



Parents' Information evening for KS3

KS3 Parent Information Evening

- Key dates
- What happens during the assessment period
- What to revise
- Memory
- How to revise
- Study environment
- When to revise
- How to reduce exam stress
- The importance of feedback after the exams

Key Dates

14th May - 25th May	Home learning is not set to give time to revise
28th May – 1st June	Half Term
4th June - 15 th June	Assessment Fortnight

What are the assessments used for?

For students

- to develop study and revision skills
- to develop their memory
- To boost confidence
- To realise it is important to revise
- To value feedback and acting on it.

For departments

Year 7 to 8 and 8 to 9

- Maths, English, Science and MFL all set based on end of year assessment in combination with attainment throughout the year
- For year 9, started on studying maths, science and PoR GCSE. Results will be used to assess progress and set movements where appropriate. English sets for year 10, along with humanities sets where there is setting.

My daughter is giving up the subject at the end of year 9....what is the point?

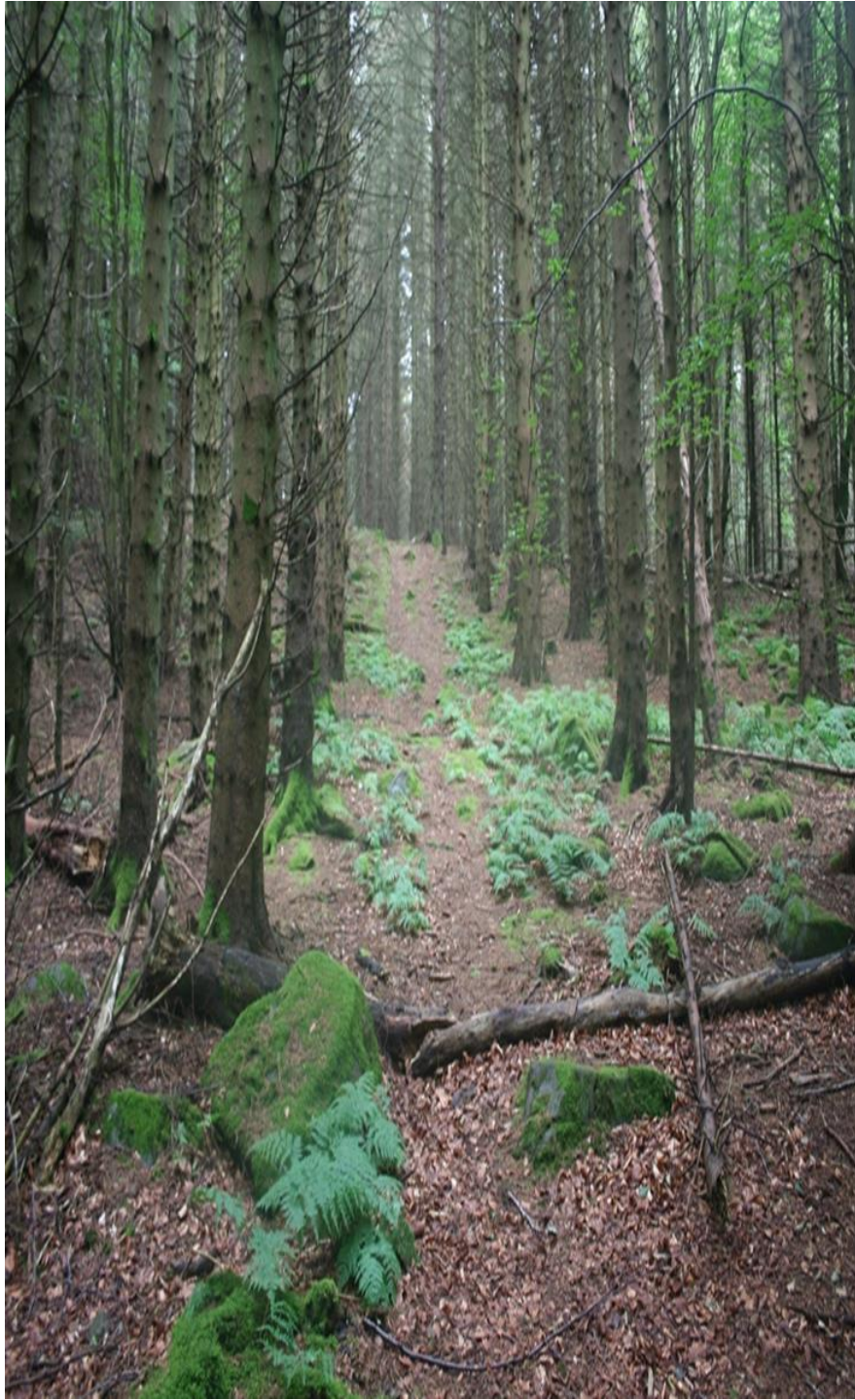
- Good education is to increase breadth and depth of knowledge across all subjects. The more you know ..the more you learn. May drop a subject but there are always links with other subject. Works the brain..
- Try different revision techniques
- Personal pride and confidence.

What should my daughter revise?

- Departments will issue 'What to revise lists'. They will be on Frog and we will collate them to send out to parents.

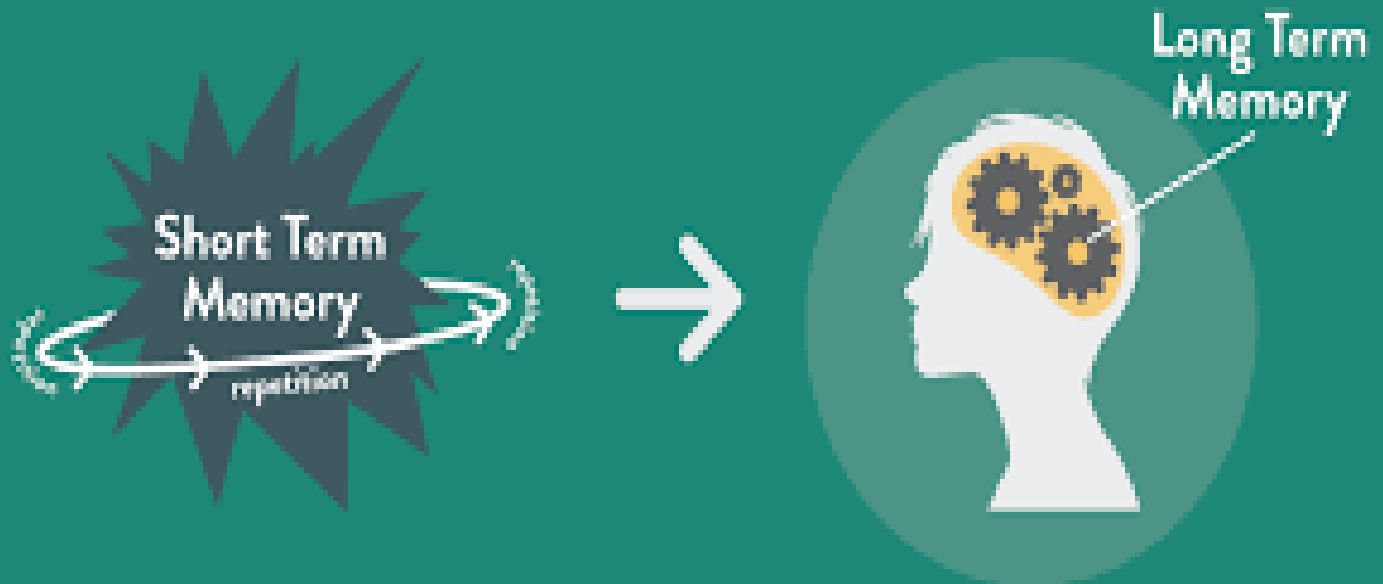
Resources to help with revision e.g.

- Class notes/ handouts
- Textbooks
- Kerboodle
- MyMaths and Maths watch
- Frog – department resources
- BBC Bitesize
- Lingascope



Memory

Repetition Turns Short-Term To Long-Term





- Science tells us the ideal time to revise what you've learned is just before you're about to forget it.
- Memories get stronger the more you retrieve them, you should wait exponentially longer each time – after a few minutes, then a few hours, then a day, then a few days. This technique is known as spaced repetition.
- This also explains why you forget things so quickly after a week of cramming for an exam. Because the exponential curve of memory retrieval does not continue, the process reverses and within a few weeks, you have forgotten everything.

- Breaks are important to minimise interference. When your hippocampus is forced to store many new (and often similar) patterns in a short space of time, it can get them jumbled up.
- Plan your revision so you can take breaks and revise what you've just learned before moving on to anything new.

Consolidation based revision

- Retrieval based learning
- Good for enhancing knowledge
- Spacing
- There are many learning activities that active retrieval could be incorporated into, for example: quizzes and 'concept mapping'

How to Revise

- **Condense notes** – using
 - Key words
 - Mnemonics
 - Mind map
 - Notes on A3 with headings
 - Post-it notes

Brackets
Indices
Division
Multiplication
Addition
Subtraction



INSPIRE CHALLENGE ACHIEVE



How we learn best

- **Take notes** – using textbooks/class notes/internet
 - Linear notes
 - Mind map
 - Notes on A3 with headings

How we learn best

- **Learn notes** – using
 - Rough mind maps
 - Teaching others
 - Testing yourself

Anxiety - Is this normal?

Anxiety is a human emotion and is our normal reaction to a stressor, so a certain level of anxiety during exam time is normal.

Anxiety is on a continuum. You may have the laid back teen, or the over anxious revise all the time teen, or somewhere in between.

How parents can help?

- Work out a revision timetable.
- Break revision time into small chunks – hour long sessions with short breaks at the end of each session often work well
- Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals
- Encourage your daughter to join family meals, even if it's a busy revision day

How parents can help?

- Encourage your daughter to take regular exercise- take the dog for a walk, collect a younger sibling from school, go for a brisk walk round the block!
- Discourage your daughter from staying up late to cram and make sure they eat breakfast on the morning of the exam.
- Mark the end of the exams with a treat that everyone can look forward to, such as a meal out or a trip.

Home study Environment

- Desk
- Chair
- Food and drink
- No TV
- Stationery
- Posters on fridges and walls
- No phone
- No social networking sites
- Music
- Minimise interruptions
- Keep younger siblings away

Sleep Hygiene

Quality night-time sleep = full daytime alertness

Lack of sleep – mental health problems

- feeling of not being able to cope
- moody
- can't concentrate
- more arguments
- more fidgety
- less tolerant

Building Confidence

- Reassure your daughter that she is capable of getting through her exams
- Be positive, help her put the whole thing into perspective. There is life after exams.
- Be supportive and help alleviate worries by talking to her.
- Resist the urge to compare your daughter with other young people, whether friends or siblings – ‘saying your brother worked hard and got B’s won’t motivate.’
- Praise/reward them for the amount of effort they put in and trying their best
- Avoid empathy, ‘I went through exactly the same thing when I was your age’. As much as you can emphasise with exam woes and stress, your exams were different as were societal expectations and financial pressures.
- Tell her that she can only try her best and even if she doesn’t do as well as you’d hoped, you still love them just as much

Procrastination

Is defined as.....

“putting of, delaying or deferring an action until a later time. It’s usually proceeded by the magic words.....

“I’ll just”

Procrastination

We all do it.....

The main enemy is electronic devices.

“I’ll just check twitter, Instagram, snapchat, Youtube....and see if anything has happened on twitter whilst I was on Youtube”

Tips to beat procrastination

- **Break it down** – Scheduling
- **Make your goals public** – fridge, update family. “I am revising for 1 hour now, tell me to get back to work”
- **The Pomodoro technique**
 - 25 mins
 - 30 mins
 - 45 mins

Tips to beat procrastination

- **Remove distractions**
 - **Phone/ipad**
 - **Xbox**
 - **Netflix**
 - **Spotify**
- **Focus on the positives**

“This is great.....I am getting this done”
NOT....”Only 15 mins of torture left”

Tips to beat procrastination

- **Just start...**

Scheduling with ... Pick up a pen and just start.

Revision Timetable

- Gives structure to your daughter's revision
- Enables your daughter to pace herself
- Makes her feel in control
- Keeps parents calm

But it is complicated to make a revision timetable that works.....this is how we will explain it in assembly

Step 1 – Make a list of everything you need to revise

- What to revise lists from teachers
- Contents pages from revision books
- Subject specification for GCSE subjects

Copy of the Exam Timetable

Tuesday 9th June	1					Music		
	2							
	3	German set 4 - Reading French sets 1 and 2 - Reading				Music		
	4	Geography	Geography		History	History		POR
	5							
Wednesday 10th June	1				Spanish sets 4-5 - Reading French sets 1,2,3 - Reading			
	2				Spanish sets 1-3 - Writing French set 4 - Reading			
	3							
	4	POR		History		Geography	Geography	
	5	German set 2 - Writing French set 3 - Reading						

Step 2 – create a table

- By hand on A3
- Spreadsheet or word document

INSPIRE CHALLENGE ACHIEVE

	Morning	Afternoon	Evening
Saturday 14th May	English		
Sunday 15th May		French	
Monday 16th May	Lessons	Lessons	
Tuesday 17th may	Lessons	Lessons	
Wednesday 18th May	Lessons	Lessons	
Thursday 19th May	Lessons	Lessons	
Friday 20th May	Lessons	Lessons	
Saturday 21st May			
Sunday 22nd May		PoR	Geography
Monday 23rd May	Lessons	Lessons	Maths
Tuesday 24th May	Lessons	Lessons	History
Wednesday 25th May	Lessons	Lessons	Science
Thursday 26th May	Lessons	Lessons	German
Friday 27th May	Lessons	Lessons	
Saturday 28th May		Maths	
Sunday 29th May		English	Science
Monday 30th May	History	Geography	
Tuesday 31st May			
Wednesday 1st June		PoR	
Thursday 2nd June		Music	French
Friday 3rd June			
Saturday 4th June			Maths
Sunday 5th June	English	French	
Monday 6th June	English	French Reading	Maths
Tuesday 7th June	Maths		Geography
Wednesday 8th June	Geography		History
Thursday 9th June			German
Friday 10th June	German Reading	History	
Saturday 11th June			
Sunday 12th June			
Monday 13th June		PoR	
Tuesday 14th June	Maths	Science	
Wednesday 15th June		French Writing	
Thursday 16th June	German Writing		
Friday 17th June			

	Busy/Going out
	Revision
	Normal Lessons
	Exams or lessons
	Free/catchup

	Morning	Afternoon	Evening
Saturday 27th May		Maths	
Sunday 28th May		English	Science
Monday 29th May	History	Geography	
Tuesday 30th May			
Wednesday 31st May		PoR	
Thursday 1st June		Music	French
Friday 2nd June			
Saturday 3rd June			Maths
Sunday 4th June	English	French	
Mondy 5th June	English	French Reading	Maths
Tuesday 6th June	Maths		Geography
Wednesday 7th June	Geography		History
Thursday 8th June			German
Friday 9th June	German Reading	History	

Holiday Revision Timetable

	Morning	Afternoon	Evening
Saturday 27th May	Red	Green	White
Sunday 28th May	Green	Red	Red
Monday 29th May	Green	Green	White
Tuesday 30th May	Red	Green	Red
Wednesday 31st May	Red	Red	Green
Thursday 1st June	White	Green	Red
Friday 2nd June	Red	Green	White
Saturday 3rd June	White	Red	Red
Sunday 4th June	Red	Red	Green

Step 3 – fill in the timetable

1. Be realistic – think how many hours you can manage each day – and it may vary depending on your commitments.
2. Set up a routine eg
School nights 1-2 hrs revision
Weekends – establish a routine ...whatever fits in with other commitments.
3. Remember to revisit what has been revised ie pattern should be
 - Make notes (revision cards/mind-maps)
 - A few days later – scruffy mind-map and then go over gaps
 - A week or so later/ night before exam – another scruffy mind-map and then go over gaps.
4. Don't forget to include catch up slots...

Step 4 – Display it for all to see

- Make several copies – put one on the fridge to remind what is planned and one in bedroom.
- A revision timetable will stop parents from nagging.
- Students enjoy ticking off the revision – it will make them and you feel in control and calm.

After The Exams

Time for reflection...

- If your daughter is disappointed try to discuss what could be changed next time she has an assessment.
- It is important to take on board feedback from teachers to help make improvements
- If some exams went well identify what aspects of the preparation contributed to that success

Any concerns...

Contact

year7team@holt.wokingham.sch.uk

Year8team@holt.wokingham.sch.uk

Year9team@holt.wokingham.sch.uk

Thank you for attending.