



How to help your child succeed in GCSEs and A levels

1. Hard work
2. Balance for well being
3. Support at home and in school



Important dates and useful contacts

- GCSE and A Levels are going to be based on teacher assessment this year.
- Grades won't be submitted until June 18th based on a portfolio of work so there is plenty of time for students to continue to make progress.
- We are planning 'progress checks' for Year 11 (19th – 30th April) and for Year 13 (4th – 14th May). We are also focusing on ensuring that coursework and portfolios are finished and students are completing smaller, low-stakes assessed pieces of work in lessons which will be added to prior attainment to create a 'portfolio' of data for the Teacher Assessed Grades.
- Lessons and assessed pieces of work will continue until their grades have to be submitted for final quality assurance checks etc.
- If you do have any concerns about progress or how well your child is coping with the coming month, please get in touch: KS4 - Y11 Heidi Mansfield or Y10 David Ramsden and KS5 – Faye Parker Dennis or Melissa Rigley.
- Please also email teachers directly if you have any subject specific questions (firstname.surname@whptrust.org)



In-school support

- Class teachers – finishing coursework, preparation in class, setting homework that supports GCSE and A level attainment
- Revision support for any assessed pieces / progress checks – with revision incorporated into lessons
- Personalised timetables & mentoring
- After school Study Lounge to give students a chance to finish off any work they need to do in school without the distractions of home.
- Assemblies, tutor time & fortnightly emails to students – focussing on issues such as future planning, college applications & managing the stress of this year.



How parents can help

- Support, encouragement and interest can influence your child's motivation and ability to cope with academic and organisation demands of the exam period.
- Little and often check ins to see how they're coping & progressing
- You know your child better than anyone – when they could do more and when they need to stop and have a break
- Agree the balance between work and social life/relaxation
- Everyone will at some point feel demotivated, overwhelmed and stressed
- Bumps in the road - failure needs perspective and a 'what next' plan
- Create a 'home' that is study-ready and a sense that this won't last forever ...so there may be times when they need to ease up on their contribution to chores ... if they are finishing a course or building up to exams, their job is revision



Incentive? Bribes? Comparisons

- Reward should be the results themselves and knowing that they did the best they could
- Is offering money a good idea? It depends on what motivates your child
- Incentives and encouragements along the way ... short term goals with treats, or box sets, time off and seeing friends when lockdown lifts
- Family time together at the end of a work / revision session
- Carol Dweck Growth Mindset emphasises the need to praise the effort and the outcome will take care of itself – unconditional support is vital
- Many students are competitive - avoid comparisons with your experience or other siblings because of the pressure that this brings



Where?

- Somewhere quiet or public?
- Bedroom? For some students not helpful – there may be too many distractions, or it could make it harder to sleep later on
- Work in view of supporting eyes may help some but not all
- Students may need a place they can 'own' where they can put revision plan a up, store books, notes, equipment and make comfortable
- Isolation is not always a good sign for a number of reasons



How much? GCSE and A level

- Quality over quantity and keep track of it to see how it builds up (this is a motivator!)
- Ask your child how much they think is reasonable
- GCSE: 1 - 2 hours per week per subject
A level: 4 hours per week per subject outside lessons
- School days – plan 2 hours/ A level 3
- Days off and built-in rest/leisure
- Some in danger of doing too much – pull back and help them
- Introduce them to a watch – not their phone – for timings
- Teach them to ignore what/how much others say they are doing – people lie!



So, what can you do to help in the organisation?

- Offer to help them 'chunk' the learning up and sketch out a revision plan / plan of action – what needs to be done by when. This can also be done in school – encourage your child to speak to their teachers – there's still plenty of time!
- If revision guides and notes have gone missing – seek to replace these – teachers have plenty of notes they can make available
- Stationary! Post it notes, revision cards, mini white boards and decent pens - we have LOTS of these resources in Student Support – just ask!



So what can you do to help actual revision process?

- Talk through revision plans in preparation for progress checks or exams next year / in future years
- Try not to mind if parts the house get covered in Post Its or revision notes
- At the end of a revision session test them or ask them to tell you 3 memorable things
- If you feel confident, use mark schemes with them to mark a past paper
- Use any ideas in this week's workshops that you think will work for you and your child



Night before and morning of exams

- Don't let them stay up all night revising
- Early preparation means that they should be able to relax and take their mind off the exams
- If there is conflict brewing – ignore it until after the exam
- Make sure they have everything they need and know what time it starts
- Up with enough time to wake up!
- Breakfast = energy



Team – the line of one

- What we can learn from geese is that the supporting geese honk from the back to encourage the ones at the front who are doing the hard work!
- Do well and be well – success and well being go hand in hand
- We are here to help – you know your child best, so if you have any concerns, please contact us



Work hard • Be well • Do well

Exam Success Week

| Day | Time 1 | Time 2 | Time 3 |
|---------------------------------|---|--|--|
| Monday 1 st March | 6:00-6:30 Preparing for A Levels and studying after 6 th form: Faye Parker Dennis | 6:45-7:15 A holistic approach to preparing your children for their exams: Heidi Gale | 7:30-8:00 5 Fantastic revision techniques: Jo Cooper |
| Tuesday 2 nd March | 6:00-6:30 Revise for a 5 or above in English: Miriam Noades | 6:45-7:15 Revising science - applying knowledge to the questions: Alison Pascual | 7:30-8:00 Dyslexia friendly revision techniques: Mary Kirby |
| Wednesday 3 rd March | 6:00-6:30 Metacognition - how to remember and apply knowledge effectively: Simon Morton | 6:45-7:15 Revision for Maths: Dom Devlin | 7:30-8:00 Turning a 3 into a 4 in English: Cath Agius |
| Thursday 4 th March | 6:00-6:30 Helping your child to revise a language you don't speak (Spanish): Cristina Garcia | 6:45-7:15 Preparing your body for exams - sleep, exercise, and nutrition: Kieran Warner | 7:30-8:00 Exam Wellbeing: Heidi Mansfield |



Exam Success Week

Any Questions?

