

For Parents and Year 11



It's a marathon, not a sprint...

What do we know?

- Studying for GCSEs is a marathon, not a sprint.
- Long-term learning works better.
- Students need to build their 'exam stamina'.
- Students need to face their fears and train for the hardest questions and long periods of working (reading *and* writing) to make the real exams feel easier.
- Reading, and reading fast, matters.
- Whenever you get an exam question or a piece of work back, give **3** excuses for why you didn't get the next grade up, then plan how you will tackle them.



What is marathon revision?

- You must **TRANSFORM** the information: use pictures, a diagram, a chart...
- You must **REDUCE** the information: summarise, break down into bullet points, etc.
- You must **SORT** the information: arrange information into different groups, or sort it into a rank order...
- You must **LINK** the information: across subjects, topics...



What **else** is marathon revision?

- **RESTORE** the information from your bullet points, images, etc.
- Create **STEPS** that explain it all.
- **TEST** yourself with some quick quizzes, etc.
- Then **REFINE** your revision by going over any bits that you didn't know so well, creating a new summary list, reducing the number of bullet points, etc.



Think like an Olympian!



Our very own James Fox winning Gold in Rio.



And - another ex-student - Lee Manning who won Bronze in the Rio Paralympics.

You need a clear timetable...

"The difference between ordinary and extraordinary is that little extra" "I'm a greater believer in luck, and I find the harder I work the more I have of it"

Day / Time	4.00pm to 5.00pm	5.00pm to 6.00pm	6.00pm to 7.00pm		7.00pm to 8.00pm	8.00pm to 9.00pm	9.00pm to 10.00pm
Monday	History Revision Cold War	Rest / Eat / TV	PE Muscles Skeleton	Get ready for football	Football Training Grange	Rest / Recover / Shower	English Of Mice and men
Tuesday	History Nazi Germany	Rest / Eat / TV	Maths My Maths (Topic??)		Maths My Maths (Topic??)	Rest	English Of Mice and men
Wednesday	History Nazi Germany	Rest / Eat / TV	Maths My Maths (Topic??)		Maths My Maths (Topic??)	PE Stages of Learning Info Processing	PE Somatotypes
Thursday	History Liberal reforms	Rest / Eat / TV	Geog Rivers	Geog Rivers	Geog Eco systems	Geog Eco Systems	English Of Mice and Men
Friday	Afterschool Badminton Club	Rest / Eat / TV	Going Out Cinema		Going Out Cinema	Going Out Cinema	Going Out Cinema
Sunday	10.00am to 11.00am	11.00am to 12.00pm	12.00pm to 1.00pm		1.00pm to 2.00pm	2.00pm to 3.00pm	3.00pm to 4.00pm
	History Coursework	History Coursework	History CWK	Lunch	History Coursework	History CWK	History Coursework
	4.00pm to 5.00pm	5.00pm to 6.00pm	6.00pm to 7.00pm		7.00pm to 8.00pm	8.00pm to 9.00pm	9.00pm to 10.00pm
						English Of Mice and Men	English Of Mice and men

Also consider....

- Athletes need a **training base** – where can your son / daughter do their school work?
 - **Rest and recovery** time is important alongside work.
 - **Exercise** keeps the brain alert and ready to work well.
 - **Eat well** and regularly – use this as a time to discuss and plan. Can you help in any way?
 - **Hydrate** their brains with water, not fizzy energy drinks.
 - Consider a **reward** scheme / incentives!
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- Be supportive, positive and encouraging – do not allow excuses!



Sleep matters!



Have a routine – go to bed at the same time and wake up at the same time each day. This trains your body clock and helps you manage distractions and get to sleep easily.



Do some exercise 2 hours before you go to bed, apparently cycling is really good. A bit of exercise tires you out, increases blood flow in your arteries and releases feel good hormones. Go for a walk!



Do not do this

Turn the phone off, or at least dim it and put it on silent 2 hours before bedtime. Even better – charge it outside your bedroom. Also, avoid having any bright lights from IT equipment in your room – it stops you releasing the melatonin you need to get to sleep.

Sleep matters!



Eat a turkey and/or cheese sandwich 90 minutes before you go to bed. No really. Turkey, cheese and bread all contain tryptophan which helps you fall asleep.



Drink some cherry juice an hour before bedtime. Cherries contain melatonin which means that you will fall asleep easier and for longer.



Finally, about 45 minutes before bedtime, have a nice long (30 minutes) hot bath. Add some lavender oil, candles, go the whole hog. Read a good book... drift off to sleep...

Other ideas?



**KEEP CALM
BECAUSE**

*it gets
better*

Talking Tricks

*Talking to a teenager can be tricky.
Here are a few ideas that might come in
handy when beginning a chat.*

1. What was the best thing that happened at school today?
2. Tell me something that made you laugh today.
3. If you had a free choice, who would you/would you not sit with in class? Why?
4. How did someone help you today?
5. Tell me one thing you learned today.
6. When were you happiest today?
7. When were you bored today?
8. What word did your teacher say most today?
9. Tell me about something good that happened today.
10. What do you think you should be doing more/less of to prepare for the exams?
11. What about using a Mind Map for this essay plan/revision?
12. Remember that Memory Journey thing to link ideas? Why not use that for this?
13. Have you looked on Kite yet?
14. What would you like to happen to make this better?
15. I love you!

*Remember, this is worth
the effort – don't give up!*



Study Strategies

*These are a few things you could suggest
if your son/daughter is at a loss for what
to do next.*

Mind Maps

Don't just re-read notes, turn them into mind maps and then stick them up in your room. Add pictures and colours to help you remember key areas of information.

See thinkbuzan.com



Flashcards

Write key information on colour coded cards for each subject/topic. This will force you to condense what you need to know and fit nicely in a pocket to carry around.



Study Buddies

Lots of our students deliberately work together, particularly when they are revising for a key test or exam. Let your child invite some friends over and then give them a quiet space to work, and maybe some biscuits...



Memory Journey

Pick a familiar room or a route and then 'hang' key bits of information at different points. Honestly, it works!

Remember Kite – there's a link on www.jackhunt.net and a mountain of materials to help with every subject.



And finally... remember Mo Farah and that there will be pitfalls along the way.



“When I fell I was just thinking
‘try and get back as fast as I can’...
I was thinking
‘don’t panic, don’t panic, don’t panic’.”



Thank you!