



# KS4 Study Skills

How can parents help students survive the exam season? (and survive themselves)

How you can manage exam stress and enjoy your exams!

INNOVATION

INCLUSION

INSPIRATION



# GCSE Exams



RESPECT

PERSONAL BEST

TEAM WORK



If you are doing 9 GCSE subjects you will be in the exam hall from **26–33** hours!

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## How can parents help students survive the exam season? (and survive themselves)

A quarter of British parents report their mental health was negatively affected by having children who are currently taking exams?



<https://www.bbc.co.uk/news/av/education-39194442/parents-say-stress-over-children-s-exams-affects-their-mental-health>

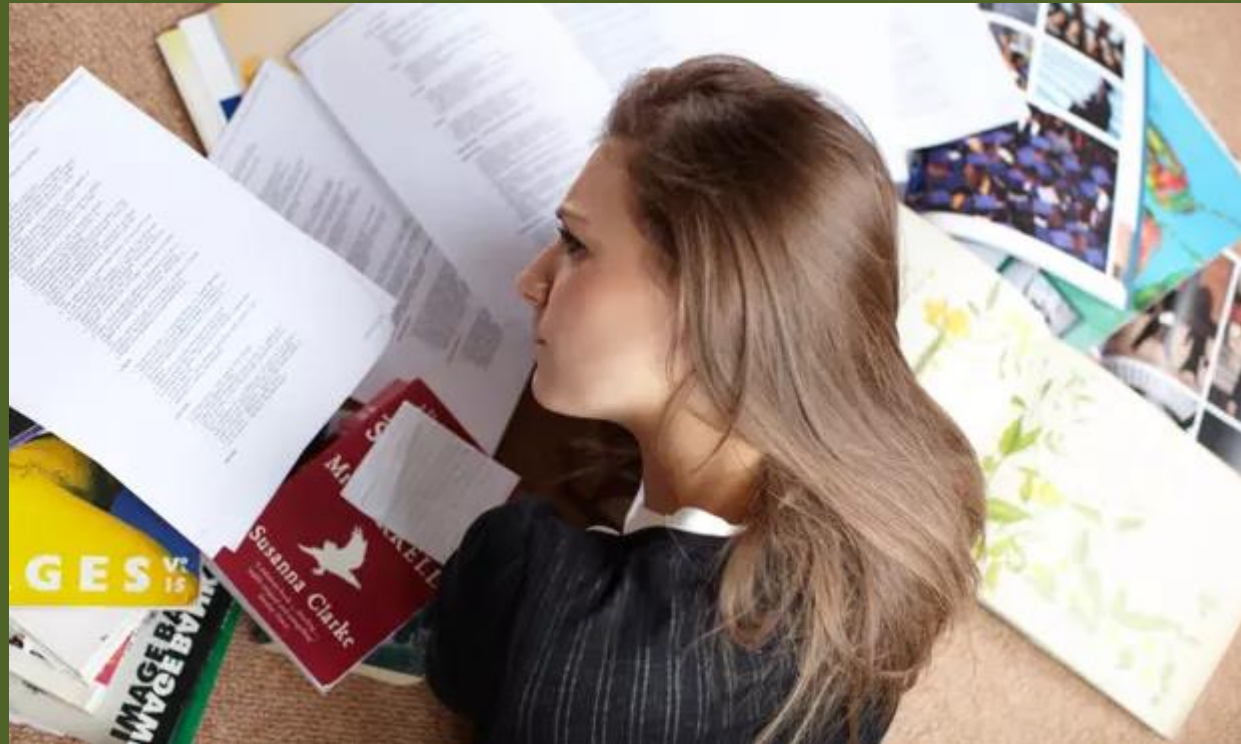
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# 10 tips on surviving your child's GCSE exams



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# 1. Expectations matter

Placing a high value on education and having high academic expectations has a positive impact.

However... having high expectations without providing appropriate support is like a car having powerful accelerators and no steering wheel. It is guaranteed to crash.

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## 2. Celebrate failure

How well parents react to their child's lows may well determine how many highs they have.

Recent research suggests that those who see mistakes as **opportunities to learn**, instead of as personal judgements, are more likely to develop a growth mindset.

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### 3. Not all revision techniques work

It is important for parents to know that not all revision techniques are equal.

Strategies such as *re-reading* and *highlighting* have been found to be **ineffective**.

This is because it doesn't force the pupil to think hard and can be done on autopilot.

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## 4. Use deadlines, avoid nagging

If parents and children set deadlines **together**;

- students are less likely to set unrealistic deadlines,
- parents are less likely to feel like they are nagging.

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## 5. Put phones away

The average person checks their phone about 85 times a day.

Excessive use can lead to a wide range of negative consequences including:

- **reduced concentration** and **memory**;
- **increased stress, anxiety** and **FOMO** (fear of missing out).

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## 6. Sleep

National Sleep Foundation recommends GCSE students get around **nine hours** sleep a night.

Research suggests a strong relationship between getting a regular night's sleep and exam results (about half a grade difference per subject).

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# The Neuroscience

When a memory for an event is first represented in the brain it is fragile and vulnerable to being lost.

Sleep makes our memories more permanent

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# New research into computer games and sleep

*Sleep can be disrupted by our use of technology.*

Teenagers playing computer games raised concerns about how this may be impacting on their sleep and their learning.

An international study split a group of young teenagers into three, and asked them to use different **technology immediately before doing a homework task** that involved memorising facts:

Group 1 - **no technology**,

Group 2 - **watched television** between 6 and 7pm,

Group 3 - played **computer games** between 6 and 7pm.

Group 3 had the **greatest loss of slow-wave, NREM**, sleep. Their memory for their “homework” was also least on days that followed this activity.

**The group of teenagers who didn't use technology in the evening had the best memory.**

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## 7. Get students outside

A 2016 Government report said that **75%** of children in the UK spend less time outside than **prison inmates**.

Encourage your child to get outside.

Researchers found that students who take a break in **natural surroundings** felt more refreshed and subsequently performed 20% better on returning to their work.

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## 8. Food

Before you do any revision... **eat breakfast!**

It is estimated that around 27% of boys and 39% of girls skip breakfast some or all of the time.

Research has found that skipping breakfast significantly reduces students' attention and their ability to recall information.

Simply having a bowl of cereal will give students the concentration and memory boost they need.

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## 9. Talk

**Stress** is part of normal daily life.

A little bit **can be a stimulus and motivator** for action by encouraging you to drive this energy into something positive and productive.

But it can also cause the inability to **concentrate**, **rapid** heartbeat, **nausea**, a sense of **loneliness**, **short-temper**, eating too much or not enough.

Talking about these effects will make it easier for students to recognise the signs in themselves, and help them seek support or advice to remain in control.

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# 10. Laugh



<https://www.youtube.com/watch?v=Ufc4WHODaRs>

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# How to revise and work smarter

Spacing

Interleaving

Testing

A good study partner

The Zeigarnik effect

## Beating exam stress

<https://www.youtube.com/watch?v=7AgswlakjRw>



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