The parenting point of view

Every one is different

- Work together
- Know what your son/daughter wants to achieve
- Let them know that you know they can achieve it
- Use school reports/ targets, Improvement cards
- Work with them on achieving the goal
- Work at the same time as them
- Help them get organised

Managing anxiety

Again every one is different.

This is just my experience.

- Supported the structure of revision and break times
- Encouraged the use of a revision timetable
- Provided resources for visual learning
- Took breaks and exercised together
- Food management
- Getting into the habit of going to bed early

Managing anxiety

Message from child 3

“The worst thing is trying to prepare for exams and also having other issues or worrying about uni and what comes next, need to find a good balance.”

Other worries

Friends, social media, socialising…

Confiscated phone when asked

Managed social engagements when asked

Banned sleep overs!

I took the responsibility for her saying no, therefore removing social stresses.

Celebrate successes

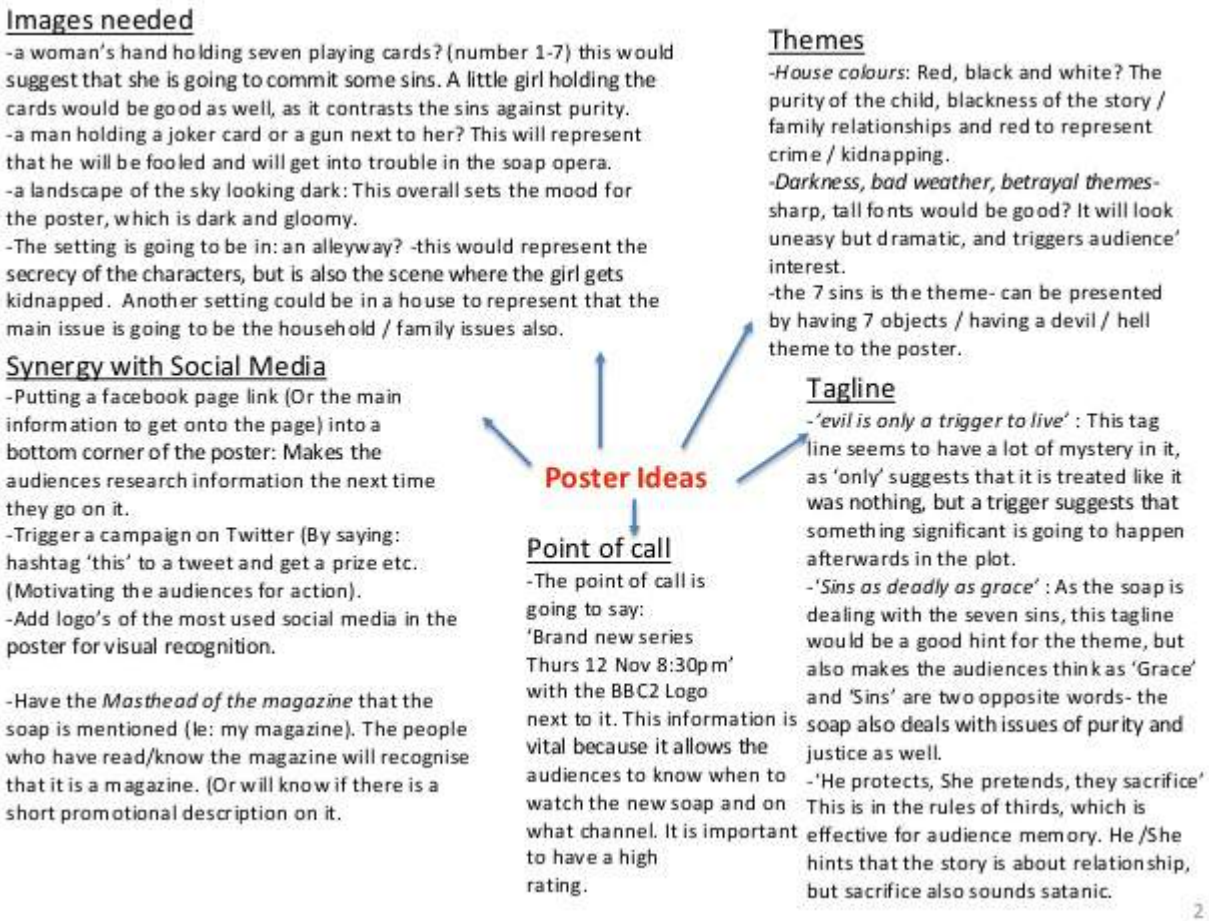
What does effective revision look like?

Bad revision

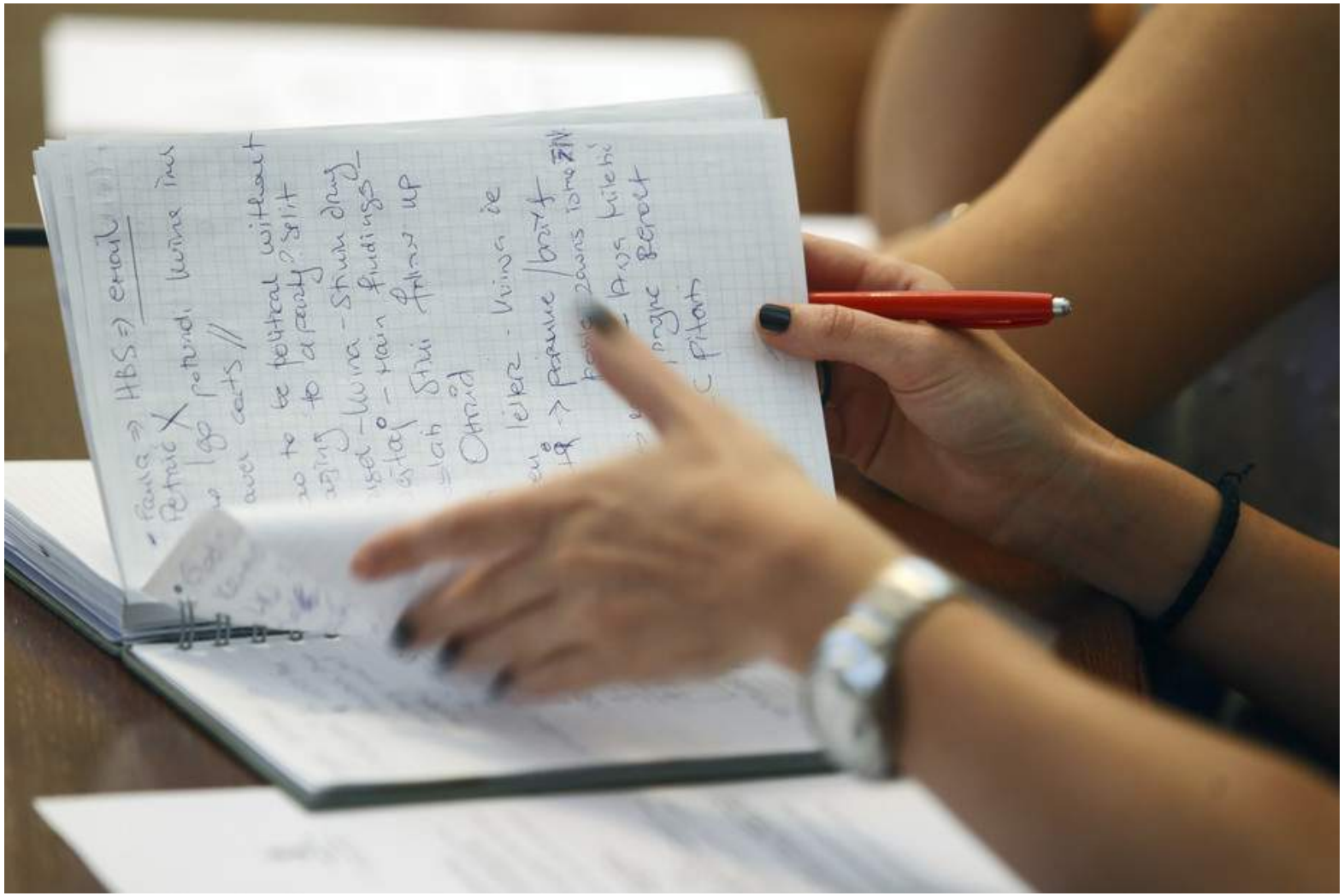
- Not actively thinking
- No plan
- No prep

Just reading

Bad mind maps



Not just copying all notes from text book



Good ideas

- Well planned & timely
- Prepared for: understand, memorise, apply
- Require you to think hard

1. Organise

- Created a **revision timetable**; ensuring detail of what is being ‘covered’ is included and must have gaps in case of ‘over-running’ . This should run at least from finishing course until end of exams
- Have all your **notes organised into the correct chapters** in folders with assessments (KS5- should also have learning objectives from spec for that chapter too)

TIMES	8.00am - - 4.00pm	4.00pm - - 6.00pm	6.00 - - 6.45pm	6.45pm - - 7.45pm	7.45pm - - 8.00pm	8.00pm - - 9.00pm
MONDAY	School time!	Drama Club	Dinner	Homework	Social Media	Homework / revision
TUESDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
WEDNESDAY	School time!	Netball	Dinner	Homework	Social Media	Homework / revision
THURSDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
FRIDAY	School time!	Chill out!	Dinner	Homework	Social Media	Homework / revision
TIMES	9.00am - - 10.00am	10.00am - - 11.00am	11.00am - - 1.00pm	1.00pm - - 3.00pm	3.00pm - - 5.00pm	5.00pm - - 6.00pm
SATURDAY	breakfast/ shower etc.	Hour of power revision!	See friends / Lunch	Revision	Watching / playing sport / gaming	Revision
SUNDAY	breakfast/ shower etc.	Revision	Sport / Lunch	Flash card review	Out with family	Get someone to test me / Dinner

Revision Timetable

Wk beginning:	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Revision

* = revise if possible

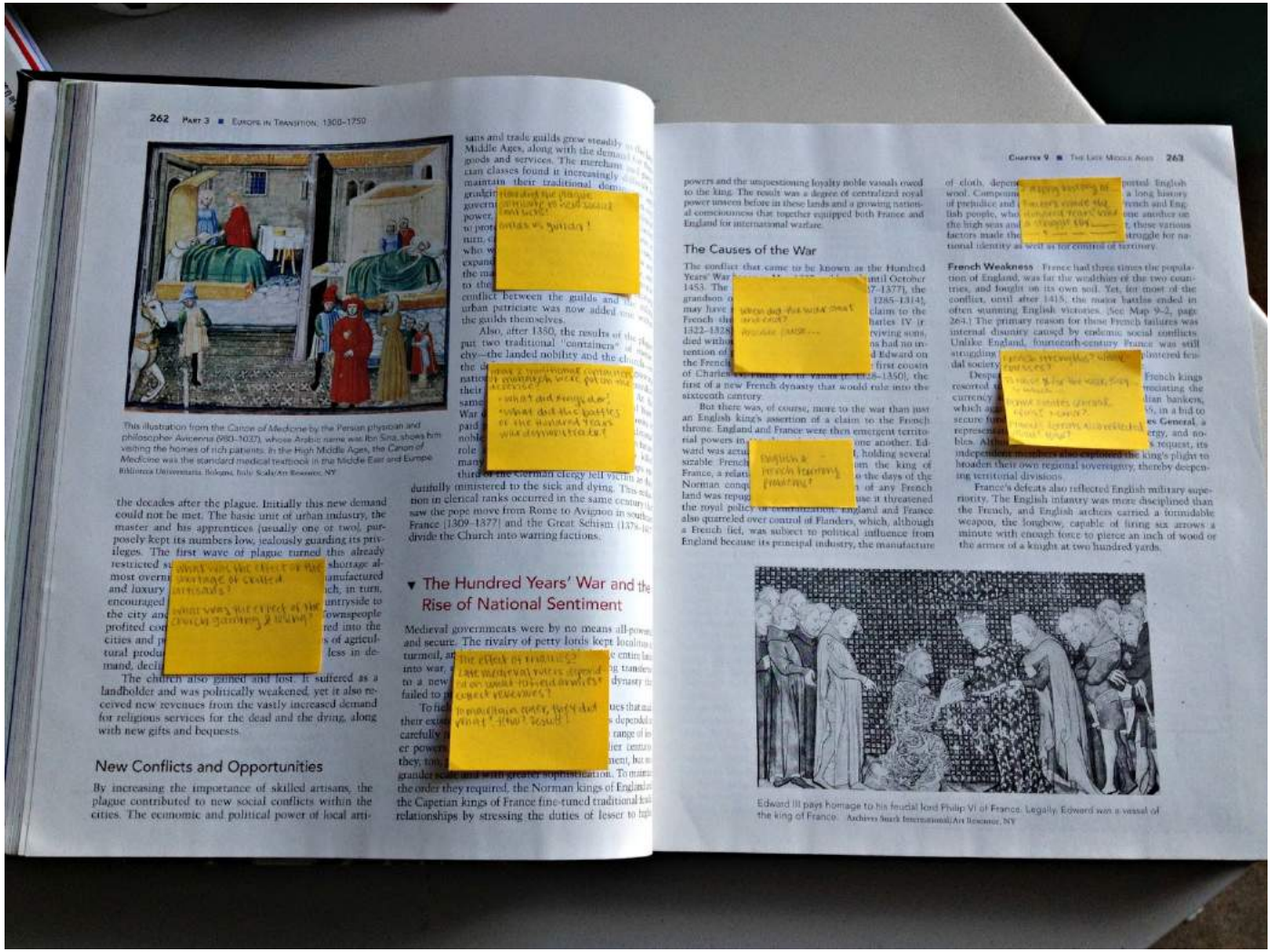
= = no revision/break

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-4:30	school	school	school	school	school	*	*
4:30-5:00	media	chemistry	media	maths	english	maths*	=
5:00-5:30	english	chemistry	media	maths	english	maths*	=
5:30-6:00	=	=	maths	english	media	=	=
6:00-6:30	english	english	=	=	=	=	=
6:30-7:00	maths	english	=	=	chemistry	=	=
7:00-7:30	=	=	english	chemistry	=	*	biology
7:30-8:00	=	=	physics	chemistry	=	*	media
8:00-8:30	maths	biology	=	=	chemistry	english	=
8:30-9:00	maths	maths	maths	biology	physics	english	=
9:00:9:30	=	=	=	=	=	=	=
9:30-10:00	biology	maths	biology	biology	phys*	=	=
10:00-10:30	media	physics	biology	media	phys*	=	=

2. Prepare & understand

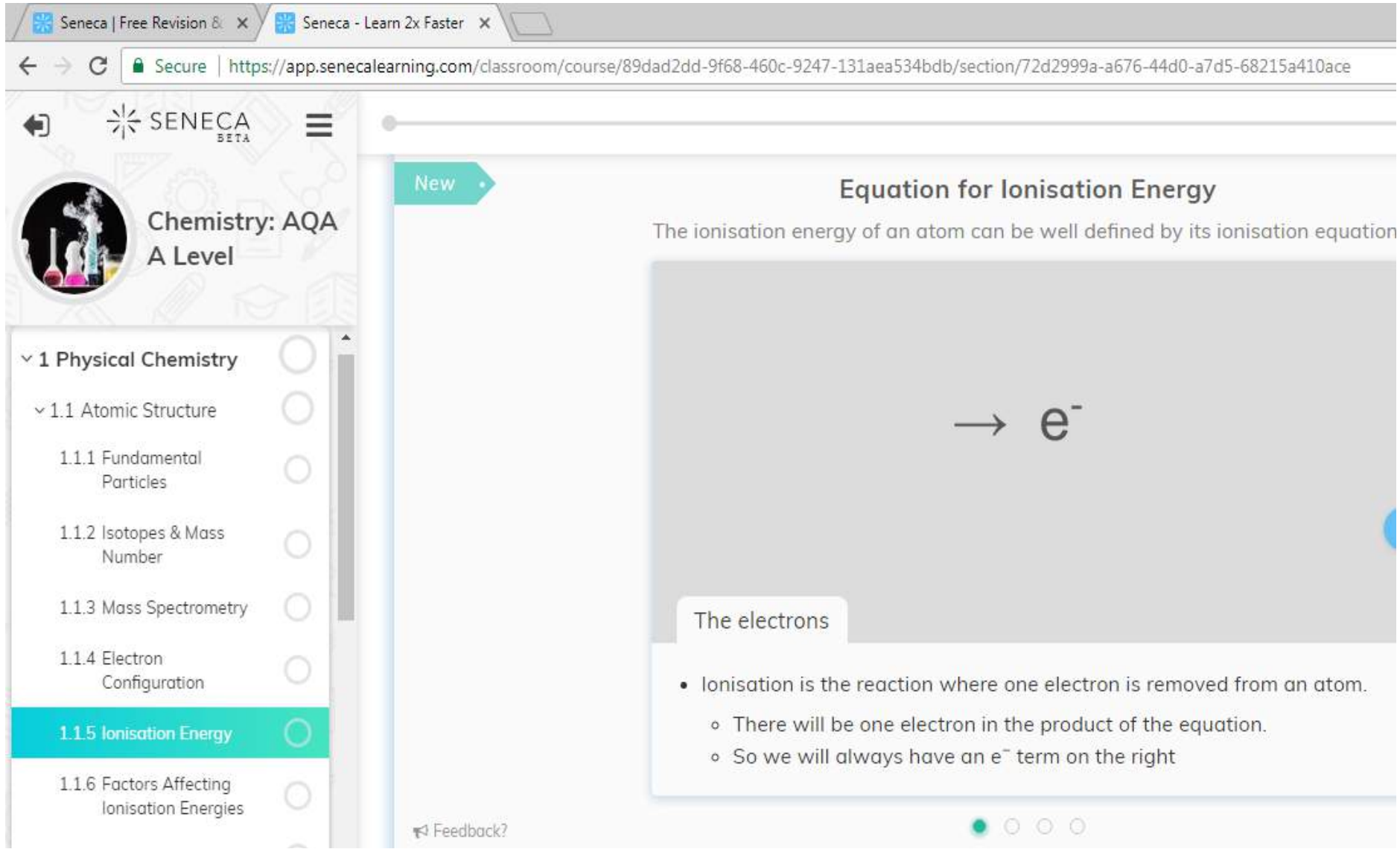
- Have a copy of the specification (KS5)
- Have a book and/or revision guide/work book/ access to the internet- youtube.com etc.,
- Have made a **summary of each chapter** using all resources available…(*these are not class notes, they are the student using available information to collate/ summarise/ understand the content*)

Summarise text book on to post it notes to put up on your walls or make into flash cards (max 3 post its per page)



www.bbc.co.uk/education/guides/z2wmxnb/revision
BBC
Sign in
News
Sport
Weather
iPlayer
TV
Radio
More
Search
Bitesize
Primary
Secondary
All subjects
3rd level
4th level
CA3
KS3
GCSE
National 4
National 5
Nàiseanta 4
Nàiseanta 5
TGAU
Higher
Àrd Ìre
Home
KS3
Science
Chemistry
States of matter
Solids, liquids and gases
Revise
Activity
Test
1 2 3 4
Solids
Steel, plastic and wood are solids at room temperature. Ice is solid
THE MIND-SET
from BBC Bitesize
Struggling to get your head round revision and exams?

www.senecalearning.com



Don’t understand a topic? Want to know more?

YouTube GB

sound ks3 science

Home
Trending
History

OF YOUTUBE

Music
Sports
Gaming
Movies
TV Shows
News
Live
Spotlight
360° Video

Browse channels

now to see your
els and
mendations!

Filters

About 3,220 result

Sound Science Lesson Starters Key Stage 3 & 4

Trevor Cox
5 years ago • 109,496 views
Show Key Stage 3/4 physics students the different effects of sound, as demonstrated in this classroom resource for secondary ...

Sci Eye Hearing the Sound

Lammas Science
4 years ago • 14,140 views
Scientific Eye Series 9 (1996) Eight programmes from the broadcast schools' science series, each of which examines a single ...

14. BBC Bitesize KS3 Revision Light and Sound BBC18LS14

Lammas Science
3 years ago • 40,004 views
BBC Bitesize KS3 Revision Foundation (3-5) Tape 18.

3. Learn

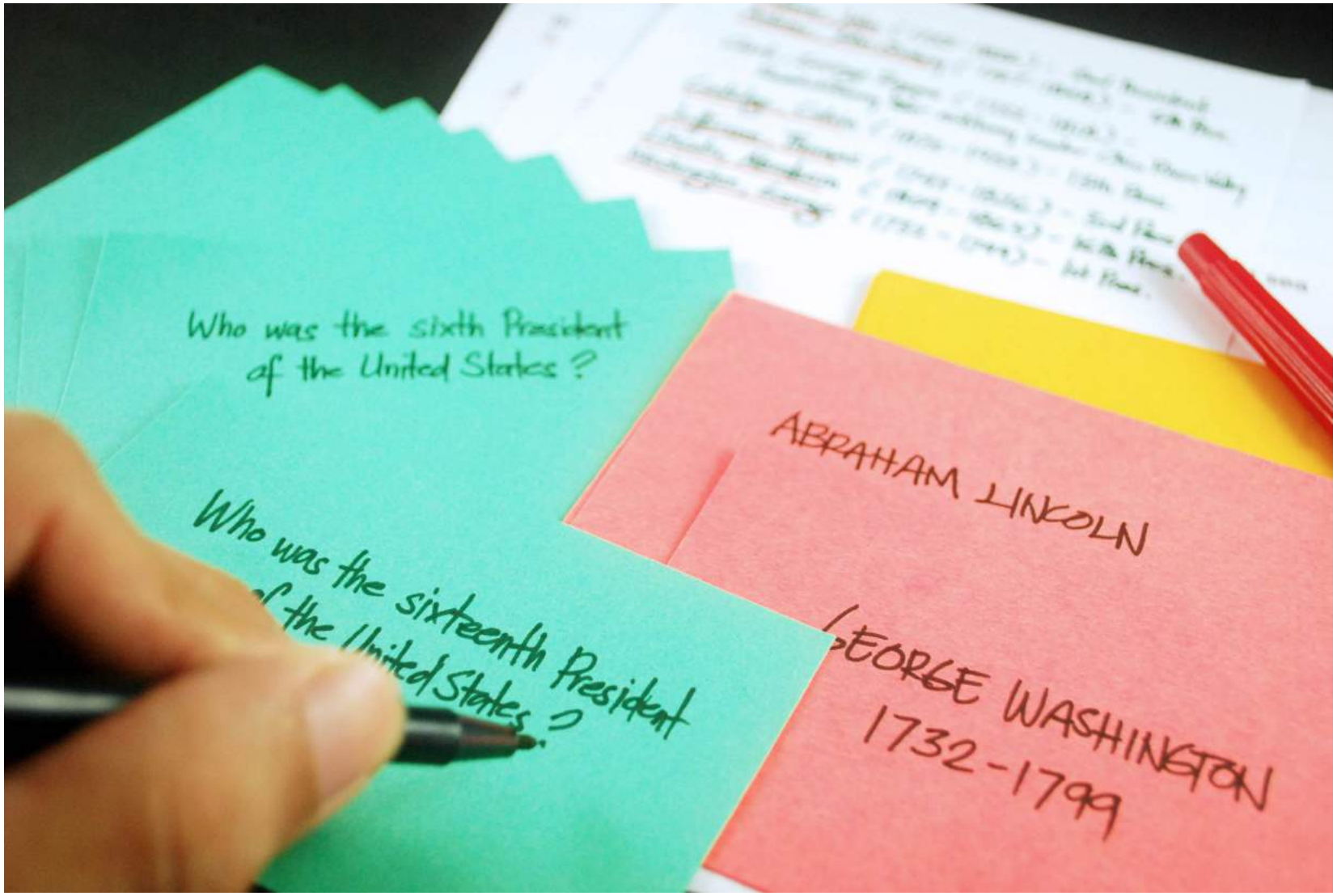
- Have made clear **flashcards/mind maps** etc., of facts they'll need to know AND SPENT **TIME LEARNING** THEM BY HEART PERFECTLY*

Good mind maps; *lots of colour, pictures, few words and linking of concepts*

How to use them correctly?

Flash cards: Q & A or facts

How to use them correctly?

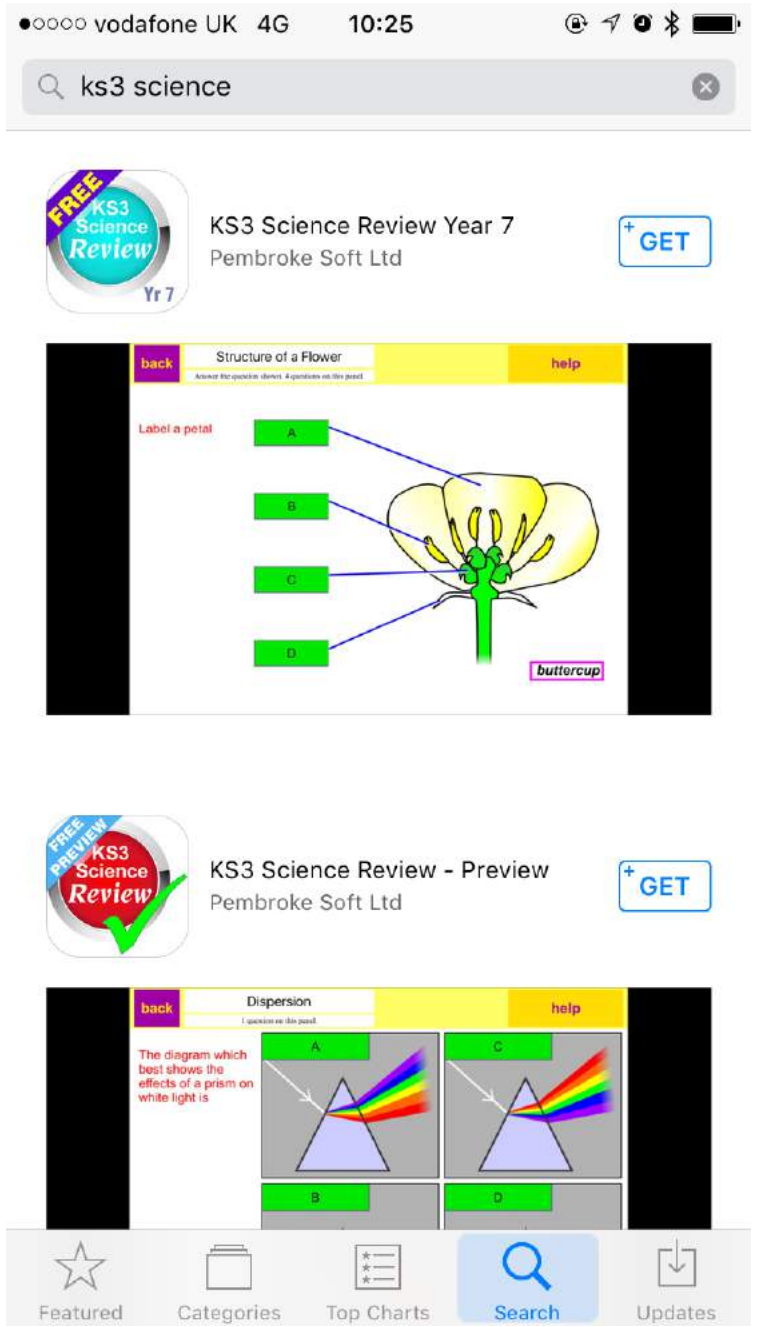


4. Apply

- **Schedule of past papers– Time table for timed, non-timed, open/closed books etc being completed;**

Use the app store

Great for on the go



Don’t know where to start? Getting frustrated? Complete text book questions

1 The sentences below describe how distillation works. Write the sentences in a sensible order. The first, middle, and last ones have been done for you.

B **The solution is heated.**

E The solvent condenses.

C The solvent runs down the condenser.

A **The solvent particles cool down.**

D Solvent particles leave the solution.

F Solvent particles enter the condenser.

G **The solvent drips into a beaker.**

How to avoid distractions

https://www.youtube.com/watch?v=5iTTNRE-njM

Facebook
Instagram
WhatsApp

60
min

In the following time, it will grow when you are working.

The tree will be killed if you leave this app.

The harder you work the lusher your forest is

Whenever you want to focus on your work, plant trees

How Much Are You On Your Phone?

Moment tracks that for you

The actual average from 4M+ users

↓

3H 42M

on your phone today

Today	3H 42M
Monday April 10	2H 12M
Sunday April 9	1H 39M
Saturday April 8	23M
Friday April 7	2H 48M
Thursday April 6	1H 41M
Wednesday April 5	1H 38M

How ‘hard’ is ‘hard work’?

How many hours in a week?

- Allow 11 hours for sleep!
- That still leaves 13 hours a day and 91 hours a week.
- Y13 are committed for 15 of those, so have 76 hours at their disposal
- Y11 are committed for 25 of those, so have 66 hours at their disposal

QUALITY
QUANTITY

Failed to turn up: insufficient study

Less than 35 hours.

Not enough.

You are likely to fail.

Either quickly change your intensity or make alternative plans.

Red bib: light study

- 35-39 hours.
- Bare minimum.
- Will not yield the best results.
- Quickly looking to raise the intensity.

Blue bib: medium study

- 40-49 hours.
- Doing some extra.
- Achieve good results.
- Must at least sustain this and raise the intensity in the lead up to exams.

Green bib: intensive study

- 50+ hours.
- Going for it.
- Likely to do very well
- Need to plan for physical and mental wellbeing to ensure this is sustainable.

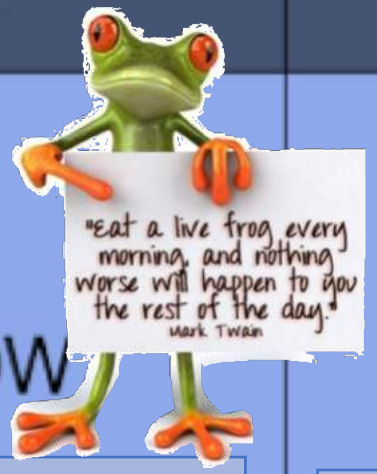
Stress…

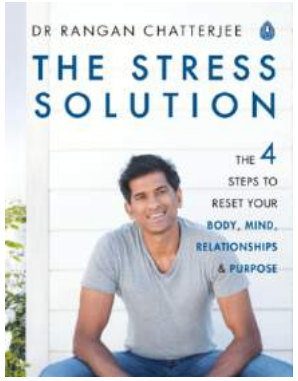
… is normal

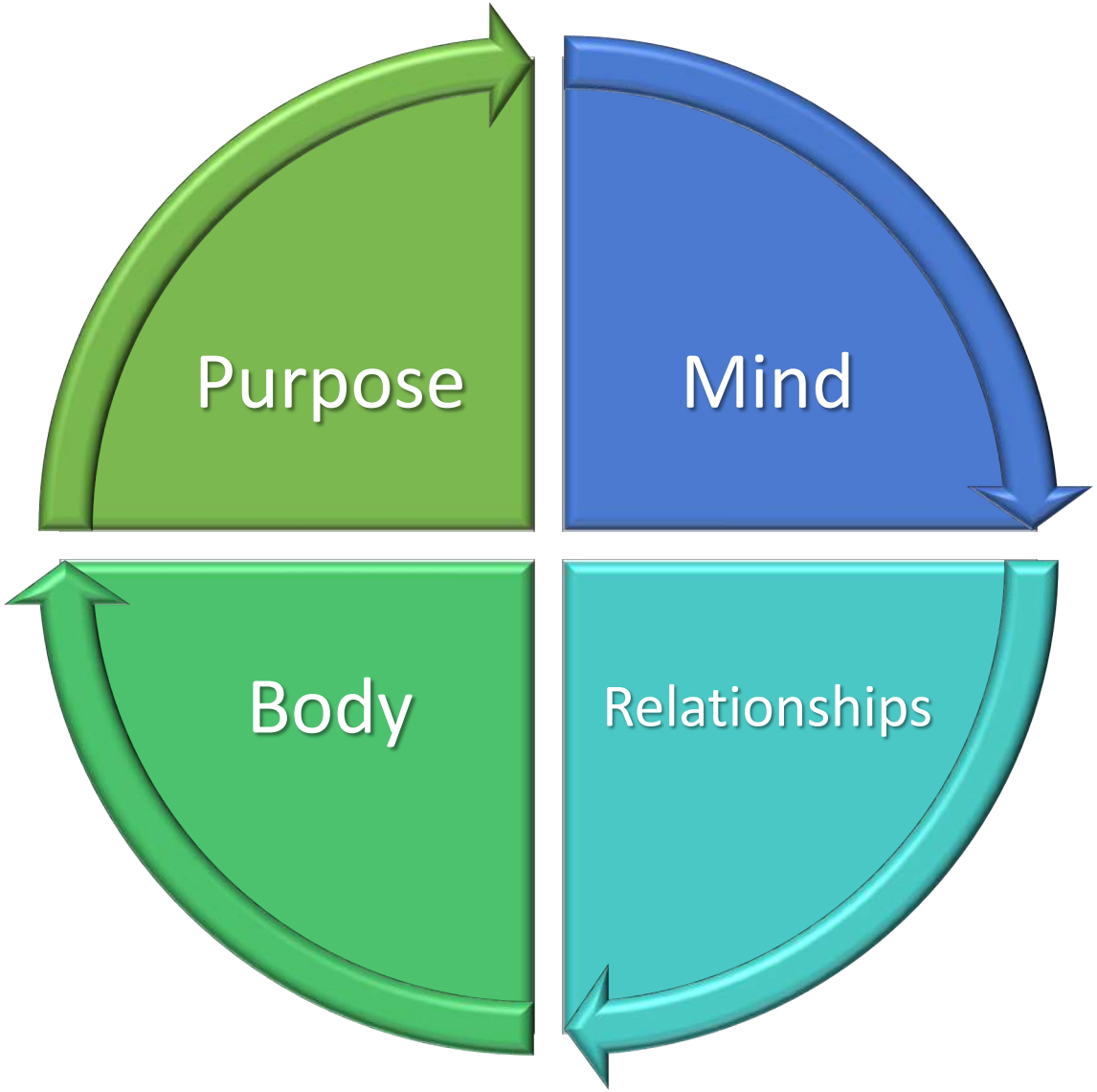
“If it’s your job to eat a frog, it’s best to do it first thing in the morning. And if it’s your job to eat two frogs, it’s best to eat the biggest one first.”

Mark Twain

	Urgent	Not Urgent
Important	DO IT NOW Things you **don't want** to do, but actually **need** to do.	PLAN IT Schedule a time to do it Things you **want** to do and actually **need** to do
Not Important	DELEGATE IT Who can do it for you? Things you **want** to do, but actually **don't need** to do	DROP IT Eliminate it Things you **don't want** to do, and actually **don't need** to do




DR RANGAN CHATTERJEE
THE STRESS SOLUTION
THE 4 STEPS TO RESET YOUR BODY, MIND, RELATIONSHIPS & PURPOSE


Purpose
Mind
Body
Relationships

Stress is natural and is designed to help you perform

Body

a. Switch off ‘devices’ 90 minutes before sleep for more refreshing sleep
b. Go to bed the same time and get up the same time – habit
c. Eat different colour food
d. Drink 8 glasses of water
e. Exercise

Mind

a. Relax each day – music, walk, book, sing
b. Keep a gratitude journal
c. 3,4,5 deep breathing
d. Spend time out of doors, preferably in ‘green’ spaces

Breath in

3

Hold it

4

Breath out

5

Breath in

3

Hold it

4

Breath out

5

Breath in

3

Hold it

4

Breath out

5

Breath in

3

Hold it

4

Breath out

5

Breath in

3

Hold it

4

Breath out

5

Breath in

3

Hold it

4

Breath out

5

Relationships

a. Spend time with friends and family
b. Eat together round a table
c. Do things for others
d. Talk
e. Listen
f. Watch out for others – even little year 7 students who look sad

Purpose

a. Do things for others
b. See your part in the big picture of the community
c. Write down your aims and review each day what you have done to achieve these aims
d. Don’t do things that won’t make a difference

The basics

a. Revision timetable – 6 weeks until exams

b. Exam questions and checklists from subject teachers

	Monday	Tuesday
6-6.30	Relax over breakfast	Relax over breakfast
6.30-7	Science: Biology	Science: physics
7-7.30	English	English
7.30-8	History: Elizabeth	History: health
8-8.30	walk to school	walk to school
8.30-9		
9-9.30		
9.30-10		
10-10.30		
10.30-11		
11-11.30	Chilling	eat lunch
11.30-12		
12-12.30		
12.30-1		
1-1.30	lunch	maths clinic
1.30-2		
2-2.30		
2.30-3		
3-3.30		
3.30-4	Science: Biology	Science: physics
4-4.30	History: Elizabeth	History: health
4.30-5	English	English
5-5.30	computer science	PE
5.30-6	Dinner	Dinner
6-6.30	Chilling	Chilling
6.30-7	out at dance	Maths
7-7.30	out at dance	Maths
7.30-8	computer science	Science: physics
8-8.30	computer science	TV
8.30-10	TV	walk the dog with dad

Friday	Saturday
Relax over breakfast	Relax over breakfast
Maths	Maths
English	English
Computer science	Computer Science
PE	out for a walk
History: Elizabeth	
break - out at park	break - music!
History: Health	
Break to chill	
Science: physics	
Science: physics	
Maths	
Maths	
PE	
meet Phoebe for lunch	lunch
meet Phoebe for lunch	
English	
English	
mini-chill	meet Sarah
	meet Sarah
	meet Sarah
Dinner	Dinner
Chilling	Chilling
cinema	TV

Check NOW!

1. Studentshare
2. How to contact teachers
3. Exam timetable

1. 10 minutes exercise a day (which raises your heart rate!)?
2. No devices 90 minutes before sleep?
3. Fresh food and vegetables?
4. 8 glasses of water?
5. Friends?
6. Activities you love?
7. Breathing – 6 breaths per minute or 3-4-5?
8. For Year 11 Mrs Neale, Mr Steele, form tutors, Head of House…..
9. For Year 13 Mr Charlett, Miss Ledwidge

“If it’s your job to eat a frog, it’s best to do it first thing in the morning. And if it’s your job to eat two frogs, it’s best to eat the biggest one first.”

Mark Twain