



**MEDEN**  
SCHOOL

# How to support your child

Exam Success

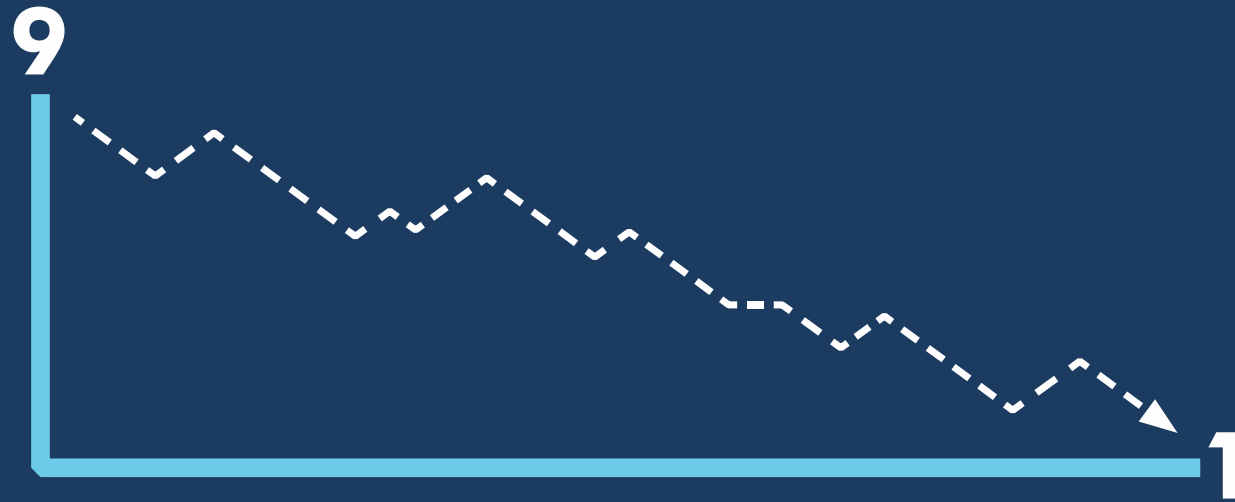
# High Aspirations

Set **your**  
bar high





# DAYS OFF COST GOOD GRADES



**RESEARCH SUGGESTS THAT FOR EVERY 17 DAYS  
MISSED FROM SCHOOL, YOUR GCSE RESULTS  
WILL GO DOWN ONE GRADE!**



ASPIRATION



EXCELLENCE



ACHIEVE

# THE 10 MOST COMMON MISTAKES STUDENTS MAKE

by @inner\_drive | www.innerdrive.co.uk



- 01 SKIPPING BREAKFAST** This has a detrimental impact on attention and learning.
- 02 ONLY READING YOUR REVISION NOTES** Re-reading encourages you to skim read the text rather than properly processing it.
- 03 REVISING TO MUSIC** Listening to your favourite songs can distract you from revising. Study is usually best carried out in a quiet space.
- 04 MOBILE PHONES AND HOMEWORK** The mere presence of a phone has been found to cause a 20% decline in performance.
- 05 TAKING NOTES VERBATIM IN CLASS** Taking down word for word what your teachers says stops you from engaging with the material.
- 06 CRAMMING YOUR REVISION** Revising a little but often is much more effective than trying to learn a lot of information all at once.
- 07 NOT GETTING ENOUGH SLEEP** Set up a consistent bedtime routine that ensures you get the needed 8-10 hours sleep a night.
- 08 LEAVING THE HARD TASK TO THE END** Start hard tasks early as they always take longer than you think.
- 09 NOT GETTING ENOUGH FRESH AIR** Getting sufficient fresh air and exercise can have a positive impact on your wellbeing.
- 10 TAKING PHOTOS OF LECTURE SLIDES** Interacting with the material and making notes in your own words at the time of learning is a much more effective strategy.

# What not to do

# 1 – MINDSET

- Effort not talent.
- Students' attitude towards their level of intelligence changes outcomes positively.



## 2 – BUILD REVISION HOURS UP GRADUALLY

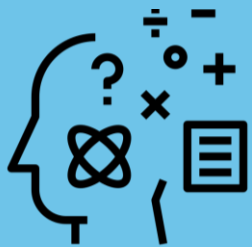
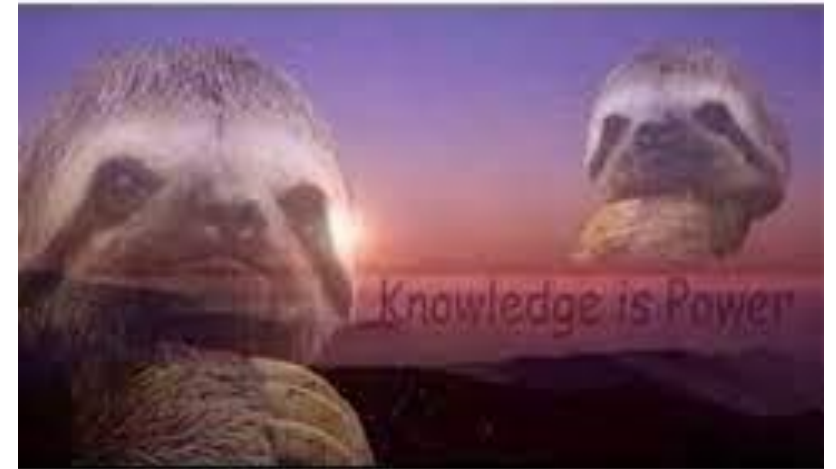
- Start revising for smaller lengths of time and build gradually as the exams draw near
- Avoid burnout which will negatively impact upon motivation



## 3 – KNOWLEDGE BEFORE PRACTISE

- Work out what you know and what you don't – where are the gaps?
- Ask teachers for a topic/content list and be 100% clear on what is being assessed
- Use red/amber/green to evaluate your confidence in each area
- Revision guides

**Me after studying  
for 2 minutes**



## 4 – IDENTIFY YOUR NEEDS

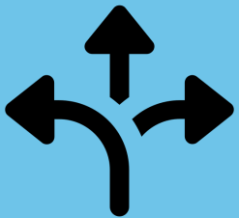
- Avoid equal hours of revision for each subject
- Dedicate more time to subjects/areas you need to improve
- Think about when revision in class started too.





## 5 – FLEXIBLE TIMETABLE

- Track revision and topics covered and planned
- Adapt it when necessary (topics could be covered in class or need reviewing again)



## 6– PRACTISE MASTERY

- Avoid rigid revision blocks  
– one hour of maths, one of science etc.
- Instead, master a topic and then move on.



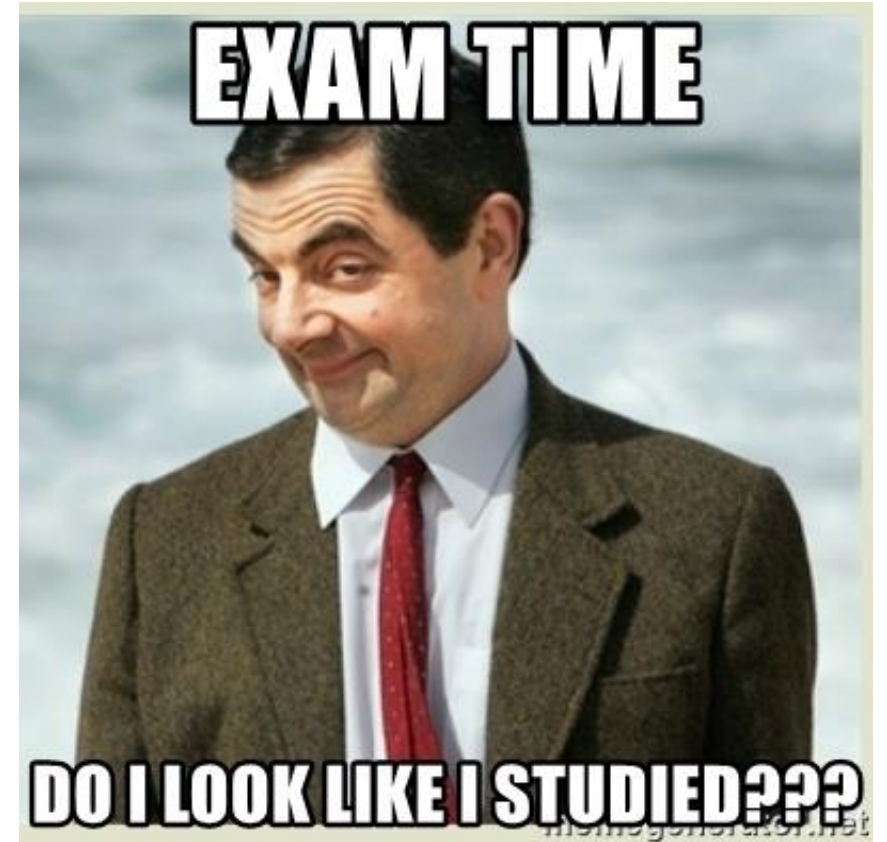
## 7 – PRACTISE RETRIEVAL

- Low stakes quizzing secures knowledge
- GCSE Pod, Seneca, Dr Frost, Quizlet, flash cards
- Test with people at home



## 8 – SHIFT TO EXAM PRACTICE

- Once knowledge is secure, begin practice papers and questions
- Work on weaker questions first – eat the frog!
- Take full papers closer to the exams



## 9 – TIMED RESPONSES

- Begin timing practice responses
- Give your work to teachers for marking
- Focus on areas to improve



## 10 – WELLBEING

- Take a break when you feel overwhelmed.
- Cognitive load becomes overloaded and impaired when we are stressed.



Great things are done by a series  
of small things brought together

- Vincent Van Gogh

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