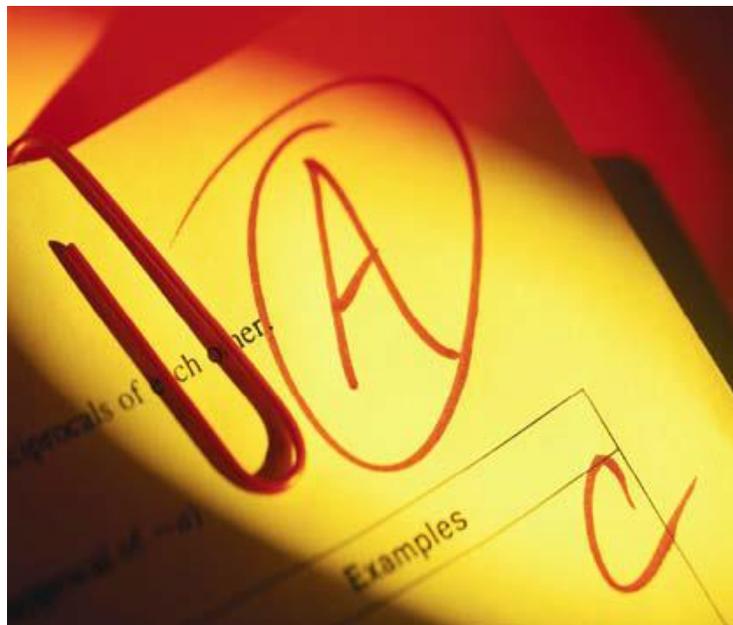
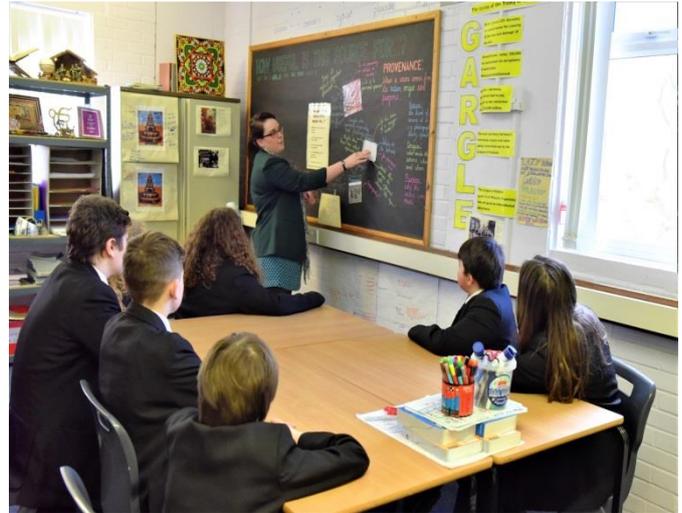


GCSE TIPS FOR SUCCESS & HOW PARENTS CAN HELP



HOW CAN PARENTS MAKE A DIFFERENCE?

Parental support is 8 times more important in determining a child's academic success than social class. The Campaign for Learning found that parental involvement in a child's education can mean the difference between a 9 and an 'also-ran' at GCSE.

The good news is that you don't need to be an expert in any of the subjects your child chooses to make a real difference. You also don't need to give up your life and other responsibilities – you just need to know how best to spend the time you do have.

One of the hardest demands on students is that of understanding the long-term importance of doing the best they can, and learning to shelve short-term fun at times in the interest of long-term benefits (not easy even for adults).

Children will also differ in their levels of maturity, their ability to take responsibility for their learning, organisational skills and levels of motivation.

This is where parents come in. Your support, encouragement and interest can make a spectacular difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.



KEEPING THE MOTIVATION UP

FOR STUDENTS

- ✓ Don't stop going to, or working in, lessons you find hard or dislike – talk to someone about any difficulties you are having – there is always a solution
- ✓ Plan your revision schedule and stick to it – even when you don't feel like it. Don't wait until you are in the mood – the further behind you get the less you will be in the mood (agree the schedule with your parents for a hassle-free life)
- ✓ Resist the temptation to bury your head in the sand if things are getting out of hand – talk to your parents/tutor/teachers/Head of House
- ✓ Ignore what friends and others are doing or saying – you are working for an easy life for **YOU** now and later – let your friends have the hassle of redoing coursework or even the full GCSE

FOR PARENTS

- ✓ Agree the balance between work and social life and stick to the agreement. Again, flexibility is the key – if a special night comes up, agree that they can make up the work at a specified time
- ✓ All students fall behind, feel demotivated or overwhelmed, or struggle with the balance of social, work and school demands at times. When your child feels like this, berating and threatening them will have a negative effect. Talk to them about the issues, acknowledge their feelings and adopt a sensible attitude in wanting to find a solution
- ✓ Be flexible – use the 80/20 rule. If your child is sticking to what they are supposed to be doing 80% of the time, they will be doing alright
- ✓ If your child asks for your support, encourage them by helping them to see the difficulties in perspective. Teenagers often take an all or nothing 'catastrophic' approach to difficulties – "I've messed up this essay, I might as well give up."



GETTING READY FOR REVISION

FOR STUDENTS –

- ✓ Start revision early. The sooner you start the less you will have to do each day and the less stressed out you will be
- ✓ The most important thing is to make a realistic revision timetable that you will stick to
- ✓ Get one good revision book or aid for every subject. They do much of the initial work for you by breaking the subject down into 'do-able' chunks

DOING THE REVISION

- ✓ Go to all lessons and make them work for you – especially the ones you don't like or find hard
- ✓ When your teachers tell you about exam technique – try them all out to see which one will work for you best (it might even be the one you thought wouldn't work). The key thing is to reduce the notes you work from to a single A4 by the night before the exam
- ✓ Match the revision notes you make to the sort of questions you will be asked. Get hold of old papers (ask teachers which websites to look at – they are also in your planner)
- ✓ Have a clear goal for each revision period. For example – 'at the end of these 45 minutes I will be able to label a diagram of the heart and answer a question on how the heart works.'
- ✓ Have a start and finish time – and stick to it!
- ✓ Get into the routine of following your revision plan – if you really don't feel like it, tell yourself you will do 15 minutes and then decide whether to carry on. At least you will have done fifteen minutes. Set your aim for the session and get right on with it – ignore the impulse to suddenly tidy your room for the first time in 3 years!
- ✓ STOP and take a break if you are becoming frustrated, angry or overwhelmed. Put aside the problem
- ✓ Don't waste time struggling – note down anything you are finding hard and take it to your next lesson or if on study leave, phone friends or your teachers
- ✓ DO NOT BE INFLUENCED BY FRIENDS WHO TALK ABOUT HOW LITTLE WORK THEY ARE DOING Get you head down – your results don't matter to your friends – but they are crucial to your future. Tell yourself it's not for long and think about that long summer holiday
- ✓ Make yourself start however much you don't want to – the hardest bit is over with then.

IMPROVING YOUR CHANCES OF GETTING THE BEST POSSIBLE GRADE

There are a number of factors that cause students to lose marks in the exams. The factors below are often reported by examiners. You will also find them in revision books. Here is a list of factors that you need to be aware of and concentrate on –

- ✓ Start in good time – leave it too late and you will start panicking
- ✓ Plan for half hour or, at most, one hour slots. Nothing extra is likely to sink in if one subject is revised for much longer
- ✓ When revising during the evenings plan 1 or 2 subjects only. Leave some time for relaxation
- ✓ Allow some days off, but not in the few weeks just before the exams
- ✓ Plan to revise specific topics or aspects of a subject – for example, not just science, but human systems, or waves, or chemical reactions or electricity
- ✓ Read through a topic and then make brief notes on cards which can be used for further revision later
- ✓ Use colours to highlight key works
- ✓ Work in small groups to discuss a topic



KEY TASKS ON THE DAY BEFORE THE EXAM

FOR STUDENTS

- ✓ Make sure you know your timetable
- ✓ Get there early – only fools leave it too late and rush – catch the much earlier bus
- ✓ Allow time for your brain to wake up – have a shower, eat breakfast – take a banana with you
- ✓ Do a final check of the subjects you will be doing that day – know the structure and how many sections there are
- ✓ Make sure you have EVERYTHING you need and take spares – do not get into the stress of asking teachers for things you should have brought
- ✓ Take a pen you enjoy writing with – take 2 just in case

During the exam –

- ✓ Don't forget that it is natural to be nervous. It actually gives your brain the extra adrenalin it needs to make the final effort
- ✓ If your mind goes blank, don't worry. Look at the question again, write down some notes – it'll get your brain ticking over again
- ✓ Don't start writing until you know what the instructions are and you are ready to write sense
- ✓ Make and keep to a time scale for each question depending on the number of marks (you will have done this in revision classes – stick to it). If you only have 3 minutes left for a question, write the answer in note form – the examiner will give you marks for it
- ✓ Allow a little bit of time at the end to check through your work to see if any changes need making. Examiners have said that this can make the difference between a higher and lower grade

ON THE EVE OF THE EXAM FOR PARENTS –

- ✓ Please don't add to the stress levels by 'rising to the bait' when your child pushes the boundaries. Shelve the battles that don't need winning just yet
- ✓ Help prepare your child for the exam – talk with them about when it starts, how long it lasts for, what are the main topics that might come up. Don't 'over egg' this – they may have worked all day and have come down stairs to relax

DO YOU THINK YOU HAVE LEFT IT TOO LATE TO REVISE?

One of the biggest mistakes that students make is not allowing enough time for revision. This usually results in demotivation and the attitude that there is no point in doing anything as the task is too big

✓ IT IS NEVER TOO LATE UNTIL YOU ENTER THE EXAM ROOM – with revision a little knowledge is better than none at all and could make the difference between a pass and fail.

**BE WISE.
REVISE**

REVISION TIMETABLE

Always remember to form an overall plan that can be broken down, subject by subject. This will help to keep an overall idea of what you are doing, as well as being more specific for various areas of a subject.

DATE	Subject 1	Subject 2	Subject 3
March 12 th	History – Fear of Communism	Maths – Ratio	Science – Electricity
March 13 th	Day Off		
March 14 th	Science - Forces	English – Of Mice and Men	

Draw up a grid like this for all your subjects – it really does work!

REVISION PLAN

EXAMPLE 1

SUBJECT – SCIENCE

	TIME NEEDED	COMPLETED/GET HELP
SCIENCE PAPER 1	TOTAL – 20 HOURS	
Inheritance & selection	3	
Structures & bonding	4	
Wave & radiation	4	
Humans as organisms	3 (difficult)	
Maintenance of life	3	
Metals	3	
SCIENCE PAPER 2	TOTAL – 23 HOURS	
Environment	3	
Patterns of chemical change	5 (difficult)	
Forces	5	
Earth Materials	3	
Energy	3	
Electricity	4	

REVISION PLAN
EXAMPLE 2

SUBJECT – HISTORY

	TIME NEEDED	COMPLETED/GET HELP
HISTORY PAPER 1 NAZI GERMANY	TOTAL – 17 HOURS	
Impact of Wall Street Crash	3	
Impact of Treaty of Versailles	4	
Fear of communism	4	
Leader Principle	3 (difficult)	
Dislike of democracy	3	
HISTORY PAPER 2 CAUSES OF W.W.II	TOTAL – 19 HOURS	
Appeasement	3	
Role of the individual	5 (difficult)	
Failure of the League of Nations	5	
US isolationism	3	
Rise of the Dictatorships	3	
Impact of Wall Street Crash	3	
Impact of Treaty of Versailles	4	

Useful Websites and stuff....

More information about the sites listed is given in the relevant chapters. Information correct at time of going to press.

General support for teenagers

- www.projecteducation.co.uk/gcse offers links to GCSE chat forums.
- www.bbc.co.uk
- www.childline.org.uk/explore/Pages/Explore.aspx
- www.youthaccess.org.uk/

General parent support

- www.parentlineplus.org.uk confidential helpline for parents on 0808 800 2222
- www.projecteducation.co.uk

Exam boards

- www.aqa.org.uk the Assessment and Qualifications Alliance (AQA)
- www.edexcel.org.uk Edexcel
- www.ocr.org.uk Oxford, Cambridge and RSA Examinations (OCR)
- www.wjec.co.uk the Welsh Joint Education Committee (WJEC)

Coursework and revision

(Please read notes on the use of essay banks in 'revision').

- www.coursework.info
- www.sparknotes.com
- www.gcseguide.co.uk – Use the 'bookshop' option to see what revision guides are available in each subject area.
- www.bbc.co.uk/schools/gcsebitesize
- www.gcse.com

Careers

- <https://direct.gov.uk>. The governments' official careers information site. Visit the **Education and Learning** pages and choose '**Which way now? Years 10-11**' followed by '**Your Choices in Year 9**' to find out more about your options.
- <http://www.bbc.co.uk/schools/studentlife/careersandchoices/>
- Visit <http://nextstep.direct.gov.uk> and select **Planning your career** then **Job profiles** for free information on hundreds of different careers.
- www.Careersbox.co.uk - Careers films/videos – real people in real jobs
- www.icould.com - Career advice, HE choices
- www.opendoorsmedia.co.uk - Regional training prospectus – everything you need to know about college, apprenticeships, careers, training schemes and jobs in local area
- www.apprenticeships.org.uk - National Apprenticeship Service
- www.futuremorph.org - STEM careers
- www.targetjobs.co.uk - Careers info – construction, accountancy, banking, law, engineering, environment, media etc

Careers Information

Local Post 16 Open Days/Evening 2017/2018

Sat 16 September 2017	Hartpury College	A Level and Diploma	09.00-14.00
Sat 7 October 2017	Hartpury College	A Level and Diploma	09.00-14.00
Sat 4 November 2017	Hartpury College	A level and Diploma	09.00-14.00
Tue 26 Sep 2017	Sir Thomas Rich's School	A Level	18.00-20.30
Sat 30 September 2017	South Gloucestershire and Stroud College (SGS)	All	10.00-13.00
Wed 18 Oct 2017	Hereford Sixth Form College	All	17.00-20.00
Thurs 9 Nov 2017	John Kyrle, Ross on Wye	Sixth Form	18.00-20.00
Mon 6 November 2017	Gloucestershire College (Gloucester)	General	17.30-20.00
Wed 8 November 2017	Gloucestershire College (Forest of Dean)	General	17.30-20.00
Mon 13 November 2017	Gloucestershire College (Cheltenham)	General	17.30-20.00
Thurs 14 Sep 2017	Beaufort Co-operative Academy 6 th Form	Sixth Form	18.30-20.30
Wed 11 October 2017	South Gloucestershire and Stroud College (SGS)	Sixth form (Filton)	17.30-20.00
Sat 4 Nov 2017	South Gloucestershire and Stroud College (SGS)	All	10.00-13.00
Wed 8 Nov 2017	The Crypt School	Sixth Form	TBC
Wed 11 Oct 2017	Hereford College of Arts	All	18.00
Monday 27 Nov 2017	Hereford College of Arts	All	18.00
Tuesday 14 Nov 2017	Hereford and Ludlow College (Hereford campus)	All	16.30-19.30
Sat 25 th Nov 2017	South Gloucestershire and Stroud College (SGS)		
Thurs 30 Nov 2017	Wydean School and Sixth Form	Sixth Form	18.00-20.00
Sat 20 Jan 2018	South Gloucestershire and Stroud College (SGS)	All	10.00-13.00
Wed 25 Jan 2018	Hereford and Ludlow College (Hereford campus)	All	16.30-19.30
Sat 27 Jan 2018	Hereford College of Arts	General	10am
Thur 15 Mar 2018	Hereford and Ludlow College (Hereford campus)	All	16.30-19.3
Thur 21 Mar 2018	South Gloucestershire and Stroud College (SGS)	All	17.30-20.00
Tue 13 Mar 2018	Hereford College of Arts	General	09.30-12.30
Tue 8 May	Hereford Sixth Form College	All	17.30-19.30
Coleg Gwent	Advised to check website, dates TBC		
Kings School, Gloucester	Advised to check website, dates TBC		

ATTENDANCE

90% in an exam is a great result but in terms of attendance it means that the student has missed 1 of every 10 days – over a period of a year this is equivalent to 4 weeks of school and it will ultimately affect their final result.

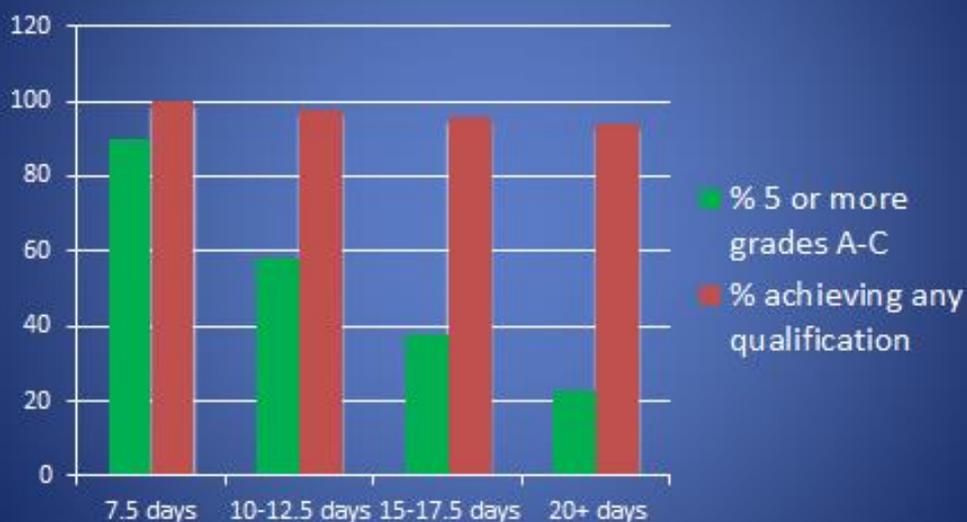
What impact might this have on a students life....?

Research suggests that **17 missed school days** a year = GCSE grade **DROP** in achievement.
(DFE)

The greater the attendance the greater the achievement.



Secondary School KS4 performance by average absence sessions





**Tea, coffee,
custard cream,
chat, advice etc.**

MARK.HOPKINS@FORESTHIGH.ORG.UK