GCSEs
Supporting your Child

Michele Miller
https://exammumdotcom.wordpress.com/author/exammum/
The terror of teenagers!

Study 1, Study 2, Study 3, Study 4

Married without children, Child bearing, Pre-school children, oldest 5, School children, oldest 5-12, Teenagers, oldest 12-16, First child gone to last leaving at home, Empty nest to retirement, Empty nest to death of first spouse
For most parents, their children’s education is extremely important and a crucial aspect of their overall development, however 82% admit they don’t know as much as they’d like. 

(Becta)

Is this you??
So how do YOU help?
The teenage brain...
GCSE’s Why bother?
Currency to open doors…
Becoming ‘ready’ will take many 25-30 minute steps.
What do you know about growth mindset?
What you need to get right…

- Motivation
- Organisation/Time Management
- Revision skills
Effective Revision...
What do we know about revision?

- For many years, revision was a ‘dark art’!
- More recently, research is guiding us towards what is most effective
The two really effective strategies:

- Self testing
- Spreading revision over time

The most powerful of all strategies?

Distributed practice
What’s effective?

‘Sticky’ & Effective
Causes thinking
Takes effort
Focused
Looks for connections
Practice
Checking with mark scheme

‘Slippery’ (but it makes me feel good!)
Low effort
Moving information
‘Going over’
Reading through
Highlighting
Cramming
What do you want revision to do?

To **recall**

- Mnemonics
- Flashcards
- ‘Rote learning’
  - Look, cover, write, check

To **understand**

- Flashcards
- Cornell
- Memory
- mapping
- Coding
Ebbinghaus’ Forgetting Curve

Image credit: Brigham Young University, Idaho
The Leitner system
Make it harder work – it ‘sticks’ better!

When your brain has to work harder to remember, it is ‘primed’ to store and to recall information more effectively.

**Photosynthesis**
Process used by plants in which energy from sunlight is used to convert carbon dioxide and water into molecules needed for growth.
And in Science...

MASH

OILRIG

PANIC
Flashcards for understanding

Compare anaerobic respiration in a yeast cell with anaerobic respiration in a muscle cell.

• Yeast produces ethanol but muscles produce lactic acid
• Yeast produces CO2 but muscles do not
• Both release small amounts of energy
Memory Mapping
The lack of proper nutrition resulting from a poorly balanced diet.

Most malnourished people in the world are India, Sub-Saharan Africa, China, and Bangladesh.

Health effects:
- Weakness
- Immune system weakened
- Susceptible to disease

Causes:
- Food availability
- Natural disasters
- Overgrazing
- Overcultivation

Periodic Famine

Long-term solutions:
- Irrigation improvement
- Education: sustained farming methods

Short-term solutions:
- Food aid
- Unhealthy dependency on food aid

Causes:
- Overgrazing
- Overcultivation

Effects:
- Food scarcity
- Disease
- Illnesses
What am I going to work on?

Go to the specification and be SPECIFIC!

Animal cells: 5 parts
Plant cells: 5+2
Cell specialisation - Explain how cell structure relate to it’s function

What technique will I use?

Select the method based on what you want to achieve

Flashcards - facts
Cornell - links

How will I measure success?

Select from exam Q, self test, rewrite memory map etc, no of flashcards

Label 3 of each cell, exam Q on specialisation
Turn it off!

11 minutes to refocus!
### Session Times

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**6 sessions = Gold ½ the evening**

**5 sessions = Silver**

**3 sessions = Bronze**
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2 Gold nights (4 x 30 mins) = 8 sessions  Monday/Wednesday
2 Silver nights (3 x 30 mins) = 6 sessions  Tues/Thurs
1 Bronze night (2 x 30 mins) = 2 sessions  Friday

16 sessions Total

16 Sessions across 8 subjects:
Maths 2   History 2
English 2   RE 2
Science 2   Geography 2
Spanish 2   Business Studies 2