

# Engaging Parents in Exam Support 2011-2012



**Midhurst Rother College**

The best in everyone™

A member of United Learning Trust



***“Parental support is 8 times more important in determining a child’s academic success than social class” (TES 2003)***

Your role may include:

**Attendance** -make sure they are in school and going to lessons, plus any after school support

**Partner with school and your child** – contact subjects/staff if you require any info on how your child is progressing or what they can do next

**Provide tools** – a quiet space, a work box of equipment and necessities, food and drink. DO NOT make battles about music on or not they will decide and may vary.

**Banker** – funding pens, pencils and revision guides

**Study buddy** – show interest and help with work by small tests or quiz (if it is welcomed!). Ask when you can help and exactly how you can help. DO NOT interrupt all the time or distract them.

**Entertainments** – allowing some relaxed time and going out that is agreed between you DO NOT expect them to revise all the time, relaxing will have a positive effect on their work.

**Advisor**- keep an eye on progress and praise achievement. DO NOT compare them to brother/sister or you – they will do their own thing even more!

**Revision manager** – agree rules for a realistic timetable of revision balancing fun and work. Include regular breaks and morning revision when the brain is most receptive. DO NOT worry if their revision seems strange there is the weird and wonderful these days!

There are 3 stages to retaining information

- ✓ Learn
- ✓ Revise
- ✓ Exam practice

**Aim** of revision is to reduce the notes into key information/definitions/ formula/words – not bulk writing.

**Learn-** Make a topic check list for each subject. What do you know? What do you need to start with? Use your notes/text book to obtain and select the information.

**Revise** – draw up your timetable 40min slots are good. Leave time for activity/free. Plan breaks/lunch. See daily timetable for holidays and weekends. After school revision still 40mins plus homework time. 2 subjects afterschool (core and option). Stop before bedtime for relax. Review the revision as you go through your exams – more time maybe allocated as the exam nears and time becomes more as subjects get completed.

**Exam Practice** – plan time to practice questions or self test . This could be past papers, online questions, write your own test, flash cards etc.

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"As soon as I text, IM, tweet, and update my status to 'getting right down to it,' I'll get right down to it."

# Planning revision

Time	Subject	Activity
9:00- 9:45	Subject 1 Maths– revision	Revise polygons
9:45-10:00	Break	Tea!
10:00-10:45	Subject 2 History- revision	WW1
10:45-11:00	Break	Phone call!
11:00-11:45	Test subject 1- Maths	Practice mymaths questions online
11:45 – 12:30	Lunch	Lunch &TV
12:30-1:15	Subject 3 Geography- revision	Farming
1:15-2:00	Break	Tea
2:00-2:45	Test subject 2 - History	Practice past paper questions from file
2:45-3:00	Break	
3:00- 3:45	Test subject 3 - Geography	Complete questions from revision guide

Day/date	Afterschool	Subject 1/ Subject 2 (40mins each)	Task/s
Day/Date	Afterschool	Subject 1/Subject 2	Task
Monday 8 <sup>th</sup>		Maths/ Business studies	mymaths questions Profit
Tuesday 9 <sup>th</sup>	English	English/ French	Read Kill a Mocking Bird Practice writing - families
Wednesday 10 <sup>th</sup>		Science/ Geography	Acids – read revision guide and blind test
Thursday 11 <sup>th</sup>	Maths	RP/Maths	
Friday 12 <sup>th</sup>		English/ Business studies	
Saturday 13 <sup>th</sup>		Science	
Sunday 14 <sup>th</sup>	FREE TIME	FREE TIME	FREE TIME

# Strategies for revising

There are many different sources of getting tips for exams. Many of the ideas listed below have been adapted from tips given by students themselves after they have been through the exam process. The revision time is, in general, not a great one for all concerned; however it is a necessary one and does not last for very long. Hopefully some of these tips may help.

- A really good motivator is to discuss and find a deep, compelling reason to want to pass exams. This does not have to involve bribery!!!
- Just reading notes/books through does not actually constitute revision. Very few people can read something and just hope to remember it. This is the idea of a photographic memory. It is felt that only 10% of the world's population have this ability and it is usually only found in children. Often, the ability is lost by the time adulthood is reached. An adult with a truly photographic memory is exceptionally rare. The mind will need to process information and do something with it. Usually this means writing things down from memory.
- Some students find that writing cards with quick, bullet point notes on them good for quick revision and reading during 'dead times' such as when waiting for a bus. Mnemonics are also very good (using the initials from a word – one letter for each point of the topic).
- Some people revise really well by listening. With the technology available now mp3 or iPod files can be created, again for listening to during those times when revision could be taking place but is not, e.g. on a long car journey.
- Some also find that creating pictures or posters that they can put up around the house can also help, especially if they are a heavily visual learner.
- Using brain power uses a great deal of energy. It is vital to follow a good nutritional pattern and also, to remain hydrated. De-hydration can be difficult to detect but its effect on the ability of the brain to work at its optimum level is not to be under-estimated.
- Finally a couple of things that you could always remember to highlight:

1. The 5 P's: Prior Preparation Prevents Poor Performance!
2. Keep your eyes on the prize!



# Coping with stress



**And you thought  
there was stress  
in your life !**

## Signs of stress:

- ✓ Tiredness
- ✓ Unusual behaviour/mood swings
  - ✓ Eating habits changing
- ✓ Complaints of aches/pains
  - ✓ Dizziness/feeling faint
- ✓ Self harming

## Anxiety:

- ✓ Panic attacks are usually heavy breathing which needs to be controlled by calm breathing techniques.
- ✓ In our experience has shown that both girls and boys suffer from anxiety, with panic attacks being more common in girls.
- ✓ It is natural to feel anxious; it is your bodies/brains way of saying 'I feel under threat'.

## What to do:

- ✓ Talk about worries/problems
- ✓ Parents need to balance voluntary listening with pushing to listen
- ✓ Encourage study with regular breaks
- ✓ Eat sensibly
- ✓ Drink plenty of water
- ✓ Exercise regularly – walk the dog or walk with each other – exercise can increase serotonin levels which enhance natural well being and can act as a natural anti-depressant.
- ✓ If students shut them self away a lot agree an amicable time that it is acceptable to be hidden and when it is ok to 'touch base'.

# Exam hints, tips and rules



Have a good

Get up in time  
arrive at  
time for the

Go to the loo before you enter the exam hall

Take water into the exam – remove the label though!

Take equipment in a clear bag or clear pencil case.

No electronic equipment should be taken into the hall. If it is it must be switched off or handed into an exam invigilator.

Read the instructions carefully – colour pens, capital letters, choice of questions etc

Plan your time in relation to the questions that need to be answered.

Read every question twice – pick out key words or the topic that needs answering.

The number of marks available is often the number of answers they are looking for.

Essay questions – make brief notes on how/what you are going to include in the essay.

Put your hand up for any extra paper, equipment or if you are unsure of anything.

Focus on yourself – do not be put off by people scribbling straight away!

Do not reflect on what the exam was like – move forward to the next one.

Know the timetable – saves last minute panics!

The night before re-read your notes – do not start new revision.

Wish your child good luck – you love them whatever happens!

Get all equipment ready the night before – spare equipment also!

night sleep.

for breakfast and  
school in plenty of  
exam.

# English Support 2011

## Websites/Resources;

[www.bbc.bitesize.co.uk](http://www.bbc.bitesize.co.uk) and The MRC Moodle site

## Revision guides:

All students are encouraged to purchase revision guides that adhere to the AQA GCSE English Language course. Please note that there are different tiered materials and guidance should be sought from the class teacher if in doubt.

## Extra-curricular support

Support will become available after school (exact evenings TBC); additional support/revision sessions will also be available during specific holidays.

## Homework:

It is essential that all students keep on top of all homework set and prepare fully for the Controlled Assessments.

## The Course – Please note that GCSE English Literature is studied in Year 11.

### **Unit 1: Understanding and Producing Non-fiction Texts**

External examination  
40% of the total GCSE marks (2 hours) - 80 marks

#### Section A: Reading

At Tier H candidates answer four compulsory questions based on non-fiction reading sources.  
At Tier F candidates answer five compulsory questions based on non-fiction reading sources.

20% of the total GCSE marks  
(1 hour) - 40 marks

#### Section B: Writing

At both Tiers candidates do two compulsory writing tasks – one shorter task worth 16 marks and one longer task worth 24 marks.

20% of the total GCSE marks  
(1 hour) - 40 marks

## **Unit 2: Speaking and Listening**

Controlled Assessment

20% of the total GCSE marks - 45 marks

Candidates must be assessed on three equally weighted activities:

- presenting;
- discussing and listening;
- role playing.

Each activity will be marked separately out of 15 and the marks added together to give a final mark out of 45

## **Unit 3: Understanding Spoken and Written Texts and Writing Creatively**

Controlled Assessment

40% of the total GCSE marks - 80 marks

### Part a: Extended Reading

Candidates choose one task from the Controlled Assessment Bank of published titles for the year in which they are entering this unit. They must consider one extended text which may be a text that they are also using for GCSE English Literature.

15% of the total GCSE marks  
(3–4 hours) - 30 marks

### Part b: Creative Writing

Candidates choose two tasks from the Controlled Assessment Bank of published titles for the year in which they are entering this unit. The two tasks do not have to be equal in length as this will be determined by the type of creative writing they choose to do.

15% of the total GCSE marks  
(3–4 hours) - 30 marks

### Part c: Spoken Language Study

Candidates choose one task from the Controlled Assessment Bank of published titles for the year in which they are entering the unit.

10% of the total GCSE mark  
(2–3 hours) - 20 marks

Note: Times indicate the production of written outcomes.

**If you have questions please do not hesitate to contact your son/daughters English teacher or Mr P Lloyd (Assistant Vice Principal – English).**

# Mathematics Support 2011

<b>Modular Maths GCSE Course Structure/Assessment Outline Sept 2011 – June 2013 (Subject to review)</b>			
<b>Order</b>	<b>Weighting/mark allocation</b>	<b>First exam opportunity</b>	<b>Re-sit opportunity (TBC)</b>
Unit 2 (Non-calculator): Number and Algebra H/F	33.3%/66 marks	March 2012	November 2012
Unit 1 (Calculator): Statistics and Number H/F	26.7%/54 marks	June 2012	March 2013
Unit 3 (Calculator): Geometry and Algebra H/F	40%/80 marks	March 2013	June 2013

### **Essential Equipment:**

Calculator (Casio fx-85ES 'natural display', or very similar), 30cm ruler (with inches), compass, protractor, pencils, rubber, black pens.

### **Websites/Resources:**

[www.mymaths.co.uk](http://www.mymaths.co.uk)

[www.bbc.bitesize.co.uk](http://www.bbc.bitesize.co.uk)

[www.methodmaths.co.uk](http://www.methodmaths.co.uk)

'Mathswatch' - *Outstanding* DVD (available in Higher and Foundation) that covers all topics with very clear explanations/video and practice questions/worksheets – available from MRC (£3 purchase/refundable deposit). We strongly recommend that ALL students obtain and make effective use of this invaluable resource.

### **Extra-curricular support**

Routine support available after school (exact evenings TBC), additional support/revision sessions will also be available during specific holidays and Saturday mornings (TBC).

### **Homework:**

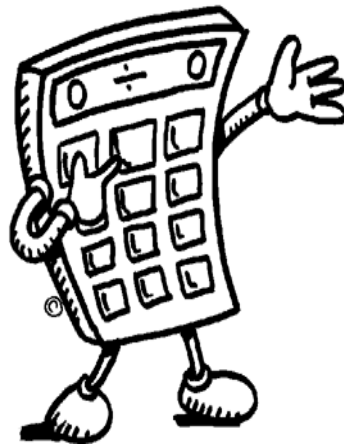
Homework/independent practice booklets will be issued to all students at the start of each unit. Replacement booklets charged at £2.00. (also available via maths section on moodle)

**Revision/practice papers/exam hints:**

Students will be given practice papers to work through as part of their lesson work and as part of their homework in the lead up to exams/mock exams. These and our exam hints/tips

Lists will also be available via the maths section on Moodle.

**If you have questions please do not hesitate to contact your son/daughters maths teacher or Mr J Wilburn (Assistant Vice Principal – Mathematics).**



# Science Support 2011

## How is the course assessed?

	Year 10 (SCIENCE A)	Y11 (Additional Science)	Y11 BTEC (Extended Certificate.)
Written examinations	Unit 5: 1½ hour written paper	45 minute written papers in Biology, Chemistry and Physics.	All assessment is through portfolio work.
	Unit 6: 1½ hour written paper		
Practical assessment	Unit 4: controlled assessment (practical work, data processing and written tasks.)	Controlled assessment (practical work, data processing and written tasks.)	

## Essential equipment for every examination:

Calculator  
Ruler,  
Black pen  
Pencil.

## Revision guides:

All students studying GCSE courses are encouraged to purchase the relevant Nelson Thornes revision guides from the Science department.



Course information and past papers: [www.sciencelab.org.uk](http://www.sciencelab.org.uk)



This is the AQA site for information access to the topics studied in each subject, past papers and mark schemes and other relevant information for all the GCSEs.

**BBC Bitesize:** <http://www.bbc.co.uk/schools/gcsebitesize/science>



This is the BBC's site dedicated to notes, animations and quizzes

helping you revise with a combination of

**S-cool:** <http://www.s-cool.co.uk/> is a free GCSE revision website.



phillipmartin.info

# Further Support 2011

[www.childline.org.uk](http://www.childline.org.uk) (search exam stress)

[www.parentscentre.gov.uk](http://www.parentscentre.gov.uk)

[www.connexions-direct.com/parent/carer](http://www.connexions-direct.com/parent/carer)

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

[www.bbc.co.uk](http://www.bbc.co.uk)

[www.edexcel.org.uk](http://www.edexcel.org.uk)

[www.aqa.org.uk](http://www.aqa.org.uk)

[www.ocr.org.uk](http://www.ocr.org.uk)

[www.gcseguide.co.uk](http://www.gcseguide.co.uk)

**“Your Space” counselling service** [Alison.Meryick@mrc-academy.org](mailto:Alison.Meryick@mrc-academy.org)

01730 819745