

PARENT BLAST

THOUGHT OF THE TERM

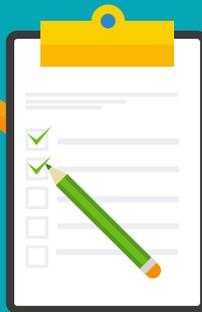
"The best preparation for tomorrow, is doing your best today"

HABITS FOR EXAM SUCCESS

As adults, we are well aware of the importance of learning, but students don't necessarily have the motivation to push themselves to do their very best. It is up to us to provide the structure and support necessary for their success.

Although a positive attitude is important, it isn't enough by itself. Having a growth mindset means that your child needs to be open to new ways of learning and is willing to form a very deliberate plan of action to help them on their way to exam success!

REVIEW, ORGANISE AND SUMMARISE INFORMATION



Do this on a continuous basis. Getting your child into the habit of regular reviewing and retrieval practice puts an end to cramming and all-nighters. Remind them - lots of practice works, but only if it is spaced! Set up a regular Routine, including a timetable, and monitor if it is being followed. Why not work together on a list of 'things to learn'. The pleasure of ticking things off is not to be underestimated.

SELF QUIZ



Encourage your child to quiz themselves on what they have learnt, to check back their answers and correct mistakes. Anything they need to remember must be periodically recalled from memory. Self testing provides a reliable measure of what they have and have not yet mastered! Apps like Brainscape and Quizlet are very helpful for this.

GET INVOLVED WITH REVISION

Ask your child questions and get them to explain certain topics to you. Being able to concisely explain something to someone else highlights how well you have or have not remembered a topic.



REFLECTION



Set aside one to one time so that your child can talk to you about any worries. Ask them what they think went well? What could have gone better? What can they do differently next time? Recognising and learning from mistakes can be a powerful way of strengthening learning and the skills used. Build their confidence by acknowledging how hard they are working and notice the specific things that they are trying to improve. Remain positive and hopeful!

MNEMONIC DEVICES



No matter what your child may set their sights on doing or becoming, if they want to be a contender, it's mastering the ability to learn that will get them in the game and keep them there. Mnemonic devices use the power of creativity and imagination to help remember information. There are lots of memory devices to encourage your child to use including first letter triggers, loci, peg words, image chains, flash cards and A-maps! Find out what works best for them.

DEEPEN THEIR KNOWLEDGE AND INTEREST IN A SUBJECT



By encouraging them to do their own research into things that take them beyond the curriculum. Ask questions to spur inquisitiveness and show a genuine interest in what they are studying to help with this.