

YEAR 11 BULLETIN

CARING - DETERMINED - REFLECTIVE THREE TOP TIPS FOR PARENTS

- 1. HELP YOUR CHILD MAINTAIN BALANCE:** Year 11 can be a stressful time for students. At times, students may become overwhelmed with revision, homework and coursework. As a parent, it is important that you encourage your child to rest and get some fresh air.
- 2. LITTLE AND OFTEN:** Research suggests that cramming in the week or so before an exam is ineffective. Instead, encourage your child to revise for 30-45 minutes every day. This is manageable, will reduce stress and anxiety and ensure long term retention.
- 3. REMOVE DISTRACTIONS:** This is possibly the most challenging tip. Research into exam age students and productivity suggests that even the presence of a phone can reduce concentration by 55%. When your child is sitting down to revise, take their phone for that time to ensure absolute focus. This will make their short bursts of revision much more effective.

GCSE MINDSET

This week, we are continuing our work on 'grit'. Students will be using a quiz to calculate their grit score and then discuss with their tutor how they might become a grittier student in the future.

WHY DO WE DO THIS?

We need our students to understand that traits such as grit and determination are not innate, they can be learnt and practised.

Have a look at the grit quiz. What would your grit score be? Discuss and compare scores with your son or daughter. Perhaps you could think together about situations coming up that are going to require grit.

	Not at all like me =1	Not much like me =2	Somewhat like me =3	Mostly like me =4	Very much like me =4
1. New ideas and projects distract me from previous ones.					
2. Setbacks don't discourage me. I don't give up easily.					
3. I often set a goal but later pursue a different one.					
4. I am a hard worker.					
5. I have difficulty maintaining my focus on projects that take more than a few months to complete.					
6. I finish whatever I begin.					
7. My interests change from year to year.					
8. I am diligent. I never give up.					
9. I have been obsessed with an idea or project for a short time but later lost interest.					
10. I have overcome setbacks to conquer an important challenge.					