

# SUPPORTING YOUR CHILD THROUGH GCSEs

With the national curriculum and exam changes students will have to understand and retain a huge amount of information at the end of a two-year course. This is a challenge but it is not impossible and it is an exciting opportunity to inspire a love of learning!

## BUILD BRIDGES



Teachers are partners. They want the best for your child just like you do. Find out what is expected, stay informed and build a relationship. Work together with your child's form tutor in particular. They are your first point of contact so if you have any issues or concerns you have somebody to go to, and so does your child when you're not there.

## LISTEN



A massive 73% of 15 year olds in England feel under constant pressure from schoolwork and sadly, only 27% of students in England actually enjoy school.

Listen to their concerns and take them seriously. If they communicate only in grunts look out for signs that may show that your child is struggling.

They may be asking for help without even saying a word. Be there. Listen.

## BE INTERESTED



Show them that you are interested in their work, what they are learning, and who they are (or are not) making friends with.

Give praise for accomplishment and effort. If your child is working hard recognise it, everyone needs encouragement from time to time.

## GIVE THEM SPACE, LITERALLY



Ensure they have a suitable space for working in, away from distractions. If they share a bedroom or have to work in a family space give them "red time" where siblings (and you) can't bother them so they have quality, quiet time to study.

## GET INVOLVED



Parents who are actively engaged in their child's learning at school can improve their progress by an average of 3 months.

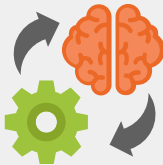
Schools hold lots of events such as quiz evenings, parent forums, art shows and theatre productions. Most schools hold these events in the evening to help fit in with working parents, so try to make the time and effort to go. You will find it will not only enrich your children's lives but your own too.

## SLEEP, SWEET, SLEEP



Studies show that sleep plays a critical role in memory consolidation and helps the learning process. Ensure your child gets a good night's sleep and doesn't stay up too late.

## MEMORY MATTERS



As your child has to learn, retain and recall lots of information, unleash your imagination with creative memory techniques! Classic memory cues such as, mnemonics and image chains are powerful. Have fun creating wacky stories and memory palaces to help make the information stick. Encourage the use of A-Maps and display them prominently around the house so your child can review their work easily.

This is the most important one of all

## DON'T GET DISCOURAGED!



Sometimes the going gets tough; remember to act calm and positive. Don't let yourself get drawn into arguments and negativity. If a child is angry about schoolwork it is often because they think they can't do it. It is your job to show them they can.

