a timetabled lesson) to manage
- They only get one go at the exam.....

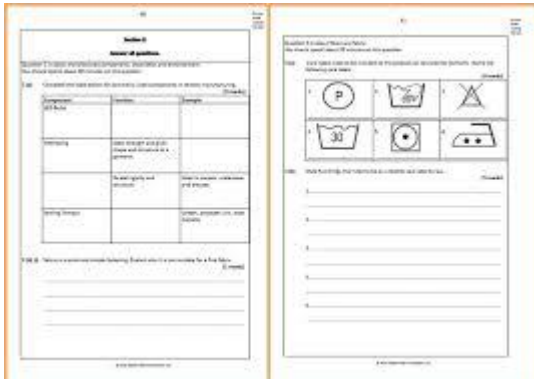
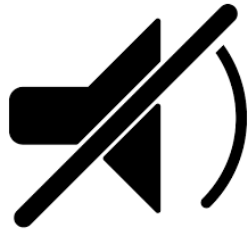
Why do we revise?

1. Ensure new material progresses from short-term memory to long – term memory.
2. Once there, effective revision keeps retrieving previously learned material and bringing this back into short – term memory, so that this material can be used to respond to questions.
3. Information needs to be revisited – so planning for revision over a period of time is essential.

Memory performance over time



What will effective revision in your household look and sound like?



With the person next to you.....

Which of these were found to have the highest/least effectiveness?

- Re-reading
- Summarising
- Regular practice testing
- Distributed practice
- Elaborative interrogation
- Self – explanation
- Highlighting
- Mnemonics
- Interleaved study
- Imagery to represent text



Dunlowsky et al (2013) studied 10 strategies used by students to revise and prepare for examinations.

Effective revision strategies – what the research says

Dunlowsky et al (2013) studied 10 strategies used by students to revise and prepare for examinations

- Most effective

 - Regular practice testing

 - Distributed practice (short sessions)

 - Interleaved practice (mix multiple topics when studying)

- Moderately effective

 - Elaborative interrogation (turning facts to be learned into ‘why-questions’, then answering them)

 - Self – explanation (explaining to yourself what you are doing and thinking)

- Least effective

 - Summarising

 - Highlighting

 - Mnemonics

 - Imagery to represent text

 - Re-reading

A blend of these techniques is most effective

A recent study shows music did **not improve learning.**

Planning Revision

They have the tools for success, but how will they achieve it?

Simple Keys to Success

- Be disciplined
- Be engaged **every day**
- Organise time well
- **Regularly revisit** material **over time**
- Work on weaknesses, not strengths
- Growth Mindset – success is not linear

What might this look like? Broadly.....

- Revision plan addresses weaknesses
- Folders well organised
- Evidence of practice papers/extended answers/tests
- Notes up to date and legible
- PLCs show them areas to work on

Organisation and Using PDL (when not in a timetabled lesson)

Timetabling yourself

Generally Year 13 students have.....

- 13 ½ hours per week lessons timetabled
- 11 ½ hours not timetabled
- How many hours of study per subject, per week, should students work in outside of lessons?

Minimum 6 hours per subject – 18 hours

Using PDL properly means they have to find just **6 ½ hours per week outside of school time** to hit this

How are we making sure they organise their work on top of their lessons?

- Sixth Form Learning Centre open every day
- 8.30am to 5.30pm (sometimes later)

	1Mon	1Tue	1Wed	1Thu	1Fri
1	Maths	Geog	Maths 12B/Ma1 SHL L26	Geog	Geography 12E/Gg-1W KOL M13
2	Maths 12B/Ma1 JCL P03	Geog	Maths	PE	Geography 12E/Gg-1W KOL M13
3	Maths	P.E. 12C/Pe-1W REV WEL	Geography 12E/Gg-1W MPT M04	P.E. 12C/Pe-1W REV M14	Maths
4	Geog	P.E. 12C/Pe-1W HJH M14	Geography 12E/Gg-1W MPT M04	P.E. 12C/Pe-1W HJH M14	Maths 12B/Ma1 SHL C02
5	PE	Development 12a/Dev BBR M01	PE	Geography 12E/Gg-1W MPT M04	P.E. 12C/Pe-1W REV M14

	2Mon	2Tue	2Wed	2Thu	2Fri
1	Geog	P.E. 12C/Pe-1W HJH WEL	PE	P.E. 12C/Pe-1W REV M24	Geography 12E/Gg-1W KOL M04
2	Geog	P.E. 12C/Pe-1W HJH WEL	PE	P.E. 12C/Pe-1W REV M15	Geography 12E/Gg-1W KOL M04
3	Maths 12B/Ma1 SHL L04	Maths	Geography 12E/Gg-1W MPT M04	Maths	Maths 12B/Ma1 SHL L26
4	Maths 12B/Ma1 JCL P03	Maths 12B/Ma1 JCL P03	Geography 12E/Gg-1W MPT M04	Maths	PE
5	PE	Maths 12B/Ma1 SHL L19	Maths 12B/Ma1 JCL P03	Geog	Geog

Developing confident, respectful and successful young people

Organisation and Using PDL

Timetabling yourself

TIPS

Allocating revision to PDL

- spread the sessions out
- avoid large blocks of just one subject (interleaving, more on that later!)

TIPS

Planning PDL (or any revision session)

Change it according to need. Take account of current and future pressures on time

- coursework
- tests
- essays
- sessions after school at lunch
- revision they will doing at home

	1Mon	1Tue	1Wed	1Thu	1Fri
1	Maths	Geog	Maths 12B/Ma1 SHL L26	Geog	Geography 12E/Gg-1W KOL M13
2	Maths 12B/Ma1 JCL P03	Geog	Maths	PE	Geography 12E/Gg-1W KOL M13
3	Maths	P.E. 12C/Pe-1W REV WEL	Geography 12E/Gg-1W MPT M04	P.E. 12C/Pe-1W REV M14	Maths
4	Geog	P.E. 12C/Pe-1W HJH M14	Geography 12E/Gg-1W MPT M04	P.E. 12C/Pe-1W HJH M14	Maths 12B/Ma1 SHL C02
5	PE	Development 12a/Dev BBR M01	PE	Geography 12E/Gg-1W MPT M04	P.E. 12C/Pe-1W REV M14

	2Mon	2Tue	2Wed	2Thu	2Fri
1	Geog	P.E. 12C/Pe-1W HJH WEL	PE	P.E. 12C/Pe-1W REV M24	Geography 12E/Gg-1W KOL M04
2	Geog	P.E. 12C/Pe-1W HJH WEL	PE	P.E. 12C/Pe-1W REV M15	Geography 12E/Gg-1W KOL M04
3	Maths 12B/Ma1 SHL L04	Maths	Geography 12E/Gg-1W MPT M04	Maths	Maths 12B/Ma1 SHL L26
4	Maths 12B/Ma1 JCL P03	Maths 12B/Ma1 JCL P03	Geography 12E/Gg-1W MPT M04	Maths	PE
5	PE	Maths 12B/Ma1 SHL L19	Maths 12B/Ma1 JCL P03	Geog	Geog

Adding in time after school/at other times

	1Mon	1Tue	1Wed	1Thu	1Fri
1	Maths	Geog	Maths 12B/Ma1 SHL L26	Geog	Geography 12E/Gg-1W KOL M13
2	Maths 12B/Ma1 JCL P03	Geog	Maths	PE	Geography 12E/Gg-1W KOL M13
3	Maths	P.E. 12C/Pe-1W REV WEL	Geography 12E/Gg-1W MPT M04	P.E. 12C/Pe-1W REV M14	Maths
4	Geog	P.E. 12C/Pe-1W HJH M14	Geography 12E/Gg-1W MPT M04	P.E. 12C/Pe-1W HJH M14	Maths 12B/Ma1 SHL C02
5	PE	Development 12a/Dev BBR M01	PE	Geography 12E/Gg-1W MPT M04	P.E. 12C/Pe-1W REV M14

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3	Maths 12B/Ma1 SHL L04	Maths	Geography 12E/Gg-1W MPT M04	Maths	Maths 12B/Ma1 SHL L26
4	Maths 12B/Ma1 JCL P03	Maths 12B/Ma1 JCL P03	Geography 12E/Gg-1W MPT M04	Maths	PE
5	PE	Maths 12B/Ma1 SHL L19	Maths 12B/Ma1 JCL P03	Geog	Geog

3.20 – 3.50pm					
4.00 – 4.30pm					
4.40 – 5.10pm					

Saturday					
Sunday					

Often students will ‘cram something’ in after school, and work far too late.

Plan carefully

- 5 hours study/lessons, plus breaks
 - 20 mins morning
 - 40 mins lunch
- 1.5 – 2 hours after school

.....then begins to look like regular employment hours.....

.....enough time to

relax

do hobbies

do a part-time job (MAX 8 hours)

or just do nothing!

Question

How do you know this is happening?

Remember

- Study is about balance.
- We do not want students to exhaust themselves, nor take the joy from their lives!
- We do want them to feel in control, and succeed.
- For that, they need to **plan**.
- There are lots of ways to cut the revision cake
- Students have access to a whole variety of revision planners on the Sixth Form shared area
- We have given you blank planners in your pack, along with an example.

Study Down-Time Planner

When do you have things on that will make it hard to focus on study?

Type of Activity	What is the specific activity?	What day and time do you do it?
Sport	(e.g. netball training, netball game)	
Hobbies	(e.g. cycling, gaming)	
TV shows	(e.g. Modern Family, Family Guy)	
Work	(e.g. McDonalds, Tesco)	

Weekly Study Planner

When are you going to get your study done?

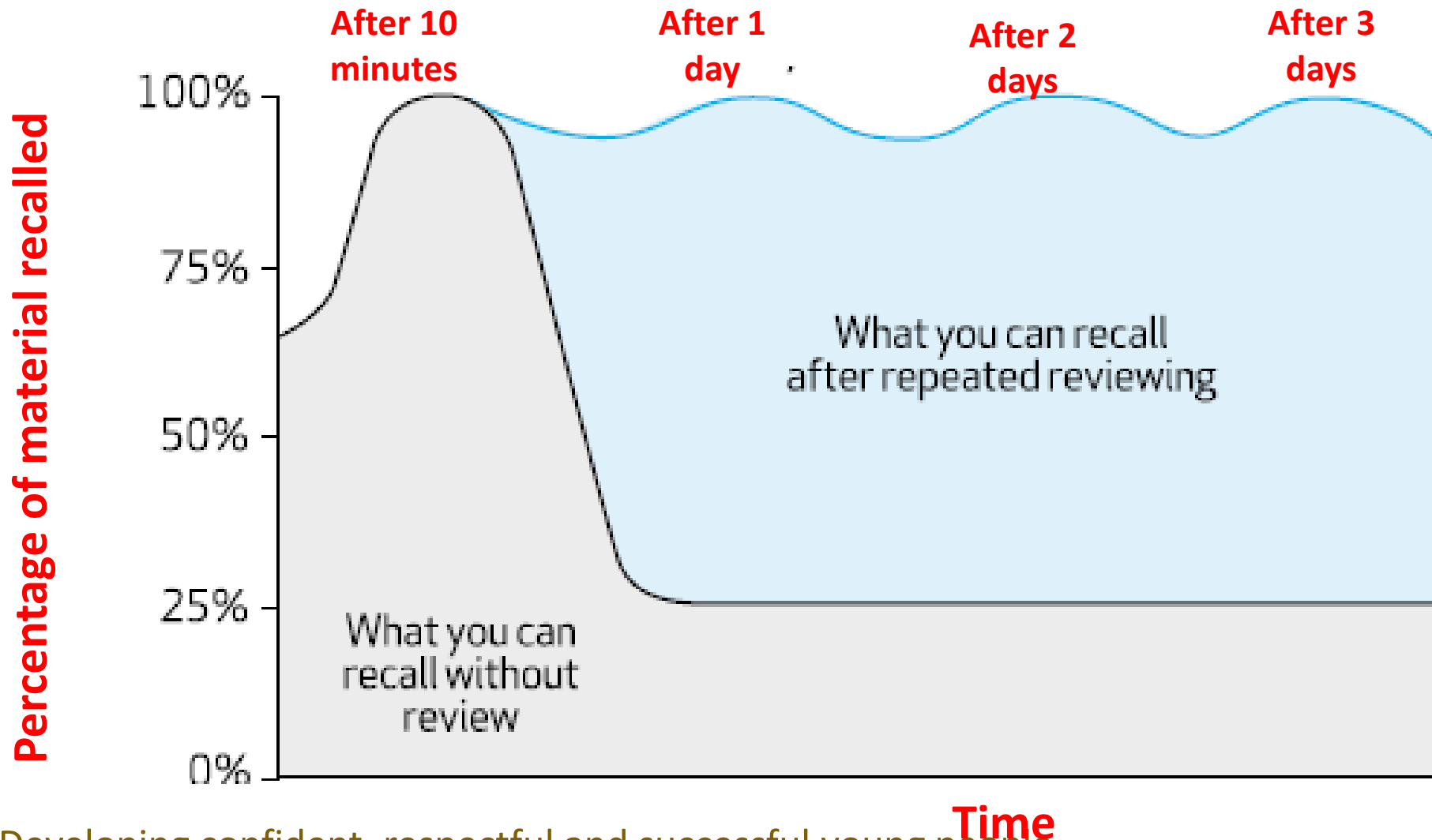
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:30p						6:00	
4:00						7:00	
5:00						8:00	
6:00						9:00	
7:00						10:00	
8:00						11:00	
9:00						12:00	
10:00						13:00	
11:00						14:00	
12:00						15:00	

Revision - Week 1 Date from _____ to _____

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (recap)	Sunday
Period 1							
Period 2							
Break							
Period 3							
Period 4							
Lunch							
Period 5							
3:20 – 3:50pm							
Break							
4:00 – 4:30pm							
Break							
4:40 - 5:10pm							
Other							

Break work down into small chunks. Focus on your weak areas. 30 minutes work, 10 minute break. Do different subjects.

Coming back to memory performance over time



How do we keep information at peak recall?

Simple answer
Revisit regularly, and often

Effectiveness vs Virtue

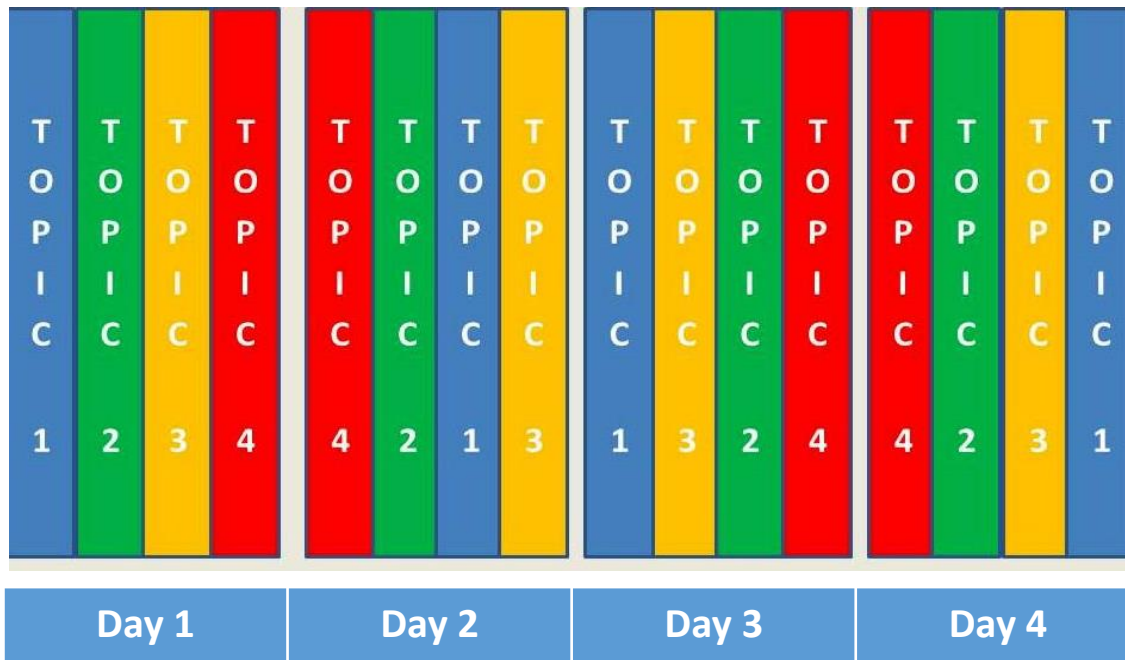
Revising all night might make us feel worthy, but it doesn't help recall or mood

Interleaving practice

Studying more topics, more often, in smaller bursts

Effectiveness vs virtue

Revising for 5 hours straight might make us feel worthy, but it doesn't help recall or mood



Effectiveness

3 parts revision to 1 part break

For most students this will be:

30-40 minutes revision

+

10 minutes break

What should the students be doing now?

Identify gaps in knowledge from internal exams, re-sits
Make sure **notes are organised and complete.**
Re-work material.
Create revision plans.

now

Work on identified weaknesses – regular testing of key concepts and knowledge; attend regular support sessions; use knowledge buddies.

March

Complete targeted past papers – part and full.
Address weaknesses in exam technique and gaps in knowledge.

March/April

Complete timed targeted past papers – full.

April/May/June

Attend lessons until their final exam/exams are completed for a particular subject.

May/June!

Refine revision plans to reflect progress made

Throughout

Examinations and stress

BBR

We need to distinguish between:

- A – **Eustress** (positive and motivational)
 - Growth Mindset
 - Progress needed as a challenge, not a barrier
- B – **Distress** (damaging to health and relationships)
 - Fixed Mindset
 - I cannot get better
 - Negativity

Examinations and stress

A task for you.....

In exams, there are a list of things students can control, and things they can't – what do you think they are?

Control	No control
Time devoted to revision Revising over time, not last minute How you work Where you work Who to work with Order of revising topics Planning time Not all work, work, work! Getting enough sleep Eating well Turning off your phone	

By controlling those things in the list above they CAN control their stress levels.

Developing confident, respectful and successful young people

Recognising stress

- High stakes examinations = pressure

You might see some of the following behaviour signs:

- Increased moodiness and irritability
- Increasingly argumentative
- Disrupted sleep patterns
- Becoming withdrawn
- Complaining of stomach aches and headaches
- Making negative statements about him or herself

How might this manifest itself?

- Sleeping in
- Going to bed very late
- Work avoidance / distraction
- Not using PDL
- Vague when asked about progress
- 'Forgetting' folders / work

How to manage this

- Listen and try to be available.
- Focus them on being well planned, and controlling the 'controllables'.
- Remind them to take planned breaks, and keep up hobbies.
- Speak to us where you have concerns.

Remember –

These examinations will not last long
The pain is short term, grades are forever

10 simple ways to help your child at home

1. Give them an appropriate place to work, free from distractions .
2. Turn off their phone/media distractions to help them focus on the work and get rid of FOMO (fear of missing out); **at least** an hour before they go to sleep
3. Display their exam and revision timetables in a place where they and you will see it regularly.
4. Short, sharp revision sessions: 30-40 minutes work, 10 minutes break.
5. Interleave/vary the subjects they revise, saving their favourites for last.
6. Never rely on reading alone to revise. Variety – practice papers, concept maps, flash cards, mini-quizzes etc.
7. Encourage them to keep up hobbies like sport or music - maintain a social life, but in moderation.
8. Plenty of sleep (minimum 8 hours), a proper breakfast, eat healthily - not just exam days.
9. Make sure they ask teachers for advice on subject specific exam technique – they're the experts.
10. Check their folders/books – are their notes well prepared, neat, legible?

7 simple ways to help your child with exam technique at home

“But I have no idea how to answer A Level Maths questions. I cannot help, can I?”

Check they.....

1. **Read the entire question before answering** - check they have looked at any additional text, graphs, tables or other information.
2. **Highlight important command words** like *describe, explain, compare, analyse* or *evaluate* in the questions.
3. **Look at the number of marks available for each question** – how long/detailed is their answer compared to the marks available? How much time did they spend on the answer? How many stages are there in their calculation?
4. **Find any additional help sheets available to them** (for example a formula or data sheet in science).
5. **Always finish questions**, even if they think they made a mistake at an early stage or had to make a guess. They will score marks despite this.
6. **Check carefully for errors** at the end – spelling, grammar, workings out – does the answer make sense?
7. **Check the whole paper** to make sure that they have answered every question that they should have.

Help

- On your seat
- Additional copies on the website
- Students fill in exam dates
- Place it somewhere visible – fridge?

Year 13 Exam Preparation – Simple Checklist for Parents and Carers

What to look for on a regular basis	What does this look like?	Remember
Subject folders are well organised	Dividers, notes legible, up to date	Take out old/unrefined notes/papers
Revision plan updated every 2 weeks	Include non-timetabled periods at school (PDL) and home, relaxation/fun	Adapt the plan as you need to
Revision plan shows every subject regularly	Every subject mentioned at least 3 times p/wk	Do NOT - Just re-read notes –do something with them (re-word, test, refine notes, diagrams etc.)
Use a variety of revision techniques	Tests, flash cards, self-explanation etc.	
Work on weaknesses, not strengths	Work on red/amber topics in PLCs, or areas identified in marking	Leave revision to the last minute or do it 'all in one go' – little and often over time, planned
Evidence of attempting practice papers / extended answers / regular testing		
Exams – (name and date)		Exam technique at home – how to help
Subject 1 - Exam 1 - Exam 2 - Exam 3 - Subject 2 - Exam 1 - Exam 2 - Exam 3 - Subject 3 - Exam 1 - Exam 2 - Exam 3 - Subject 4 - Exam 1 - Exam 2 - Exam 3 - Additional -		Read the entire question before answering. Highlight important command words like <i>describe, explain, compare, analyse or evaluate</i> in the questions. Look at the number of marks available for each question – how long/detailed is their answer compared to the marks available? How much time did they spend on the answer? How many stages are there in their calculation? Are there any additional help sheets available? Always finish questions – don't leave blanks. Check carefully for errors after completing work – spelling, grammar, and workings out – does the answer make sense? Check the whole paper to make sure that they have answered every question that they should have. If a calculator has been used, check for calculator errors first before checking for mistakes in other questions
Revising at Home - Hints and Tips		
Place to work, free from distractions Exam timetable displayed Revision timetable displayed 30 minutes work, 10 minutes break		Vary the subjects revised, revisit them regularly Minimum 8 hours sleep Eat well, drink water, reward yourself when done Phones off, limit screen time before bed

Any questions

Please come up and ask.