

Summary of Y13 Parents and Carers as Partners event: 29th March 2022

A link to the recording is here: <https://youtu.be/L0mAYKv89G0>

Top Ten Tips

1. Encourage attendance to lessons (up until 20th May)
2. Help set up the study environment
3. Contribute to the revision schedule with incentives (not rewards)
4. Consistency over motivation
5. Know their exam timetable
6. Understand learning and memory (<https://www.innerdrive.co.uk/>)
7. Offer help with the phone (<https://www.forestapp.cc/>)
8. Have your own stress release
9. Solutions over problems
10. Work with them (e.g. help them with their revision or do something productive while they are studying such as cooking the dinner)

Wellbeing links

<https://www.youngminds.org.uk/>

<https://stem4.org.uk/>

The Power of Self Talk https://www.youtube.com/watch?v=71_NkXgAK1g

Q&A

1. Will there be help with producing a revision schedule?
 - a. Students have already done some work on revision schedules but will be given reminders.
2. How many hours should students be working?
 - a. Students should see A-levels as a full-time job. We would recommend between 40-50 hours a week by this point of Year 13. Their 15 hours of timetabled lessons should be included in this. More hours don't always result in better outcomes, the most important things are attending lessons and carrying out well-planned, effective revision such as lots of self-testing and practice. It is a good idea to have one day a week that is a break from study.
3. Will there be Easter revision sessions?
 - a. This is on a subject-by-subject basis. Many subjects are already running extra sessions after school. There may be a small number over Easter but students should get this information directly from their teachers.