

YEAR 11 BULLETIN

CARING - DETERMINED - REFLECTIVE

WHAT NOW?

Now that the mock exams are over, students are probably feeling a little lost.

They are stuck in limbo. Most subjects haven't realised the results yet and students are likely exhausted.

So, what can we do? This is a perfect time for students to do some self reflection. It would be great for each year 11 student to sit with their parent or carer this week and consider the following questions:

1. How did they cope with the exam period? What techniques might they need to practise to cope with the real thing even better?
2. Which exams went well? Why did they? What can they do to replicate this in other subjects?
3. Which teachers do they need to talk to in the next few weeks and what might they need to ask?
4. What was the biggest success or challenge of the mock period?

GCSE MINDSET

This week, students are learning how to manage their reactions to feedback. This is absolutely imperative as students begin to get their mock exam results over the coming days and weeks.

The way in which we respond to feedback varied greatly from person to person. If students want to be successful, they need to get comfortable with constructive feedback and use this to move forwards.

Steve Bull in his book, *The Game Plan*, discusses three zones students will need to work through when receiving feedback and these zone will form the basis of our session this week.

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| The Red Zone Emotions | Shock | Wow- I did not expect that! I'm really surprised by those comments. |
| | Anger | How dare they say that! That teacher has never liked me. Wait until I get my own back. |
| | Denial | I'm not like that at all. That's totally wrong. |
| The Blue Zone Thinking | Rationalisation | OK, maybe it seems true from their perspective. But the reason they think that is because they don't know what kind of pressure I'm under. Anyway, that's the way I am and why should I change? And even if I wanted to, how could I? |
| | Acceptance | Ok, maybe I need to change something. Maybe I could look at a few different ways of doing things to see if they improve matters. |
| The Green Zone Behaviour | Action | Right, what do I need to do? |

Ask your son or daughter about their reactions to feedback. Talk through the situation together and discuss how they might have dealt with the situations more productively.