

## Preparation is everything



## Think about the view from the top!



## Choosing GCSE subjects

- What gives me joy? (where am I naturally motivated?)
- What am I good at? (ask others/online tools)
- Which subjects show off my strengths? (How can I shine?)
- What is taught well? (am I going to be supported here?)
- What are my goals and dreams? (for now)

Rem: the importance of English and maths!

## College, University or Apprenticeship?

### Differences:

Type of experience

Population of students

Costs

Teaching methods

Levels of prestige

Levels of support



Which suits your ability and long-term goals?

## How do you see yourself?



## Find a role model



**Where do you keep your Ferrari?**



**A-levels: going for gold**





## Big picture thinking



Harness your **natural resources**

What can you **DO now?**

What is your **USP?**

Don't follow, **lead!**

Love to **learn**

**Be the boss** of your own destiny.

Build **positive connections** in the world

Be fearless, fail, try, succeed!



## How are you presenting yourself?



## Digital hygiene




**CAUTION**  
**TOXIC WASTE**  
**INSIDE**

Meet the Plymouth team... X    Girl persuades supermarket... X

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**Girl persuades supermarket to stop selling caged hen eggs**

18 July 2016 Last updated at 07:26 BST

Tesco supermarket bosses have said that they will stop selling eggs laid by caged hens, following pressure from a young animal welfare campaigner.

Fourteen-year-old Lucy said that keeping hens in cages is cruel, because they don't have enough space to move around or stretch their wings.

Related video / audio

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- ▶ 0:23 Chicken adopts 'lucky' duckling 3 May 2016
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Ask me anything

11:10 11/07/2016

## Resilience



## Distractions



What are yours? How will you manage them?

## Get organised!



## Space for study





## 'Have you got GRIT?'



*"The commitment to finish what you start, to rise from setbacks, to want to improve and succeed, and to undertake sustained and sometimes unpleasant practice in order to do so".*



## Effective revision

### Students:

- ✓ Ensure you have tried past papers
- ✓ Space revision out
- ✓ Focus on what you don't know (whole point of revision!)
- ✓ Can I recall it? Do I really understand it?
- ✓ Refine your knowledge gradually
- ✓ Memorising comes last...
- ✓ Attend revision sessions/get resources to assist on weak areas.
- ✓ Prepare as much as you can first (like cooking!)

### Parents:

- Develop an agreed revision routine
- Help them explore 'weak areas' in more depth.
- Offer little treats at the end of study tasks.
- Encourage creative approaches to revision (e.g. mnemonics and songs)
- Help them chart their progress
- Encourage them to communicate what they don't know
- Ask them to teach you something



## Exam day



- ☐ Remember how much effort you have made to get here
- ☐ Keep focused
- ☐ Be mindful of the examiner
- ☐ Avoid distractions
- ☐ Have a summary sheet at the exam door
- ☐ Come equipped
- ☐ Go for it!



Teens need 8-9 hours of sleep per school night.

### Parents....

Is the bedroom sleep-friendly?

Are they getting regular exercise? (60 mins per day?)

Have you ensured no technology in the bedroom during study times/at night?

Is what they are watching or listening to appropriate?

## Optimal parenting (exam season)



### Tips for parents: the 7As



- Authoritative** parenting is optimal.
- Attune** to their interests and talents
- Aspirations** need to be high but *realistic*.
- Applaud effort** rather than success
- Advocate** on their behalf
- Avoid** financial incentives
- Always nudge**, never push

## The birth of aspiration



## Relish challenge

"Many people choose to remain comfortably within the bounds of their own experience, never troubling to wonder how it would feel to be other than they are".





**Parents play a role...**



**Pat wants go punting!**



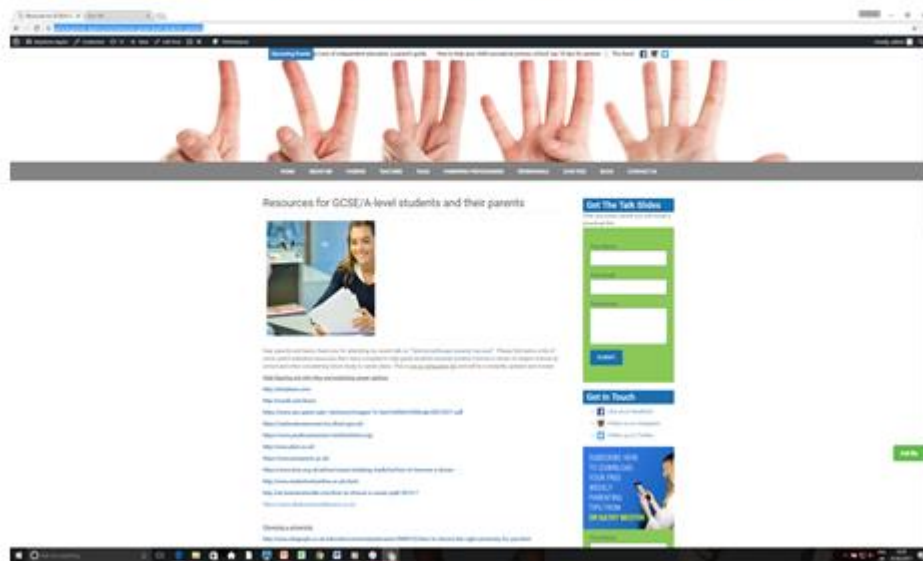
**Terry wanted a house with two toilets**



**Exams: tiny step on giant journey**



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**What have we learned?**



## Stay in touch

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