

# Getting Ready For GCSEs

**Welcome!**

- \* Mrs Van den Braak
- \* Mr Berrecloth
- \* Mrs Dodd



**Work hard. Enjoy learning. Achieve highly.**



## How can you support your child through exams?



## All round support

- \* Make home life as calm and pleasant as possible
- \* Provide a quiet and uncluttered study space.
- \* Provide revision materials (stationary/pens/postcards).
- \* Spend time with them.
- \* **Make time to chat & listen & encourage.**

## Goal Setting

- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about **‘why’** and **‘what’** they want to achieve



## Staying Healthy

- \* Plenty of healthy snacks in the fridge
- \* Encourage your child to join family meals – it's important to have a change of scene
- \* Encourage regular exercise – this will help clear the mind
- \* Good sleep habits– especially before an exam
- \* Provide a healthy breakfast on exam days



## What is the secret to success?

**Being organised**



**Planning!**

- \* Help your child to write a revision timetable
- \* Create a clear revision plan and method
- \* This will help them feel in control
- \* Balance revision and social life and exercise

Week Beginning: .....

|                  | Period 6 | After School (3.30 – 4.15)   | After School (4.15 – 5.00)            | Session 3 (7.00 – 7.45)             | Session 4 (8.00 – 8.45)             |
|------------------|----------|--|---------------------------------------|-------------------------------------|-------------------------------------|
| <b>Monday</b>    |          | Subject: English<br>Topic: Symbolism of the house in Jekyll and Hyde | Subject:<br>Topic:                    | Subject:<br>Topic:                  | Subject:<br>Topic:                  |
| <b>Tuesday</b>   |          | Subject:<br>Topic:   | Subject:<br>Topic:                    | Subject:<br>Topic:                  | Subject:<br>Topic:                  |
| <b>Wednesday</b> |          | Subject:<br>Topic:   | Subject:<br>Topic:                    | Football Training                   | Football Training                   |
| <b>Thursday</b>  |          | Mrs Roberts Maths  | Mr Lines English                      | Subject:<br>Topic:                  | Subject:<br>Topic:                  |
| <b>Friday</b>    |          | Subject:<br>Topic:   | Subject:<br>Topic:                    | Gym                                 | Subject:<br>Topic:                  |
| <b>Saturday</b>  |          | (10.15 – 11.00)<br>Subject:<br>Topic:                                | (11.30 – 12.15)<br>Subject:<br>Topic: | (3.30 – 4.15)<br>Subject:<br>Topic: | (4.45 – 5.30)<br>Subject:<br>Topic: |
| <b>Sunday</b>    |          | Football Match or Training   | (3.30 – 4.15)<br>Subject:<br>Topic:   | (4.45 – 5.30)<br>Subject:<br>Topic: | Planning Session                    |

## Chunk your time

- \* The brain needs a rest to process information
- \* Encourage short bursts instead of cramming
- \* 18-22 minutes revising
- \* 5 minutes rest
- \* 3 revision chunks then a longer break



# What revision works?

**Be Active**



# 1. Make a Hit List



**Identify the topics you are least confident about.**

- \* Use past papers and look for questions you would struggle to answer.
- \* Skim through your notes – look for topics you hope don't come up in the exam.

**Do this for each subject**

# 2. Note taking

- \* 1. Get all your notes for one topic together.
- \* 2. Write a summary of the main points from each page.
- \* 3. Now condense the summary into main ideas, key terms and key points.

**Mind  
Maps**

**Index  
Cards**

**Flow  
Diagrams**

**Revision  
Note Books**

**Condensed notes are easier to revise from and the process helps you to revise**

### 3. Practice Past Papers

It is not how much you know but being able to use that knowledge effectively.



Look through **past papers** for questions you will struggle with.

A good way to find out what you need to **revise**.

### True or False?

Listening to music helps you concentrate when you revise?



## The mobile phone....

- \* Encourage your child to leave their phone on silent or in another room whilst revising
- \* Don't ban screen time, just reduce it



## Top Tips

1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Be a good listener
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period

**Just be there for them!**



## Looking after yourself during the exam period



## Stress – what is it?

There are many definitions for the word 'stress' but we will be looking at the definition below...

'a state of mental or emotional strain or tension resulting from adverse or demanding circumstances'.



## What causes stress?



- \* Stress is your body's way of responding to any kind of demand or threat.

What is happening to me right now?....

Stress hormones!

- \* The stress response is the body's way of protecting you.

Why is this happening?....

3 'F's!

- \* Stress can also help you rise to meet challenges.

This is how you use your extra adrenalin in your GCSEs – use it, do not fear it!

## Things that influence your stress levels



- \* **Your support network** - A strong network of supportive friends and family members is an enormous buffer against stress.

## Things that influence your stress levels



- \* **Your sense of control** - If you have confidence in yourself and your ability to influence events and persevere through challenges, it's easier to take stress in stride.

## Things that influence your stress levels



- \* **Your attitude and outlook** - The way you look at life and its inevitable challenges makes a huge difference in your ability to handle stress.

## Things that influence your stress levels



- \* **Your ability to deal with your emotions** - If you don't know how to calm and soothe yourself then you're more likely to become stressed and agitated.

## Things that influence your stress levels



- \* **Your knowledge and preparation** - The more you know about a stressful situation
- \* —including how long it will last and what to expect
- \* —the easier it is to cope.

## How can you reduce your stress levels during exam time?

- \* 1. Time management
- \* 2. Sleep!
- \* 3. Eat!
- \* 4. Exercise!
- \* If you panic in an exam - go to your exam ritual

## Prepare – Time management



Plan your revision – use a revision TT. If confused or need help speak to your tutor

Revise so that you know your stuff and that you feel confident. This will help with your positive mind-set going in to your exams

Practice your exam techniques – repetition makes perfect, condensing notes repeatedly for revision, traffic light your topics for each subject

## How can you reduce your stress levels during exam time? - sleep



Chronic stress can disrupt your sleep. Whether you're having trouble falling asleep or staying asleep at night, there are plenty of ways to improve your sleep so you feel less stressed

## How can you reduce your stress levels during exam time? - eat



The food you eat can improve or worsen your mood and affect your ability to cope with life's stressors.

## How can you reduce your stress levels during exam time? - exercise



Upping your activity level is something you can do right now to help relieve stress and start to feel better. Regular exercise can lift your mood and serve as a distraction from worries.

## What is an exam ritual?

- \* Have a little ritual every time you go into an exam
- \* This ritual tells their body what's coming and helps them to focus. You can have the same kind of thing for exams.
- \* Keeping yourself busy with this little ritual will keep you calm, as well as sending positive signals to your body



## On your exam day



Set an alarm



Eat breakfast



Get to school on time



DON'T have stressful conversations



Practise mindfulness

## In the exam

- \* Breathe deeply
- \* Have an exam ritual
- \* Repeat positive mantras (obviously in your head not out loud!)
- \* Dismiss negative thoughts
- \* Keep to time (1 mark = 1 mins, 2 marks = 2 mins)



## Questions I get asked

- \* Can I sit in a room on my own to do the exams?
- \* Can I sit in a smaller class and do my exams?
- \* My doctor has said that I am suffering from exam anxiety and need to be in with less people. If I bring a letter from my GP can I sit in a smaller room?

## Recommended book

- \* Revision quick start guide by Lucy Parsons
- \* Lucy also has a website:  
<http://lifemoreextraordinary.com/exam-technique/stop-panicking-exams/>
- \* <https://www.helpguide.org/articles/stress/stress-symptoms-signs-and-causes.htm>

Explore coping skills, support, help and safety ☺



**HELP YOUR SELF SHINE** ☺

**6-week Group to help Young People**

**Self-Esteem and coping with anxiety**

If you are a young person aged 11-16 and would like help with anxiety and self-esteem or would like a safe space to meet others with similar experiences please let us know.

Referrals: [havant.fss@hants.gov.uk](mailto:havant.fss@hants.gov.uk)

Some days your self-esteem feels low  
↓  
Some days anxiety feels too much  
↓  
Some days you struggle to cope  
↓  
It's time to Help Yourself Shine!  
Let's explore and create new ways to help you cope and reduce anxiety

**Help Your Self Shine at:**  
Sharps Copse Children & Family Centre  
Prospect Lane,  
Havant, PO9 5PE  
Tel: 02392 441 400

