

## **Michelle Miller - Presentation to Parents/Carers – September 2022**

Education changes everything.

As parents, you need to understand the teenage brain.

The brain is emotionally based at the moment. They want to experiment / risk take. Can be scary for you as parent/carer.

It is all about working with your child to support the staff so they achieve the right qualifications for choices in the future.

Well-developed brain by 23.

Added complication is Covid and the impact on schooling in terms of work ethic etc.

What have we noticed in schools since the pandemic in some pupils?

Reduced resilience.

If you are not struggling on something, you already know it.  
Encourage them to stick at it when it is difficult.

Absence - try not to support absences - need to be in to work with staff.  
Lots of tough love is needed - if not in school, staff cannot help them.

Confusion around mental health - pressure is normal so is stress.  
Help children to cope with stresses etc.

Assumption that teachers will deliver exam results. Pupils will need to work hard - it is their responsibility.

Change in levels of maturity being seen since Covid eg. relationship problems.

Do not compare your child with other siblings.

Cortisol - when you are thinking negatively so it limits our long term memory. Encourage pupils to be positive about exams - to recognise that they will make mistakes.

You want pupils to be feeling good but they must also be resilient.

Getting your head ready to succeed.

Effective revision.

Managing time.

Getting your head in the right place.

Success is an iceberg.

They don't always appreciate the grit that allows people to succeed. Must use challenges to get better. Help them to understand struggle.

How do they respond to things going wrong?  
What do you want the exams to help you to achieve?  
Reality - your child will not choose to revise.  
How can you support them to prioritise study at home?  
What values/behaviours would you like to restore?  
Talk to them about motives for working hard.

Difficult for them to do the extra if you do not encourage them.  
Don't let your child take their phone to the bedroom – takes 11 minutes to re-focus.  
Have boundaries with regard to the phones.

What does effective revision look like?  
Ideally, a revision session is 30-40 minutes.  
It must be high quality work.  
What do you know?  
How can you use it?

Need to get things stuck in your long term memory.

Most effective strategies:

1. Self-testing
2. Distributed Practice

Need to do both.  
Organise information - test - then (see slide)

Michele explained what she did with the pupils. Leitner system.  
Transfer information that you do not know on to flash cards.  
Distributed Practice - The Leitner System - boxes - apps

Gives them lots of time to practise during the day.

Phones - talk to them about the loss of focus caused by phones (11 minutes each time).  
Don't let music be a distraction - have it on low.

Managing time  
- do some homework  
- begin a revision habit

Will really make a difference if they start now to develop habits.

See slide of how the preparation might look.

Maximum 3 hours.  
Build up to 17 revision sessions in the week.