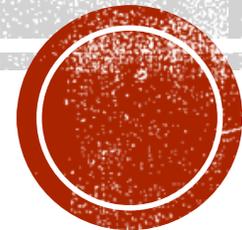


EXAM SUPPORT

(THE PARENT APPROACH)

Year 11 Parents Evening



Herne Bay High School

WHAT IS IT WE DO AS PARENTS?

- Worry about the amount of revision they do – is what they have done going to be enough? How much did they actually
- Worry about what impact the exams will have on their future job prospects?
- Worry about the financial implications of having to do their exams again...
- We feel powerless.....

So what do we do? We reflect our own worry for our children back on them, amplifying their distress.



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WHAT IS MY ROLE?

HelpFind a balance

- Your job as a parent is to help your child achieve the optimal balance between being too relaxed and being paralysed by anxiety.
- Try to **listen**, **absorb**, and contain the distress of your child through affirmation and reassurance. Make sure they know that their worth to you and others is separate from their achievements.
- It also helps for parents to put things in perspective: exams are important but your child's whole life does not depend on them, although it may feel like that at the time.



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HOW CAN I SUPPORT?



■ Discipline yourself –

have the right principles and determination to see your support through, even when it's difficult at times.

Comparison –

remove any opportunity to compare against another siblings performance or your own in the past i.e. "When I was your age...",

- just focus on where your child is **now** and how you are both going to revise together.

The objective here is to build their self esteem and confidence.

- your child needs to feel that you are there only to support them through this process and not to compare them in any way.



HOW CAN I SUPPORT? PUTTING INTO PERSPECTIVE

Motivation is what gets you started.

Habit is what keeps you going.

- **Time management** - *Know your dates and weeks*, - when are their exams?

Many students now take **10** or more GCSEs and are therefore required to revise over **200 GCSE topics**.

On the basis of **1 hour of revision per topic**, this means that your child may need to complete a total of over **200 hours** of revision.

Assuming that they revise for 1-2 hours a day, they will therefore need to start revising at least 3-6 months before their first exam. For those taking exams in June, **this means starting to revise in February at the very latest**.

Create a revision timetable with them. Free online. - **clear revision plan and reduce stress levels**

<https://www.thestudentroom.co.uk/g/planner>



HOW CAN I SUPPORT?

work hard.
→ have fun.
↓
make a difference.

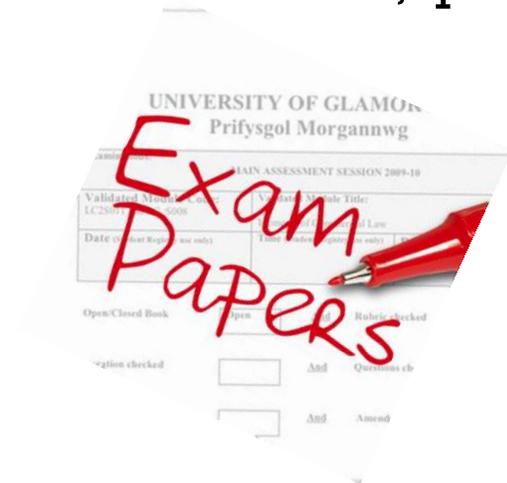
- **Support with past papers**, allow your child to "tell you what they have learnt".

Located on the school website under the revision pages.

- **Good Positive home working environment** - tidy space for revision; quiet time (no TV in the household for X minutes?)



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HOW CAN I SUPPORT?

Providing Inspiration - we all need someone or something to inspire and motivate us.

- It is worth remembering that sources of inspiration are deeply personal and take a wide variety of forms:
- **Book**
- **Music**
- **Film to see**
- **Game**
- create opportunities for your child to talk to friends and family about the benefits and advantages offered by a good set of GCSE results

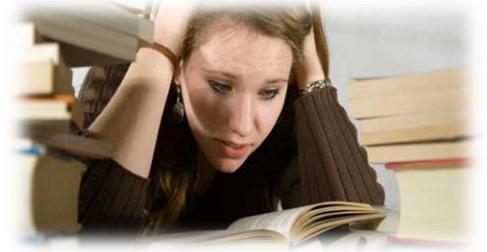
Offering Incentives – some students need additional incentives

- discuss with your child what sorts of rewards would motivate them to set more ambitious targets and to revise more diligently.
- Or you could promise certain rewards if he achieves certain grades. A few examples of possible rewards: **Driving lessons; a new mobile phone; tickets to a concert; money for music or clothes; a party after their last exam; a musical instrument?**



HOW CAN I SUPPORT WITH THE STRESS?

- ✓ It helps if other members of the household are aware that your child may be under pressure and that allowances should be made for this.
- ✓ If your child is given study leave in the run-up to exams, try to be at home as much as possible so that you can share a break and a chat together.
- ✓ Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals.
- ✓ Encourage your child to join family meals, even if it's a busy revision day - it's important to have a change of scene and get away from the books and computer for a while. Avoid junk foods, energy drinks. **Eat healthy means better memory retention.**



HOW CAN I SUPPORT WITH THE STRESS?



- ✓ Encourage your child to take regular exercise. A brisk walk can help clear the mind before the next revision session.
- ✓ Try not to nag or make too many demands on your child during exam time. Arguments are counter-productive and will only add unnecessary stress and distract from revision.
- ✓ It's important to get a good night's sleep before an exam, so discourage your child from staying up late to cram. And make sure he or she eats a good breakfast on the morning of the exam
- ✓ Explain that exams aren't an end in themselves but a gateway to the next stage of life



GOING FOR THE TOP GRADES



- Make revision a priority – stay focused on your revision, it's not forever, other things can wait until the exams have finished. **BUT REMEMBER, balance it out!**
- Start early- revision should be done over months **NOT** weeks before the exams!
- Put in the hours – there is no getting away from the fact!
- Revise all topics equally
- Tackle past papers – these are the best way of revising **ACTIVE REVISION**
- Use the exam board websites or the school website for support



WHEN SITTING YOUR EXAMS

The night before

- only do light revision, nothing that you haven't already touched...
- get all your equipment ready the night before. Takes the stress off in the morning
- get a good night's sleep

On the day

- Get up plenty of time
- If you want, just flick through your revision cards.

In the exam

- Take a deep breath. Don't worry about anyone else. Read your paper first to see where your strengths are. **MISTAKE is to waste time on answering the ones your not sure of first!**
- Allocate your time effectively
- Tackle all the questions – **NEVER leave anything blank!**



YEAR 11 REVISION PROGRAMME

- Lack of engagement – Afterschool Period 7 **THAT DAY**
- Expectation to attend 3 revision sessions a week afterschool, alongside full commitment in their lessons and with homework.
- E.g. if you don't do well in a test you will be expected to redo it again afterschool.
- Students should be carrying around their revision folders and using them within their revision sessions and lessons.
- School Website full of resources, tips and past papers

Students will receive a revision booklet:

- i. Outline of the Term 4 revision programme (times/dates)
- ii. Outline of the draft exam timetable – guidance for revision planning
- iii. Support on revision techniques
- iv. Guidance on stress management



REVISION PORTAL



Keystage 4 Exam Support

https://www.klz.org.uk/schools/8865448/students/KS4Exam/SitePages/English.aspx

Key Stage 4 Exam Support - He...

Keystage 4 Exam Support - ...

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PAGE



English

What revision techniques work well for my subject?

English Language

1. Make a set of flash cards with key words of language features and their definitions on, and learn them. It is helpful to have a question on one side, and the answer on the other. This means other people can quiz you.
2. Practice skimming and scanning non-fiction texts. GAP the text. Read, cover, and summarise the main points. Look at how the ideas are developed across the text. Identify some of the main language features.
3. Practice writing to purpose: write to describe, inform/explain, advise, argue or persuade. Learn the main language and structural features used for each purpose.
4. Learn the features used for different writing forms: letters, articles (magazine, newspaper and web), speeches, narrative fiction, autobiography, leaflets, blogs.
5. Practise exam papers – answer the questions to time.
6. Practise proof reading your writing, assessing your accuracy of punctuation.

English Literature

1. Re-read the Literature texts: 'An Inspector Calls', 'The Strange Case of Dr Jekyll and Mr Hyde', 'Romeo and Juliet' and the relationships poetry.
2. Learn the key plot events for each text.
3. Learn the characters for each text.
4. Learn the themes for each text.
5. Learn the key features of form, structure and language for each text.
6. Learn some key quotes for each text.
7. Practise exam papers – answer the questions to time.
8. Practise proof reading your writing, assessing your accuracy of punctuation.

Good Websites to visit (URLs)
www.bcbitesize.co.uk

www.grammar-monster.com

www.sparknotes.com

www.englishbuz.com

English Past Papers

[new document](#) or drag files here

✓	Name	Modified	Modified By
	GCSE LANGUAGE ...	17 November, 2016	<input type="checkbox"/> L CURTIS
	GCSE LITERATURE ...	17 November, 2016	<input type="checkbox"/> L CURTIS
	Model Answers ...	17 November, 2016	<input type="checkbox"/> L CURTIS

What are the Do's and Don'ts for my subject exam?

Do write to time – spend the exact amount of time the paper suggests on each question

Do check your spelling and punctuation

Do ensure that you write to purpose – learn which language features are used for which purpose

Do ensure you read the question carefully, is it asking you to summarise? Analyse? Explain?

Do use PEA for higher mark questions

Don't spend too long on one section

Don't analyse language when it is not necessary

Don't go over word count if the question specifies how many words to use

English Resources

[new document](#) or drag files here

✓	Name	Modified	Modified By
	Breakfast Revision ...	17 November, 2016	<input type="checkbox"/> L CURTIS
	Cool Revision stuff - templates and frames ...	9 February, 2017	<input type="checkbox"/> M HOBBS
	Homework Revision booklets ...	9 February, 2017	<input type="checkbox"/> M HOBBS
	Language Resources ...	8 February, 2017	<input type="checkbox"/> R SPENCER
	Literature Resources ...	9 February, 2017	<input type="checkbox"/> R SPENCER
	Masterclasses ...	24 November, 2017	<input type="checkbox"/> M HOBBS
	Revision Bingo ...	8 February, 2017	<input type="checkbox"/> M HOBBS
	Videos of model answers ...	8 February, 2017	<input type="checkbox"/> M HOBBS
	GCSE English language and literature course overview ...	17 November, 2016	<input type="checkbox"/> L CURTIS
	Revision Calendar Year 11 English Term 5 ...	19 April, 2017	<input type="checkbox"/> R SPENCER

Home

Principal's

Welcome to the

We are a popular school and we are committed to providing a high quality education for all our pupils. We are committed to providing a high quality education for all our pupils. We are committed to providing a high quality education for all our pupils.

Latest News



Year 9 Op

View all news

