



**CHELTENHAM  
BOURNSIDE  
SCHOOL**

# **How to support your child during Year 13**

**Mr Warren**

**Tuesday 15<sup>th</sup> November 2022**

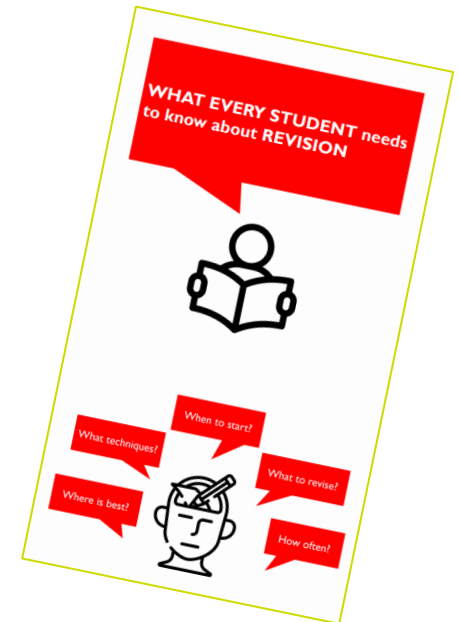
**Empowering lives through learning**

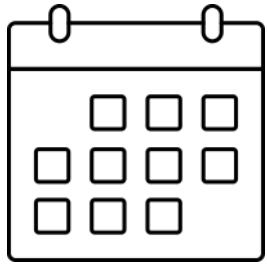


## Areas of general concern that we will cover....

1. Key dates for the year
2. Support in place at school for students for exams
3. How best to support your child at home for exams
4. UCAS applications

*\* I will send this presentation to all parents tomorrow*





## Key dates for the year ahead

**Thursday 24<sup>th</sup> November:** Year 13 Parents Evening

**Friday 9<sup>th</sup> December:** School internal deadline for UCAS applications

**Monday 9<sup>th</sup> January – Friday 20<sup>th</sup> January:** Mock A level Exams

**Wednesday 25<sup>th</sup> January (6pm):** UCAS deadline

**Friday 10<sup>th</sup> February:** Report 2 including mock result

**Thursday 16<sup>th</sup> February:** Year 13 Parents Evening

**Monday 15<sup>th</sup> May:** A Level exams start

**Wednesday 28<sup>th</sup> June:** **A level exams contingency day - this has to be free!**

**Friday 7<sup>th</sup> July:** Book return and Year 13 Grad Ball

**Thursday 17<sup>th</sup> August:** A level Results Day

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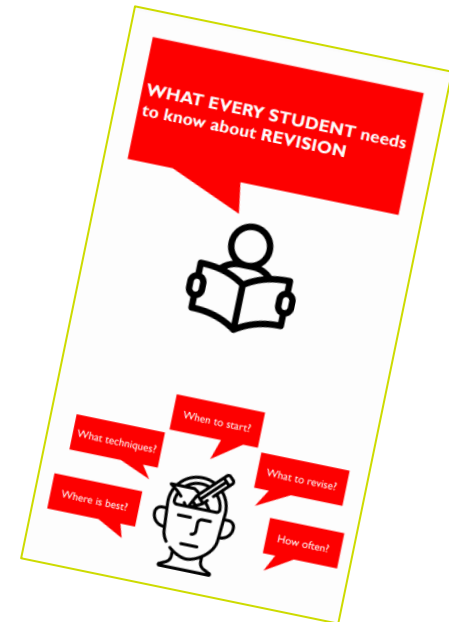


## Year 13 Mock Exams

**Dates:** Monday 9<sup>th</sup> January 2023 – Friday 20<sup>th</sup> January 2023

### Exams

1. In the sixth form
2. Covering material from Year 12 and 13 – their teachers will have told them what will be in the mocks
3. Attend subject revision sessions
4. Revise well – I will email you the booklet you have this evening and the students have also been sent a copy

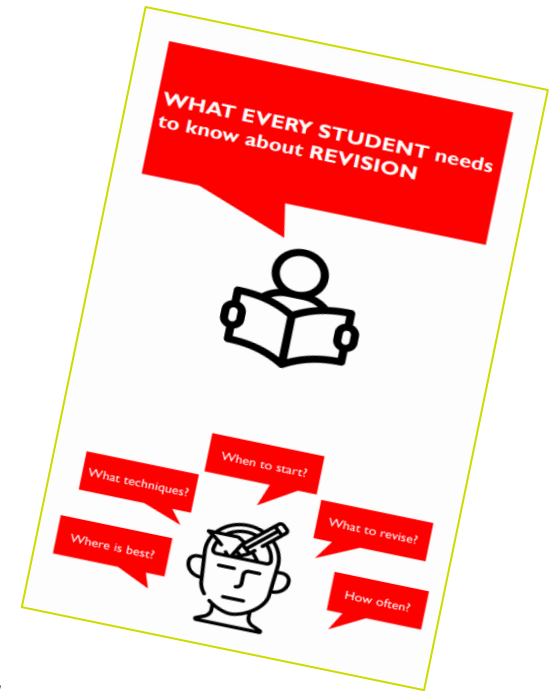


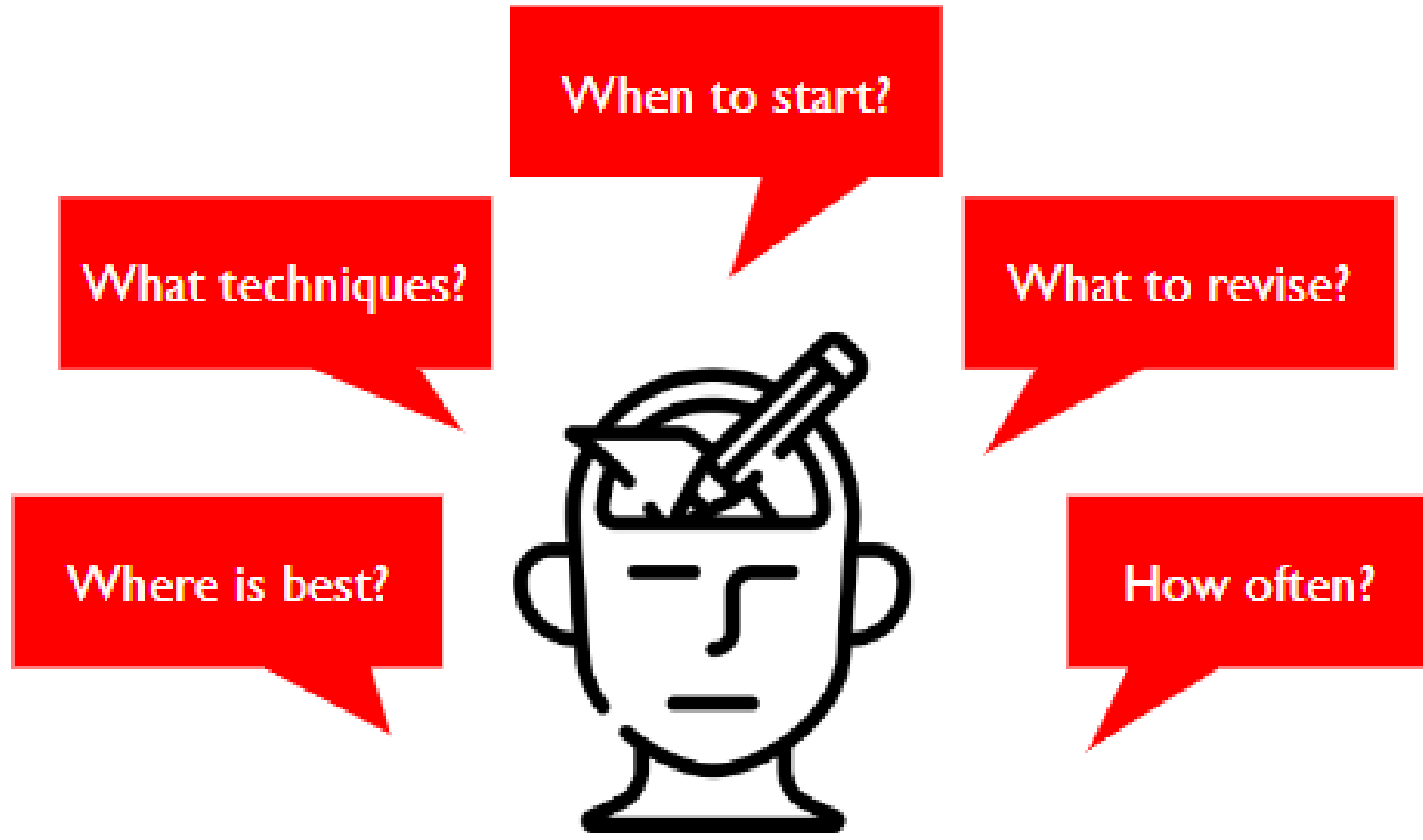


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# Revision – making it work...

*I haven't met one student or parent who enjoys this topic as it causes stress in the household for everyone!*

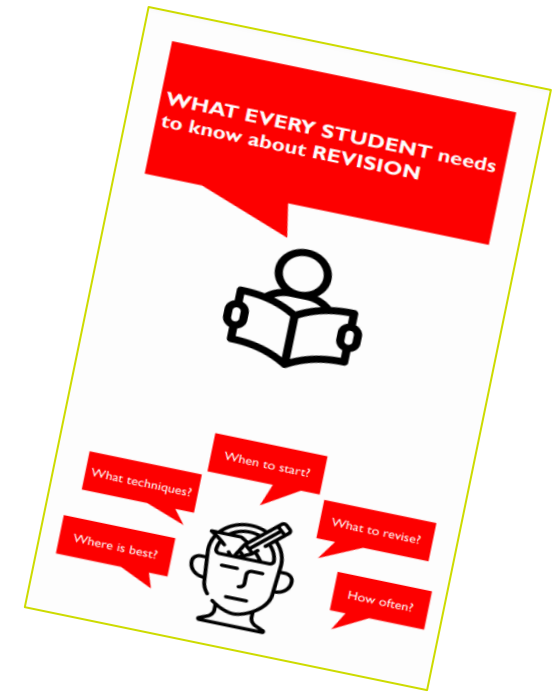






# Revision

- Find a space that works for you
- Make a plan of what subjects you will revise when
- Short bursts not long hours
- Different methods
- Mark your exams on your calendar
- Vary the subjects you are revising





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## 6 REASONS THE TESTING EFFECT IS IMPORTANT

The power of tests, quizzes and retrieval

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



Improved memory, retention and recall



Makes you a more confident learner



Reduces exam nerves



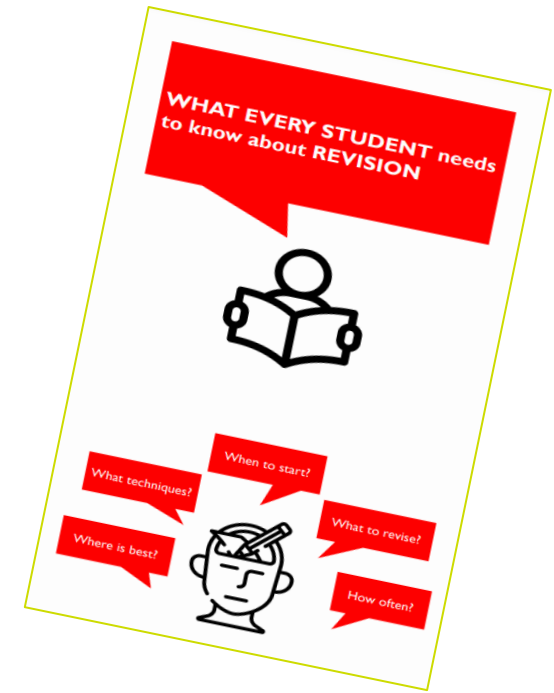
Enhanced memory during stressful situations



Helps you identify what you do and don't know



More effective revision









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## How we think...

According to National Science Foundation, an average person has about **12,000** to **60,000 thoughts** per day.

Of those, 80% are negative and 95% are repetitive thoughts.

If we repeat those negative thoughts, we think unhelpfully way more often than we think helpfully.



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# Effects of exam stress

When you are feeling stressed, your brain is not in its best state to accumulate information.

This can lead to a vicious cycle – the more stress you feel, the less revision/work you do.

The more you panic about stressing and not working the greater the feeling of panic which results in even less work being done.



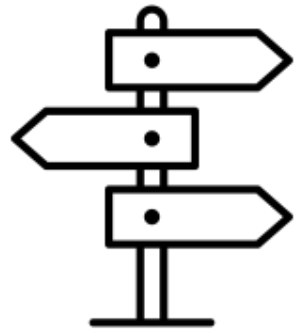
# Symptoms of exam stress

- A feeling of despair, anxiety or worry
- A feeling that you will never be able to get through enough work or preparation before the exam
- An inability to to concentrate or think clearly
- An inability to sleep because your mind is racing
- Impaired memory function (going blank!)
- An inability to relax because you feel guilty that you are not working
- Migraines or headaches
- Prolonged tiredness
- Increased heart rate or a feeling of panic, perhaps for some even leading to a panic attack



# Benefits of effective breathing

- ✓ It helps you relax & lower stress levels (calms the nervous system)
- ✓ It reduces the effects of cortisol (stress hormone) on your body
- ✓ It lowers your heart rate
- ✓ It helps lower blood pressure
- ✓ It releases toxins and strengthens the immune system
- ✓ It increases energy
- ✓ It affects our mental state – it relaxes the mind and enhances the ability to learn, focus, concentrate and memorise



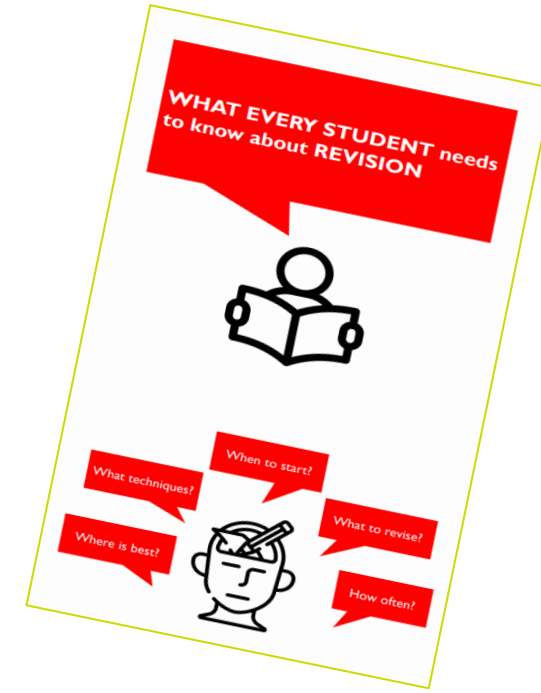
## What else can you do?

- ✓ Think positively – record all the work you are doing on a chart you look at **ALL** the time – this includes revision completed at school
- ✓ Help them plan their time
- ✓ Ensure they have a space to revise at home
- ✓ Encourage them to eat healthier food – fruit is vital
- ✓ Avoid lots of caffeine in coffee / energy drinks
- ✓ Drink lots of water
- ✓ Limit screen time (especially after 8pm)
- ✓ Be careful what you watch on TV / online
- ✓ Be kind to your child and **PRAISE** them



## Look after their mental health

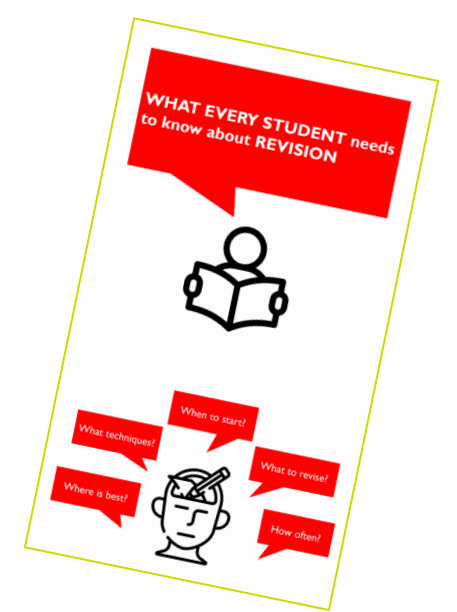
- Remember how far you have come
- Rest is crucial when you are revising. All about balance
- Get outside in the fresh air
- Plan your revision to give yourself rewards
- Stay realistic
- Get plenty of sleep
- Quality over quantity
- Believe in your ability
- Be proud of what you have achieved





# Top tips...

1. Pressure is normal – we need to learn to cope...
2. Use the guide that covers all aspects of revision – it will ensure variety is used
3. Use online resources
4. Plan revision time – morning is best for most
5. Little and often – chunk down revision into small ‘chunks’ of approx. 20 mins with then a 10 min break before another chunk starts
6. Try and use ‘*dead time*’ for revision e.g. a car journey – quiz them regularly!
7. Show them you understand and care – praise them and sometimes make them **STOP!**







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