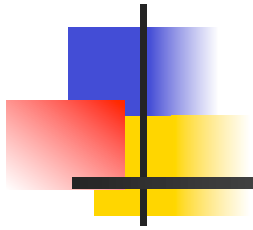


Surviving GCSE's

—

A Guide for Parents and Pupils



**The Marches School and
Technology College**



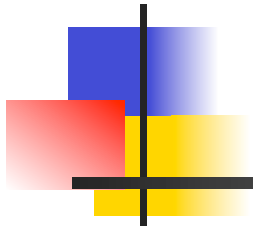
Why are you here?

- To demonstrate support for your child and to help them do their best
- To find out how you can help your child manage the stress of examinations
- To find out how you can participate and help with revision
- To understand some methods of revision
- To look at and examine revision materials – and order some if you wish!

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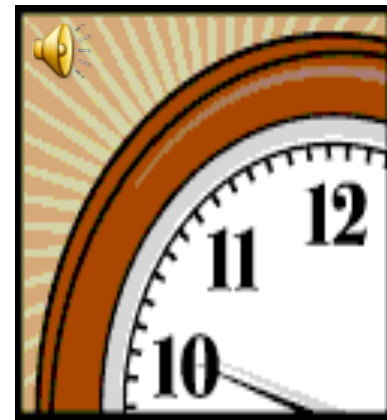


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Parent Problem solving

■ 18×12





Parent Problem solving

- *How do you feel?*

- $18 \times 12 = 216$



A parents guide – Study support

- Provide the environment for revision
- A quiet comfortable room
- Access to books and materials
- Away from the TV and other distractions
- Keep an eye on your child's social calendar
- Working in a job outside school can be a distraction and it takes up time
- A balanced diet – the burger and chips problem
- Try to encourage exercise “All work and no play”

What can parents do?

- Provide support
- Avoid anxiety
- Pick your battles!
- Talk to your child
- Show pupils **how** to get help
- Set targets
- Plan a revision programme together
- Build self confidence – say 'Do' not 'Don't'
- Reward progress and achievement
- Contact the school
- Be patient!!!





Some ways of revising

- Card index/Flash Cards/Notes of notes
- Mnemonics
- Look, cover, write or draw, check
- Spider diagrams
- Mind maps
- Test a friend/yourself
- Presentation to others
- Attend Grade Improvement Activities

BE ACTIVE



Important but trivial!!!!

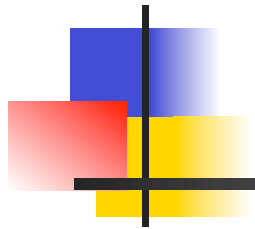
When revising....

- Take frequent breaks
- Drink WATER
- Reward yourself!
- Keep track of all your revision 'bits' – it will make you feel that you are making progress!!!

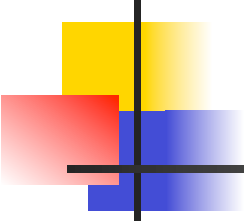
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The Psychology of Revision

What holds us back in life

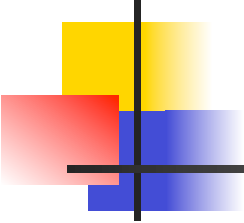
Different types of courage

The difference between boys and girls

Some positive role models

Eight steps to exam success

The Fear Of Failure



“Most people self-limit themselves. Most people do not achieve a fraction of what they are capable of achieving because they are afraid to try—because they are afraid they will fail.”

Examples we might be familiar with:

Not asking a boy or a girl to go out with us.

Not applying for a job.

Not revising properly for a test or exam.

“Many people protect themselves from their fear of failure by giving themselves an excuse.”



How does a 'fear of failure' manifest itself in a typical student (**especially a boy**)?

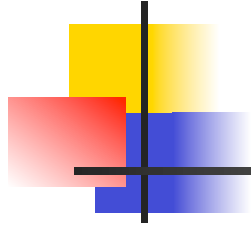
Revises for a test or exam badly or not at all.

Makes sure people know how little work they have done.

Tells friends that they are bound to do badly because of a lack of revision.

Gives the impression they aren't bothered.

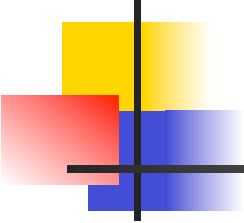
Constantly gives themselves an excuse for failure.



Some possible role models.

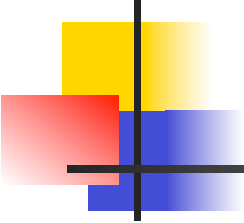
**People who overcame their
fear of failure.**

People with courage.



Eight steps to ensure you get the best exam results possible:

1. Set yourself a realistic GCSE target for each subject and make it public.
2. Understand the self-limiting effects of a 'fear of failure.' Have courage.
3. Overcome any fear – make a promise now and try it out soon.
4. If you are a boy, make sure your parents know.
5. Start your revision earlier rather than later.
6. Draw up a schedule and stick to it.
7. Be determined and visualise success often.



8) *Understand that you will probably never be cherished by so many people at one time ever again:*

Parents: love, support, nagging, food

Teachers: expertise, guidance, extra lessons, dedication

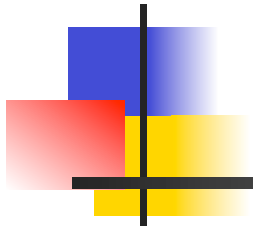
Friends: perspective, a shared experience, counselling

Yourself: determination, drive, tenacity, deep-down loveliness.

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Where do we go from here?

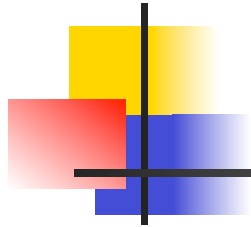
This Term

- Grade Improvement Activities-November onwards
- Mentoring Interviews-November onwards
- Entrance Exams-December



Spring Term

- Mentoring Interviews-January onwards
- Mock Results Day
- Exam Entries and Estimated Grades-February
- Subject Revision Programmes-February onwards
- Tutor Group Adjustment - February onwards
- Grade Improvement Activities- March onwards
- All coursework requirements completed



Summer Term

- Revision Days – Saturdays in May and May Half Term
- Past Paper Question Practice
- Grade Improvement Classes – April and May
- Revision School - May and June
- Exam Breakfasts – May and June
- GCSE Exams-May and June



...and finally

Success depends on a three way partnership

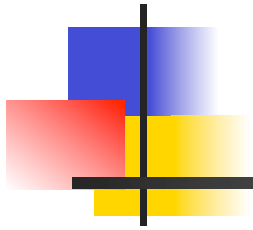
- the student
- the parents
- and the school

If you have any questions, just get in touch and ask.

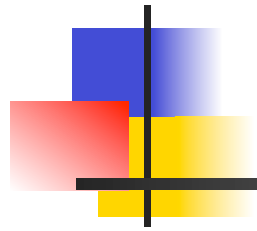
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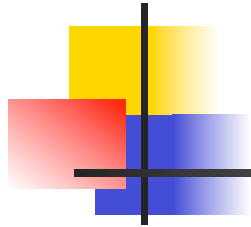
The Exams

November
January
May - June



Exam Packs

- Issued after Easter – for summer exams
- Dates, AM/PM, Length of paper, Venue
- List of entries
- Exam Conduct Information



The Exam Period

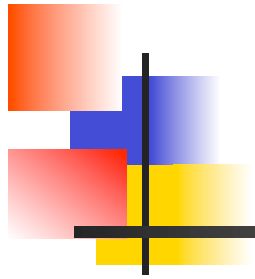
ANY Problems – Ring and let us know

Medical problems – Medical note



Results

- Thursday 27th August
- 11.00am
- Envelopes/signed consent



Surviving GCSE's

A Guide for Parents and Pupils
Thank you for your support

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