

5 STEPS to Exam Success

5 Steps to Exam Success

'5 Steps to Exam Success' is a 'before or after mocks' programme, very popular in the Autumn or Spring terms of Year 11.

*It is also suitable for Years 12 and 13.

Duration 2-3hrs
Key Stage 4/5
All resources are provided
Free booklet for each participating student/parent, valued at £2.95

Independent learning, focus and commitment are the opening themes. We then demonstrate how mental blocks relating to study and exams easily get in the way of our success – unless removed.

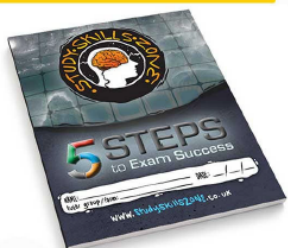
Students reflect on and learn from their experience of previous exams they've taken. This usually leads to increased confidence and solidarity, as they realise they are all in the same boat.

Knowing what you don't know is so important when revising for exams. Our chocolate challenge illustrates this very persuasively!

With the return of linear courses, memory is becoming even more important. We offer practical strategies from world-class memory experts, so students can plan their revision strategy effectively and ace their exams.

In a very popular team activity, students 'trade places' with the examiner. This helps them see where marks can be gained... and lost! Equally important is for them to be aware of what's stealing their time – and take evasive action. We also teach them what's considered to be the best note-taking system in the world.

The final activities allow students a peek into world-wide research about mindset, time management and active learning, plus which foods and drinks best look after the brain. We conclude the programme with a reminder of the importance of growth mindset.



LEARNING OUTCOMES

Students will:

- Practise success visualisation and goal setting
- Remind themselves about the 'growth mindset': that it's effort, not IQ, that matters
- Trade places with the examiner to develop better exam technique
- Learn how to scope a syllabus to ensure all bases are covered
- Practise effective methods of reading, summarising & note taking
- Learn self & time management techniques for exam preparation
- Learn active ways of revising and reviewing
- Learn how to reduce and handle stress at exam times and how to keep their composure under pressure
- Scope out in detail exactly how many potential 'revision slots' there are before the exams start
- Prepare for sitting their exams (mind and body, dealing with stress and anxiety, diet, exercise, sleep)

The main aim of '5 Steps to Exam Success' is to promote the skills, competencies and 'growth mindset' needed for exam success.

STUDY SKILLS ZONE



We are pleased as a school to be able to offer your children and yourselves a wonderful opportunity to help improve your son/daughters outcomes in this year's GCSE examinations.

On **Thursday the 9th February** we will be providing the two courses as shown.

1pm to 3.10 pm your children will be taken through 5 steps to examination success.

Then after school we strongly encourage you to attend a session that will help you with additional guidance from 6pm to 6.45pm.

Visit <http://studyskillszone.co.uk/> for more information.



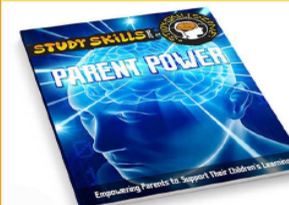
Parent Power

Parent Power is a practical, activity-based, interactive 45-90 minute workshop. Empower parents to feel more confident about how to help their children develop the essential study techniques to succeed in their revision and exams.

Key Stage 4 Parent Power

Parent Power is about parental engagement in their child's learning. It is a practical, activity-based, interactive workshop. It will empower parents to feel more confident about helping their children develop essential study and revision techniques so as to become better learners and to succeed in their exams.

Duration 45-90 minutes
Key Stage 4 Parents
All resources are provided (except refreshments!)
Booklet for each participating parent, valued at £2.95



This very popular workshop builds on the KS3 Parent Power workshop and introduces parents to all the concepts and vocabulary their children will have met in our KS4 programmes.

From the outset, parents are encouraged to contribute and discuss with each other. For example, we begin with an activity about what they think is the main distraction their child faces when revising for their exams. Unsurprisingly, there is a great deal of consensus – which immediately conveys a sense of confidence, because they realise they are not alone.

The key concepts from the student sessions are all covered: Ebbinghaus' forgetting curve and spaced learning, the Cornell note-taking system, the growth mindset and how to grow your brain and your intelligence, and both time management and memory techniques. Some basic neuroscience is included, together with the background research revealing that students with an elementary grounding in how the brain learns actually perform better academically.

And of course, we don't let them go without improving their own memory... or demonstrating that they too have an amazing brain, just like their children.

What do parents think of the workshop? The most common observation from Year 10 and 11 parents is that they wish this sort of session had been on offer to them when their children had been much younger.

LEARNING OUTCOMES

We will:

- Tailor the Parent Power workshop to the school's requirements
- Share current research on the brain and learning
- Explain the advantages of a 'growth (rather than fixed) mindset' and how this influences intelligence
- Introduce parents to 'Active Learning Techniques'
- Give parents the knowledge and skills to help them feel more confident about supporting their child with homework, revision and examinations
- Enable parents to think about their own experiences of learning, both in and out of school, and consider how this affects their view of their child as a learner
- Give parents an opportunity to talk to other parents or carers about learning and exams
- Provide a resource booklet to reinforce the learning and offer useful tips to help parents continue to support their child

The Parent Power workshop is about empowering parents to support their children's learning.

STUDY SKILLS ZONE



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