

Notes from the Elevate Parents Seminar

Time Management

Encourage students to make a study timetable BUT start off by filling in the fun stuff.

Otherwise they will not stick to it and this makes them feel guilty.

Sport Social Hobbies Screen Time Job - include on the timetable and include WHAT they want to do and WHEN they need to do it.

Make sure you are task-oriented not time-oriented.

Do independent study before prep.

Motivation

Students fall into four categories:

Fully motivated

Largely motivated

Flatliners

Unmotivated

Move students up through the categories through increased goal clarity

- Consider options and write down what you want to do
- Determine entrance requirements
- Account for rising entrance scores
- Write the goal down and make it visual

There are three types of work that students will be doing in preparation for an exam

Practice papers - strong correlation between number of practice papers done and exam results - a much better indicator than IQ or time spent studying. Do first ones with an open book and no time pressure. Then move towards those done under exam pressure nearer the time. No point unless it is marked - look at the mark scheme for guidance of what is being looked for. Make a note of everything you get wrong - put it in a notebook - this will help you with all the information you tend to forget and give an excellent revision guide

Making notes - lowest value type of revision - necessary but no use on its own. Do them as you go along. Use a printout of the specification as a content list to ensure nothing gets forgotten. Traffic light.

Extra reading - (literary analysis, in depth facts, alternative arguments, quotes, look at the obscure parts of the syllabus). This elevates performance above students who know the syllabus. Google Scholar, alternative textbooks.

Dealing with Technology

If you take the tech away it may well backfire - they need to self-regulate.

Low-powered work can be done without much thought so music (with no lyrics - movie soundtracks?) is fine. For high powered work - memorising, reading textbooks, doing exam questions - no music.

Useful apps

Self-control, Hold or Cold Turkey - and other black-listing apps - they can even reward you for being off your phone!

Student Portal - <https://uk.elevateeducation.com/>

password is rondo

Parent Guidebook & Newsletter plus private student coaching - trained students who will work on 13 key areas of successful students

First session is free - diagnostic session - will tell you exactly how they are doing and leave you with an action plan. Holly - Head of Coaching.