



Aiming for the Top Grades

Mr Williamson and Mr Kojder



EXCELLENCE

EQUITY



ENGAGEMENT

ENTERPRISE

Stress or Distress

- Probably the most stressful period of your child's life so far
- Nerves and stress are perfectly normal
- Noticing when “stress” turns into “too much stress”
- We are the calming influence (on the inside)
- You are the calming influence (on the outside)



EXCELLENCE

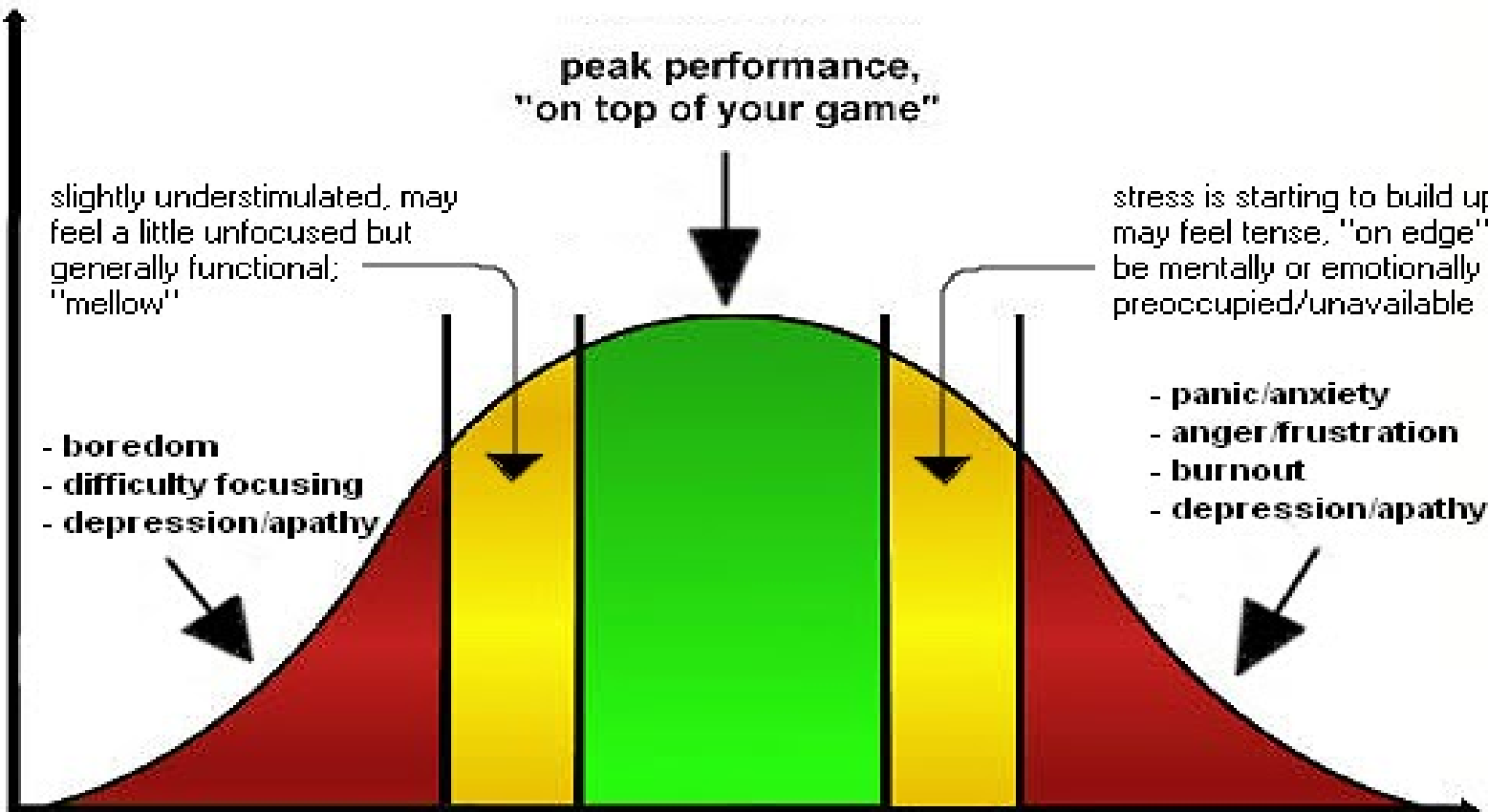
EQUITY

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Ability to Function



Too Little Stress

Optimal Stress Level

Too Much Stress

Current Amount of Stress

Positive Mindset

Your support and encouragement can make a spectacular difference. Parental support is 8 times more important in determining a child's academic success than social class.

How do I manage the "I need to be perfect at everything" mentality?

- Motivate
- Communicate
- Avoid negative statements
- Don't compare them to siblings
- A sense of perspective



Committing to Exam Success

Consider:

- How you will overcome the knock backs?
- Workspace at home?
- Changes to family routine?
- Displaying when the exams are?
- Taking an interest in what they have revised?
- Sticking to goals and targets?
- Appropriate rewards and how you will celebrate effort.



Work v Play

- Short term sacrifice for long term gain
- Important to get the right balance – Work, Play, Rest
- Chunks of revision, little and often
- Regular breaks for leisure, drinks and food
- A/A* revision sessions/resources on VLE
- Dull, but useful – past papers and mark schemes
- Reward the **effort** and **not** the **results**



Who to talk to in school

- Mr Farrell
- Miss Bye, Miss Edmondson, Miss Travis, Miss Brown
- Careers Advisor – Selena Reding
- Form tutors
- Any of the Senior Leadership Team
- Any member of staff, teaching or support

