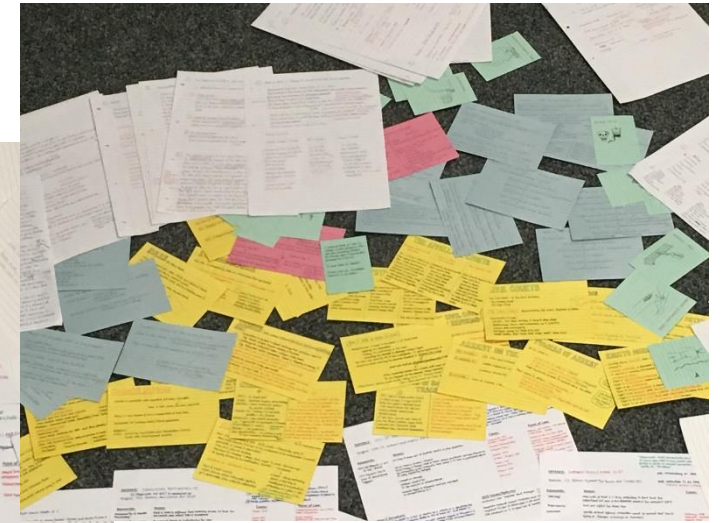
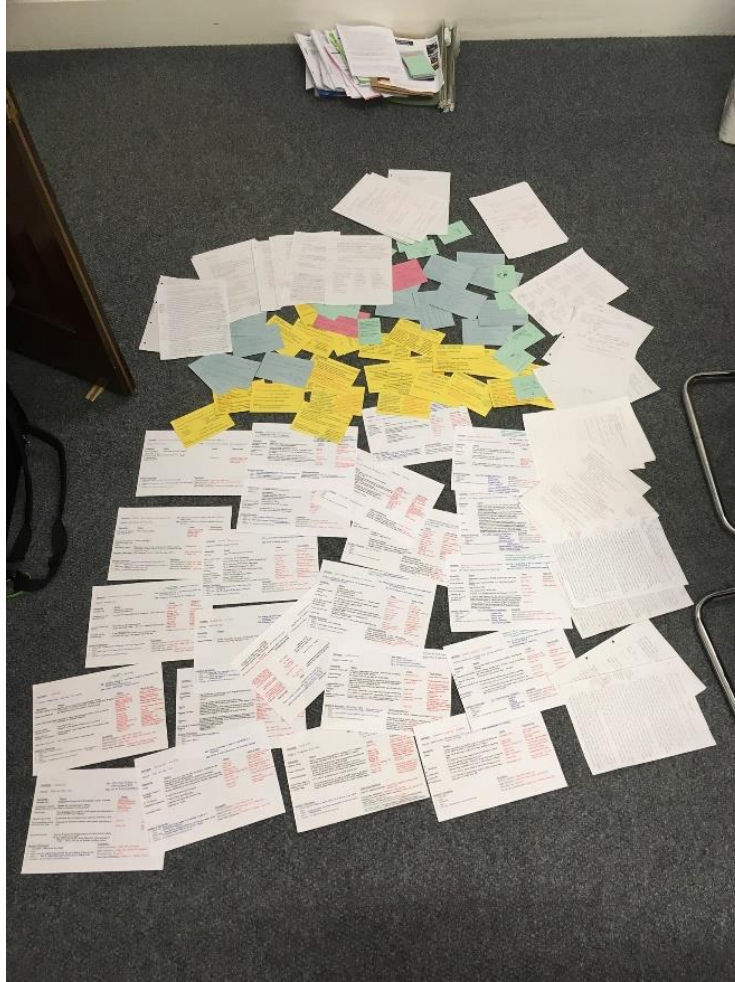


Welcome

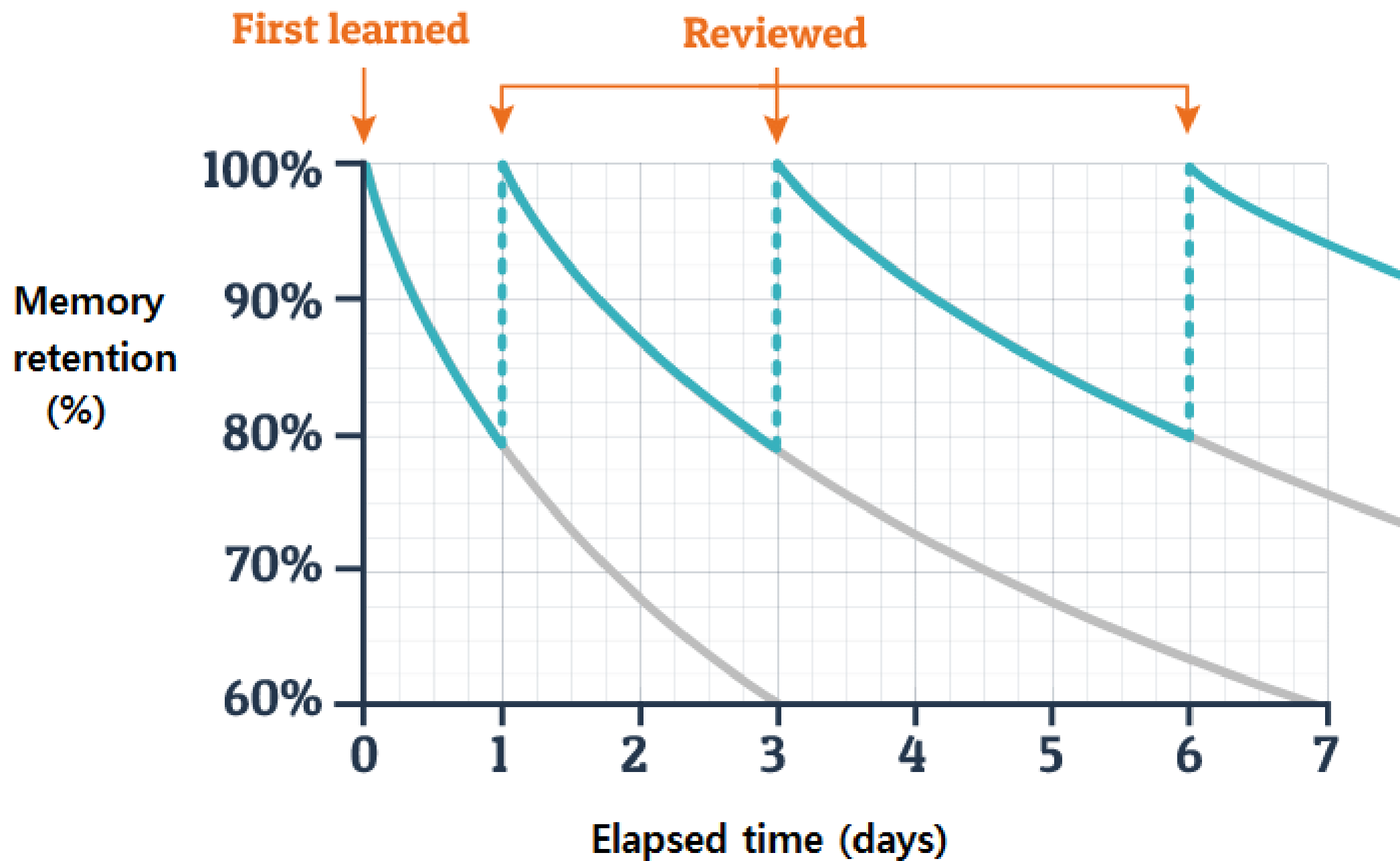
My experiences...

- As a teacher of over 20 years ...
- As a co-learner having sat an A level a few years ago...
- As a parent of a child in Year 11 like you...
- There are many **unique** elements of your child's experience
- But also a lot of **common** elements of your child's experience
- We have all learnt that routines help us keep calm and focused

Lifelong learning: Recent experience...



Lots of note-taking in various formats does not have as much impact on our ability to remember as we sometimes think!





Retrieval Practice

- Avoiding the ‘illusion of knowing’ by looking over/reading familiar notes
- Use strategies for retrieval (recall from memory)
- ‘Desirable’ difficulty – what is hard is good for the memory, easy less so!
- The importance of spaced retrieval – not just once!

<http://warlinghamtl.co.uk/>

Home The Warlingham Learner The Learning Journey Practice 4 Progress Target the TOPR School Website

Welcome to Warlingham TL.

Warlingham TL is an open access Teaching and Learning site to share good practice with School Leaders, Staff, Students and Parents.

We are committed to providing consistently high quality teaching and learning and the means for delivering this is encapsulated in our [Learning Journey](#) model. We are also committed to ensuring our curriculum provides a coherent



Practice 4 Progress



Welcome to the Practice-4-Progress page.

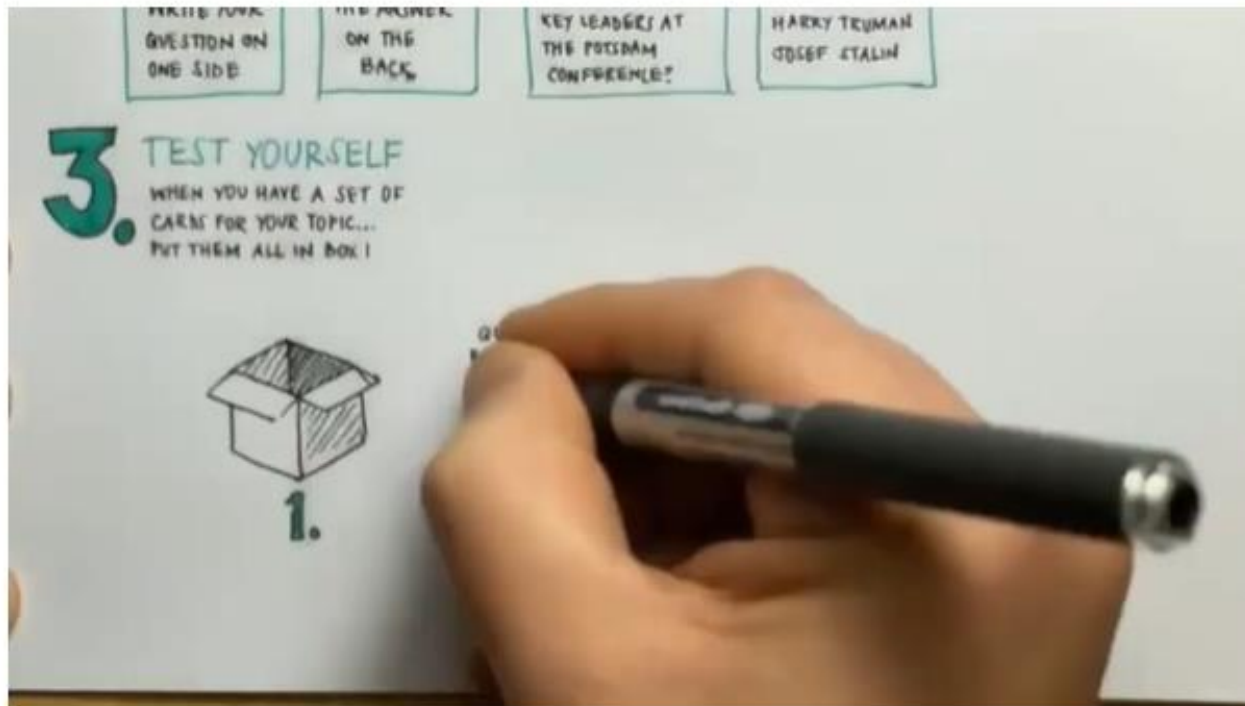
High quality teaching includes developing the students as learners. Ensuring they understand how they learn, techniques for memorisation of key knowledge and how to maximise their success is where the [Learning Journey](#) and the [Warlingham Learner](#) meet.

At Warlingham School, students develop their understanding of *how* they learn and are provided with techniques to support their learning. Parents/carers understand the study skills that their sons/daughters should be using. Teachers use these study-skill techniques within class time to reinforce the student understanding of these techniques.

These study skills are underpinned by the most recent

Lots of tools to help revision – different memory techniques to help students know ‘how’ to revise well.

Flash Cards



PDF file

[Download](#)

- Empowering the students
- Empowering parents – watch yourself or with your child. Ask how using and to see what they have done.

Target the TOPR

Test, Organise, Practise, Reflect



How to structure revision and also signposting documents showing what to revise can be found here.

ADMISSIONS

CAREERS

DUKE OF EDINBURGH'S AWARD

EXAMINATION RESULTS

FACILITIES

FINANCIAL INFORMATION

GDPR

LETTERS AND KEY DOCUMENTS

LOCKERS

MAPS AND PLANS

OFSTED

POLICIES AND SCHOOL
HANDBOOK

PUPIL PREMIUM

SCHOOL UNIFORM

HOME → INFORMATION →

Letters and Key Documents

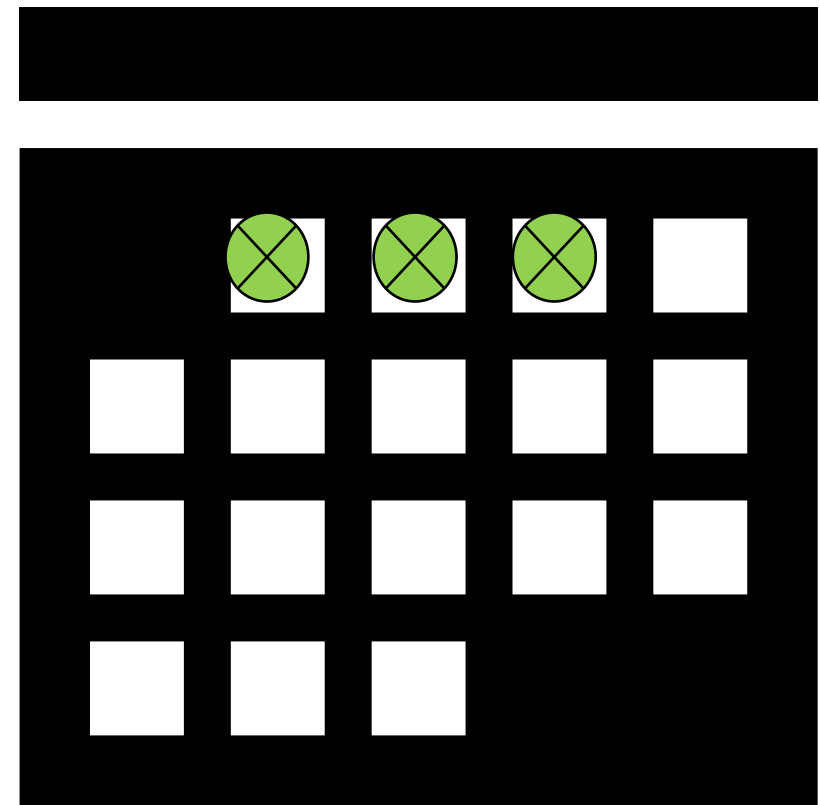
The vast majority of parent communications are generated and sent to parents electronically via the School's SIMS student data system. In the interests of accessibility, we still continue to present the key communications in printed letter format. We also include key documents, such as presentations made at Key Stage Information Evenings in this section.

The documents below are all organised according to the Academic Year to which they relate.

2021-2022 ACADEMIC YEAR

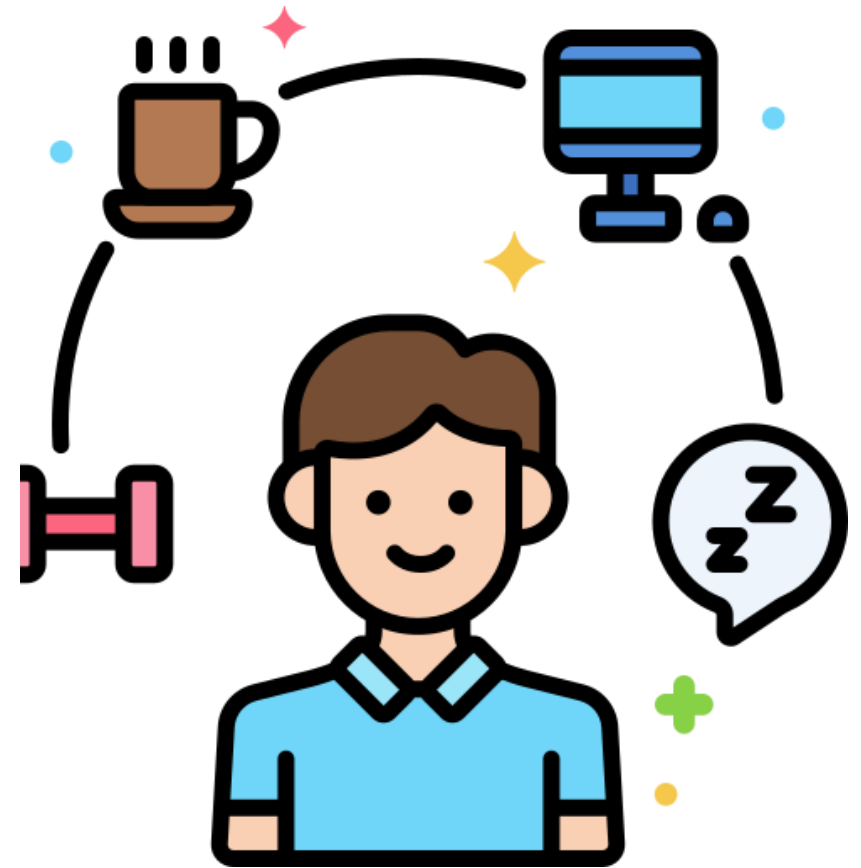
25 Mar 2022	Year 11 Special Timetable	click here
25 Mar 2022	Year 11 Summer Term Arrangements 2022	click here
24 Feb 2022	COVID 19 - Latest Guidance	click here
11 Feb 2022	Exam Information 2022 KS5	click here
11 Feb 2022	Exam Information 2022 KS4	click here
11 Feb 2022	Advance Information letter for Summer Examinations 2022 KS5	click here
11 Feb 2022	Advance Information letter for Summer Examinations 2022 KS4	click here
8 Feb 2022	Year 9 Options Fair	click here
3 Feb 2022	Communication, Community respect and expectations	click here
17 Jan 2022	Update on COVID testing and self-isolation	click here

Unsure what
is and is not
in the exams?
Look here!



Why start with habits?

- In fitness, the best training program is the one that you stick with.
- In studying, the best schedule is the one that you'll keep going with. There's no point driving to France in a Lamborghini if the engine's going to give out a couple of hours in.
- If you're watching this, you're probably in a burst of motivation.
- But motivation is cyclical – it comes, and then goes. Don't try to fight this – you won't win, and you don't need to.
- We're going to learn how to learn – but first, how to show up consistently, without relying on transient willpower.



Principle 1 – Guard the flame

- The way to create a habit is to aim for consistency first – not intensity.
- Make the barrier to entry very low.
- Be disciplined about always clearing this low bar.
- Ramp up slowly – but this will come naturally anyway.



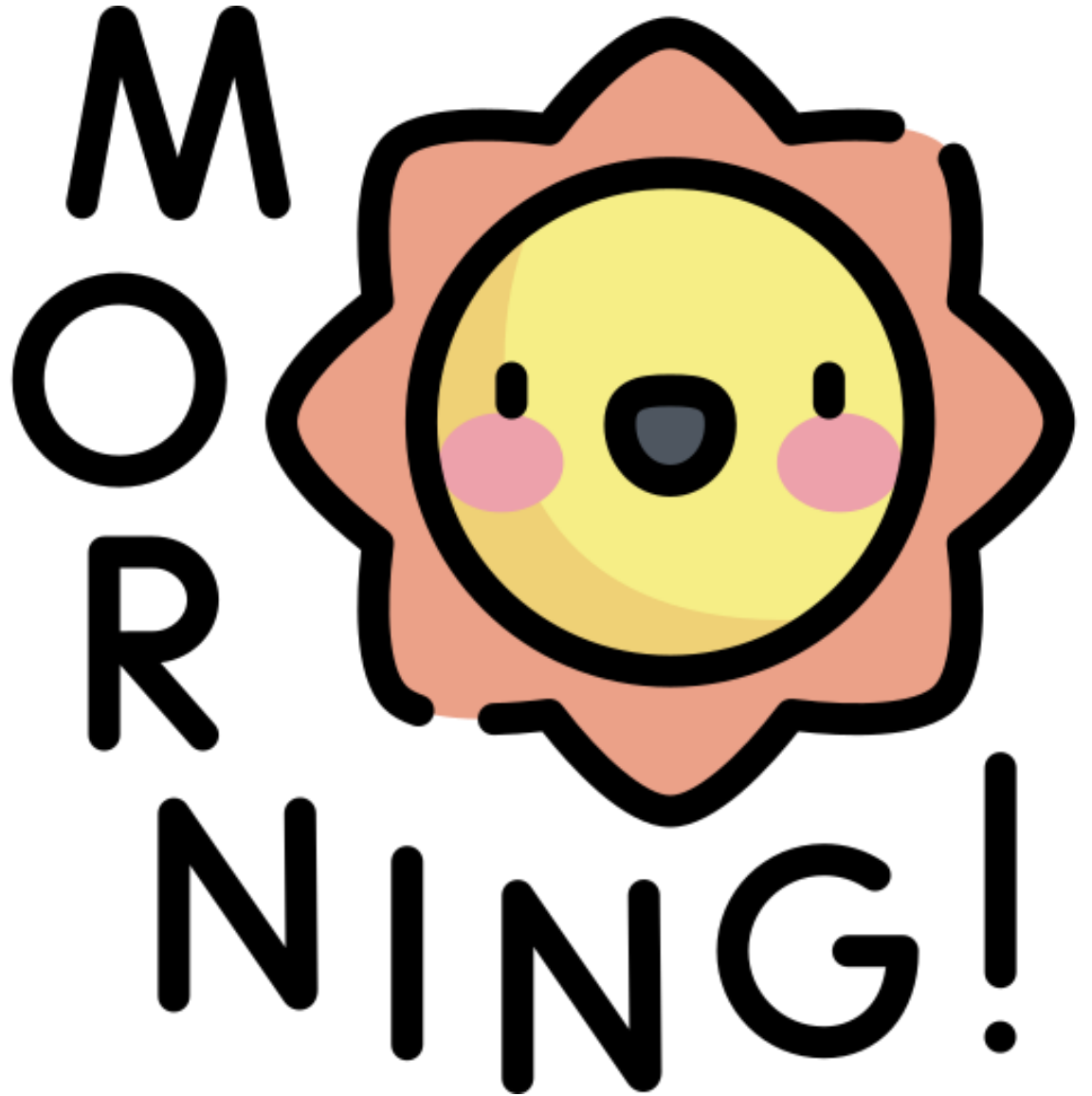
Principle 2 – Routine

- Your learning habit can be solidified by employing **routine**.
- Do your study sessions at the same time every day.
- Routine reduces "limbic friction" (Huberman)



Recommendation

- Make your study session the first task of the day.
- Accomplishment
- Brain is freshest
- Less distractions



Principle 3 – Reward the habit

- Each time you complete a study session, reward yourself.
- Either you "get to" do something you enjoy, OR:
- Give yourself positive acknowledgement by tracking the habit / get it from an accountability partner



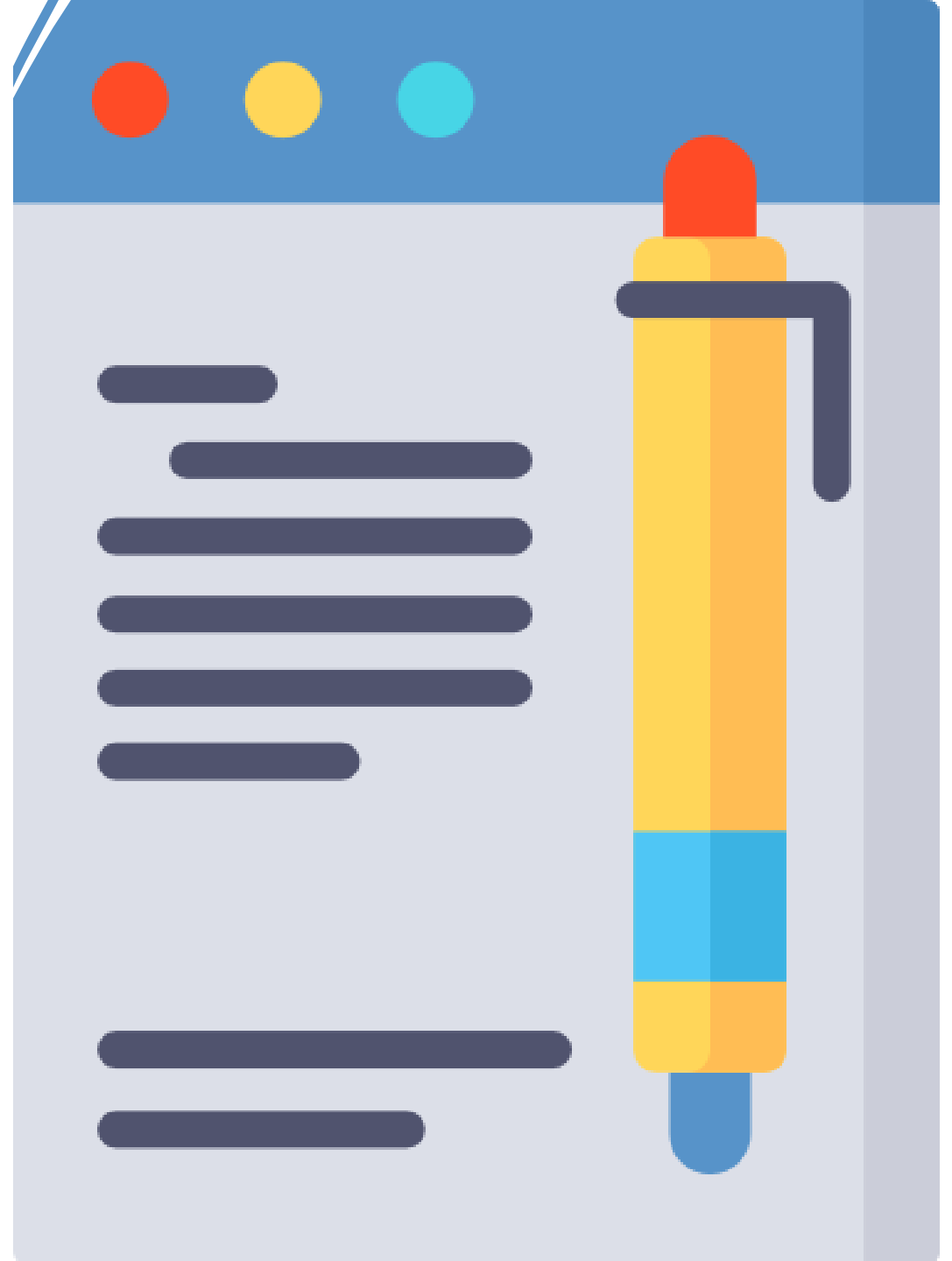
Principle 4 – Accountability

- Humans = very sensitive to social cues
- Exploit this!
- Make checking visible and real
- Ulysses Pact



Summary

- The first step to learning is showing up to learn
- Motivation doesn't last – build habits
- Consistency > intensity
- Use routine, reward and accountability



How do you revise?

5 BASIC RULES
FOR MAKING THE
MOST OF YOUR TIME

What to check with your child

5 simple rules – could you sit down together and go through this process?

REVISION

RULE ONE

MAKE A PLAN

TAKE CONTROL – BE ORGANISED

Fail to plan – plan to fail

REVISION

RULE TWO

SHORT BURSTS

30-40 MINUTE SLOTS in one go - Max

Plan breaks – plan de-stressors (run, walk, play guitar, x-box etc. – time limited though!)

NO LONG SLOGS

REVISION

RULE THREE

BE ACTIVE

‘Think in ink’

Use TOPR materials

DON'T JUST READ – Avoid the illusion of knowing

REVISION

RULE FOUR

TEST & PRACTISE

MEMORY TESTS – use TOPR strategies

PRACTICE QUESTIONS

TIME PRESSURE

FOCUS ON WHAT YOU DON'T KNOW

REVISION

RULE FIVE

FOCUS

NO PHONE, LAPTOP, FACEBOOK, TEXTS, TV, ETC.

These are the rewards/de-stressors

While there are some good online tools these should be used
less frequently than more self-generated ways to practise
retrieval

PLAN
SHORT BURSTS
ACTIVE
TEST
FOCUS

Managing Well-being

- It is helpful to address this and talk through some simple lifestyle choices which can make a BIG difference to managing the exam experience.
- You will have already experienced or witnessed one or all of the following:
 - Waves of uncertainty
 - Waves of anxiety
 - Waves denial
 - Waves of frustration

‘Focus on what you can control’

The build-up to exams can be stressful

- Very important GCSE exams - These can be very threatening for all students, especially for those with low starting points for self-esteem and resilience.
- Teens need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep — one study found that only 15% reported sleeping 8 1/2 hours on school nights
- Physical activity starts to drop off for many
- Poor eating choices often leads to poorer nutrition
- More stress, less time for things that relieve stress?

Getting good quality sleep

- Avoid energy drinks (always) – these are harmful for teenagers.
- Avoid blue-light use in the two hours before bed – no screens in the room.
- Avoid social life in the two hours before bed.
- WIND DOWN TIME
- It is worth talking to your child about this as part of the "Plan".

Physical activity

- Monitor your child's physical activity.
- Recent research has found that even a short brisk walk can improve concentration, learning and wellbeing significantly.
- Please make sure that during revision periods, your child is taking extra physical activity in support of this.