



## Y11 Parental Support Tips

- **Parental support is 8 times more important in determining a child's academic success than social class. (TES - October 2003)**

### How can parents/carers help in the next few weeks?

- Approaching the exam season, the role of a parent/carer is to be a facilitator, motivator and communicator.
- Imagine the role of a Project Manager - clear aims, set boundaries, support & provide the resources/environment to let your son/daughter work without distractions.
- Make sure your child is attending on time and facilitate attendance at additional sessions.
- Ensure adequate rest and sleep - research suggests that 80% of teenagers check their phones during the night. It isn't necessary and has a knock on effect on concentration levels during the day.
- Know what your child is doing.
- Be supportive & positive.
- Incentives and rewards (& mini-rewards for motivation)
- Ensure that the home learning environment is effective...
  - Adequate space for revising
  - No distractions - phones away, computer consoles removed etc.
  - Provide refreshments

### Revision Tips

- Timetable – realistic (& include your social events e.g. football)
- Routine & breaks
- Resources - there are loads but you need to be selective – 1 per subject! If you have too much, some will likely not suit your learning style and there is a danger that you'll be swamped and overwhelmed. Know what works for you and go with it.
- Good & Bad techniques - know what works for you. Are you a visual learner or do you prefer strategies which require you to 'do' e.g. past paper questions?
- What's happening in school?
- Organisation – everything in one place (phones away!)
- Past Papers
- Learning environment
- Have the exam timetable on a wall – highlight your subjects
- Factor in your breaks
- Find a pen you like & stock up
- Water - stay refreshed

### Revision Techniques

- 'Revision' means that learning ISN'T new!
- Memory techniques: acronyms, mnemonics, picture stories (examples include Richard of York Gave Battle in Vain to remember the colours of the rainbow. Make up your own stories involving key words/ideas in certain topics - if you can remember the story/images, you'll pick out the relevant words!)
- Mind maps
- Colours
- Flash cards & post it notes
- Record yourself
- Highlight & summarise
- Have a bank of past paper questions and know the mark scheme!

### Threats & Dangers

- Social Media, computers & TV
- Peers/lifestyle
- Confidence/Doubt/Negativity
- 'The Wall'
- Procrastinating
- Stress
- Poor technique/habits (e.g. listening to music)