

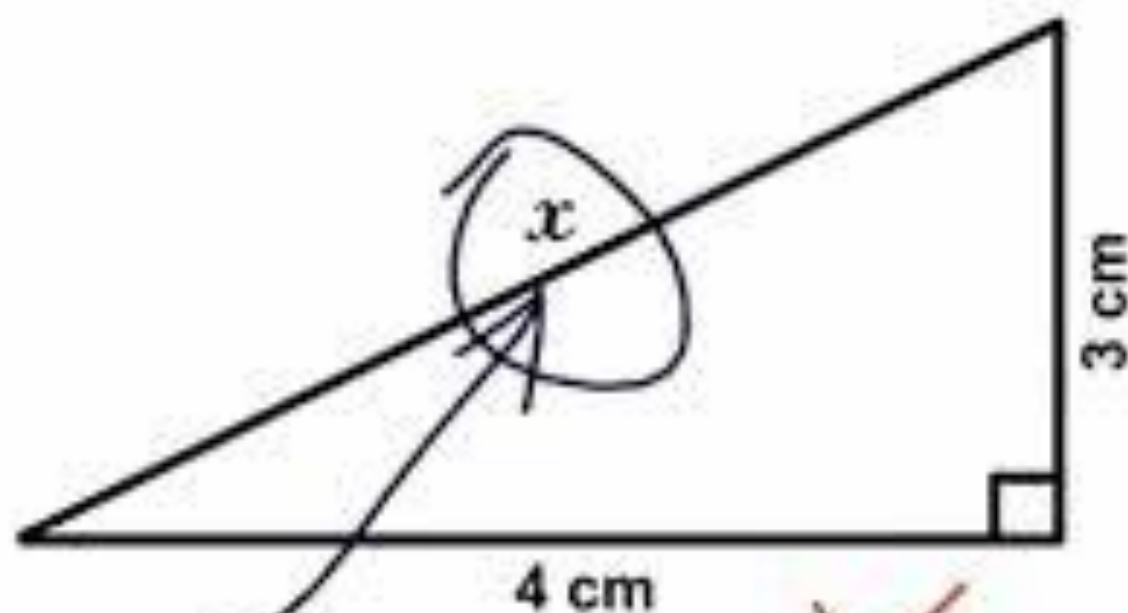
# What can we do as parents?



**The moment in an exam when  
everyone is using a calculator  
and you have no idea why!**



3. Find  $x$ .



Here it is



Name six animals which live specifically in the Arctic.

Two polar bears  
~~Three~~ Four seals

Expand  $2(x + y)$

$$\begin{array}{c} 2(x+y) \\ 2(x+y) \\ 2(x+y) \\ 2(x+y) \end{array}$$

Deserts can be hot or cold. Name a hot desert and a cold desert.

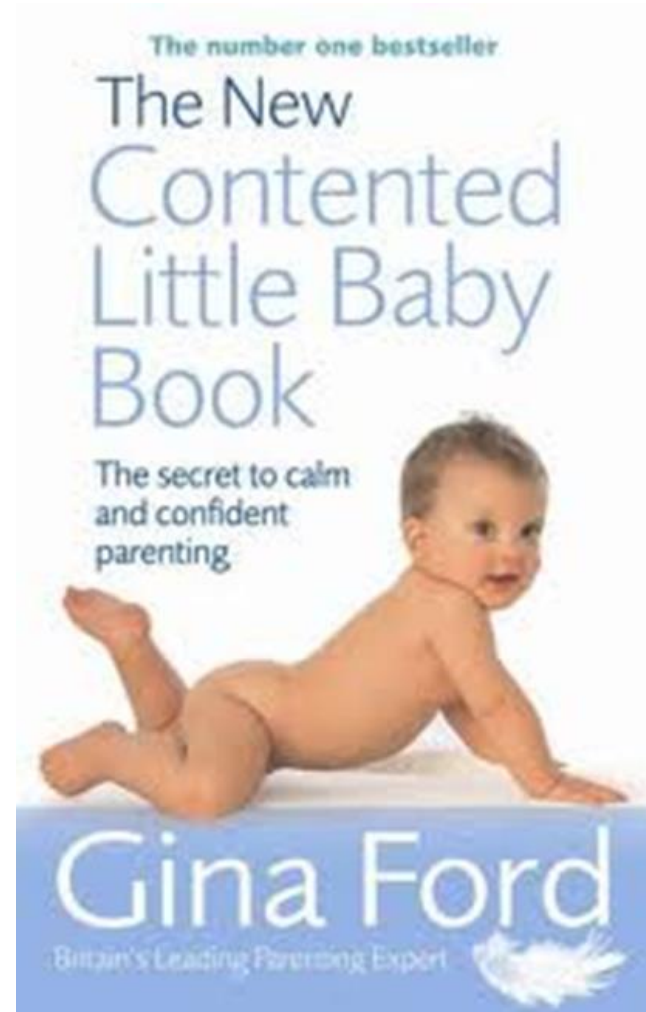
Hot desert-apple crumble  
with custard

Cold desert-jelly and  
ice cream

What is the primary function of hamstrings?

Keep the Sunday roast  
in one piece till you're  
ready to eat it.

# Remember this?





Welcome to being a parent of a teenager. Prepare for a large amount of eye rolling, emotional outbursts, and thoughts of running away. And that's just the parents.



[FACEBOOK.COM/MOTHERHOOD.ORG](https://facebook.com/motherhood.org)

When your children are teenagers, it's important to have a dog so that someone in the house is happy to see you.

*Nora Ephron*

[maebvlie.com](http://maebvlie.com)

# Perhaps this is when we need more guidance!



# Your anxieties.

What if she  
doesn't get her  
grades for  
college?

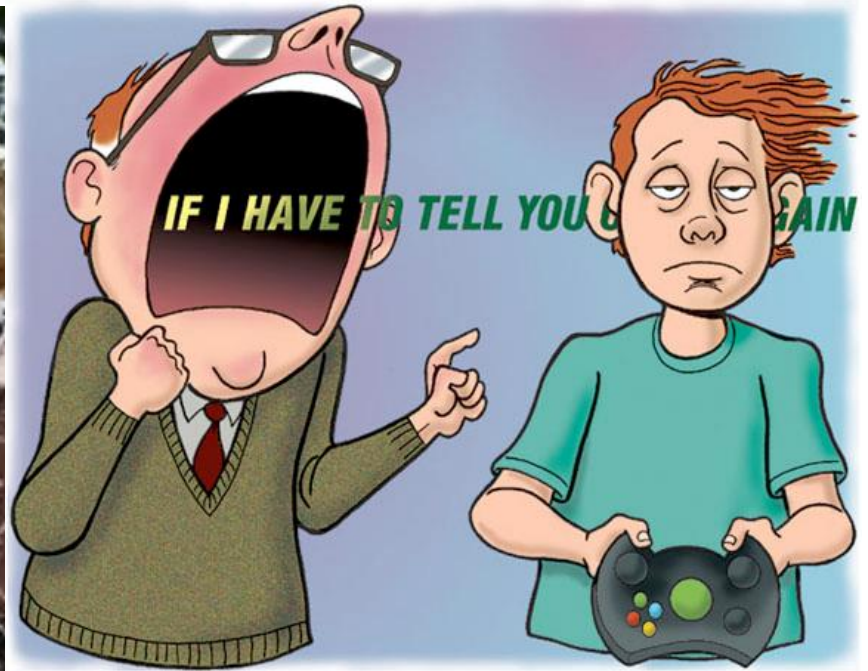
I just want her to  
do well, but when  
I try to make her  
revise we fall out.



Am I pushing  
her too hard?

I don't  
understand some  
of her subjects,  
how can I possibly  
help.

# Its all about communication





# Nagging

- It is important to be around as much as possible during the exam period, but try not to nag or make too many demands on your child.
- Arguments are counter-productive and will only add unnecessary stress and distract from revision



# Create a Calming environment

- The best way to support your child during the stress of revision and exams is to make home life as *calm* and pleasant as possible.



- If you manage this please let me know how to do it!

# A place to revise



Download from  
dreamstime.com

dreamstime.com



# Diet is important



**Encourage**

**: Regular meals**

**: Healthy meals**

**: Keep Hydrated**



- A good breakfast on the morning of the exam is paramount!



# Sleep

- It's important to get a good night's sleep before an exam. *(NHS recommends 8.5-9 hours for 16 year old)*



- Routine
- Exercise
- Diet (avoid caffeine or sugary foods)

# Exercise to refresh the mind

- Encourage your child to take regular breaks to exercise and get some fresh air.



# You may not be an expert but you can.....

- work out a revision timetable for each subject
- break revision time into small chunks - hour-long sessions with short breaks at the end
- make sure your child has all the essential books and materials
- buy new stationery, highlighters and pens to make revision more interesting
- go through school notes with your child or listen while they revise a topic
- time your child's attempts at practice papers

# If you are an expert..

- That's great...but it is your child that needs to know it!



# Rewards?

- Encourage your child to do well for his or her own sake rather than for money or to please you.
- Explain that exams aren't an end in themselves but a gateway to the next stage of life
- Good results are themselves the best reward for hard work
- Make sure your child knows you're interested in their work and that you'll be proud if they do well.
- Although bribery isn't advisable, it's fine to provide small treats. Try and make these timely and realistic, not something too far in the future.
- Consider rewarding the quality of the revision rather than the result.
- Every child is different and has different targets – don't compare.



# And finally.....

- ✓ **YOU** are the expert on your child
- ✓ **YOUR** support, **ENCOURAGEMENT** and **INTEREST** can make a **SPECTACULAR DIFFERENCE**
- ✓ **YOU CARE THE MOST**
- ✓ **YOU LOVE THEM** and will be **PROUD** of them whatever happens



- **REVISE**



- **ROUTINE**







## How to Revise

### Exam Hints and Tips



#### What is it?

- Over 3,500 audio-visual podcasts
- Content produced specifically for mobile devices, tablets and PCs
- Designed to reinforce exactly the right knowledge you need for every subject you want to do (revision channel)
- Helps you with learning, homework and revision

#### How do I get it?

When your school has informed you that you have been registered with Gospod, simply follow these steps to activate your account.

- 1) Go to [www.gospod.com](http://www.gospod.com) and click "login"
- 2) Click NEW HERE? GET STARTED
- 3) Enter your name, date of birth and choose your school
- 4) Select a username and password (to be used when you next login) and select the subjects you study



#### Key features

##### Playlists

Create a new playlist, give it a name, add some podcasts and save. Watch the playlist online to brush up on your knowledge or download it and take it out and about with you on your device.

##### Assignments

View homework set by your teacher, watch the podcasts they have unlocked and complete questions to help test your knowledge on a topic. Results are instant so you can see which areas you still need to work on.

##### My GCSE

Keep yourself organised by viewing a list of all your exams in subject or date order. View an exam playlist to see all the podcasts relevant to that exam, select the ones you find tricky and download to watch on the way to school.

##### Downloads

Android/BlackBerry/Windows users can download to a computer first or straight to your device. Apple users can download to iPhone or install the iPhone/iPad/iPod Touch app and save the podcasts for offline viewing.



Twitter

Telephone 01952 2111 999

Email: [info@gospod.com](mailto:info@gospod.com)

#### Timetabled Components

Date	Start	Duration	Board	Level	Element	Component
Mon 01/12/2014	08:50	60	DOM	GCSE/FC	5037: English.	001: English 1
Tue 02/12/2014	08:50	105	DOM	GCSE/FC	2001: Mathematics.	1213c: Mathematics non calc
Wed 03/12/2014	08:50	105	DOM	GCSE/FC	2001: Mathematics.	1213: Mathematics Calc
Thu 04/12/2014	11:20	90	DOM	GCSE/FC	5213: Drama Opt R	5213: Drama Exam Opt R
Mon 08/12/2014	08:50	90	DOM	GCSE/FC	8371: Catering Q (in ICT Room)	201: Catering Opt Q (in ICT Room)
Tue 09/12/2014	08:50	60	DOM	GCSE/FC	2651h: Religious Studies:	255rsp: RS Option P Paper 1
Tue 09/12/2014	10:00	60	DOM	GCSE/FC	2651h: Religious Studies:	255rsp2: RS Option P Paper 2

If you have any queries/exam clashes please see Mrs Follett.  
French/German listening exam will take place in class in your timetabled option slot.  
ICT iGCSE practicals and Catering will take place in ICT 1 or 2.

#### PERSONAL REVISION PLAN MARCH 2016

Sat 12 March			
Sun 13 March			
Mon 14 March			
Tues 15 March			
Wed 16 March			
Thurs 17 March			
Fri 18 March			
Sat 19 March			
Sun 20 March			
Mon 21 March			
Tues 22 March			
Wed 23 March			
Thurs 24 March			
Fri 25 March			
Sat 26 March			
Sun 27 March			
Mon 28 March			
Tues 29 March			
Wed 30 March			
Thurs 31 March			

#### Revision Techniques

Remember that it's important to often revise and go back to previous learning in order for the brain to retain the information in the long term.

##### Flashcards

For key information and facts. Your child can carry them around with her/him and test herself/himself anywhere.  
Can be used to remind and test your child on: spellings lists, a sequence of simple events.



##### Read-Cover-Copy-Check

Read the information they want to remember. Cover it up, write out what they remember. Check to see how much they forgot.  
Can be used to test your child on: spellings, lists, a sequence of simple events.



##### Post it notes

All around the house - put keywords in the toilet, bedroom wall, tv etc.



##### Singing or chanting

Repeating things again and again does seem to help and even more if it is to a sing song tune.

##### Key word cards

Include definitions on the back. Your child can test himself/herself on the definitions, sort them into scientifically relevant categories, put them into a sequence.



Describe or explain a process/scenario to someone who does not know it or a classmate.  
You can ask questions to fill in any gaps your child missed and if they are revising with a classmate it may help them understand the work better.  
Your child could be the teacher for you and explain to you what they have learnt.

##### Highlight notes

Going through existing notes with a highlighter. This way the attention is drawn to important bits.



##### Mind maps

Start with a central theme and organise the information from it, grouped into subtopics. Label the branches with the relationships.  
To summarise a whole topic after revising it in detail. Only put in the key words, everything else should come to mind when you read it.

##### Record it

This method is excellent for remembering longer pieces of text and the best bit is that you can do it anytime, anywhere!



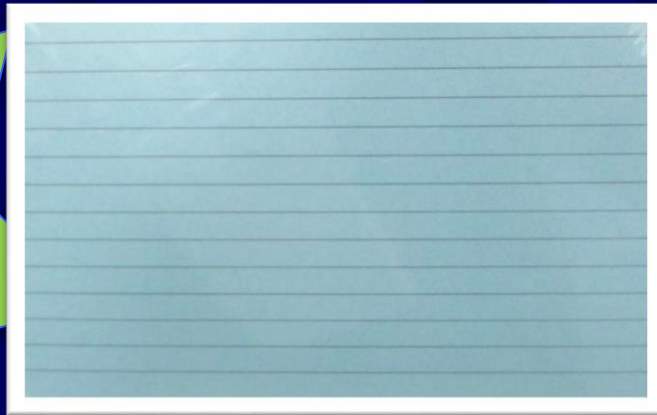
## Exams & Revision

### Helping your child SUCCEED!



#### Top Tips for Parents by Parents

**30p each  
or  
4 for £1**



**20p each  
or  
5 for £1**



**£5  
Each**

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ANY  
QUESTIONS?

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