

Year 10 Parents Information Evening

Developing Positive Learning Habits

Miss Swaysland (Head of Year 10)



CHESSINGTON
SCHOOL



Aim of the session

To introduce ways in which students can become “*better learners*”, developing positive learning habits that will improve outcomes.

To recommend ways in which you can support your child to develop these habits.

Reducing Cognitive Overload

Cognitive load theory places an emphasis on our **working memory**.

This is where we hold and process new information, such as skills and instructions. If learning is to take place, this information needs to be passed from our working memory to our **long-term memory**.

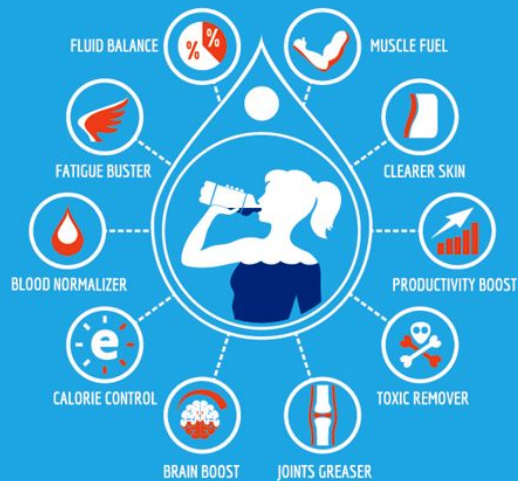
Our working memory has a small capacity, so it cannot hold large amounts of information. This means a student can only process so much new information at once. Too much can lead to **cognitive overload**, which hinders how much learning can take place.



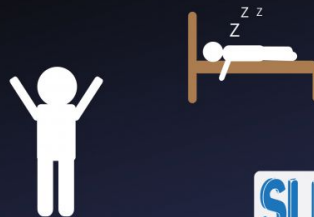
How can cognitive overload be managed at home?



BENEFITS OF STAYING HYDRATED



GET 7 OR MORE HOURS



**SLEEP WELL
BE WELL**

MONDAY-SUNDAY

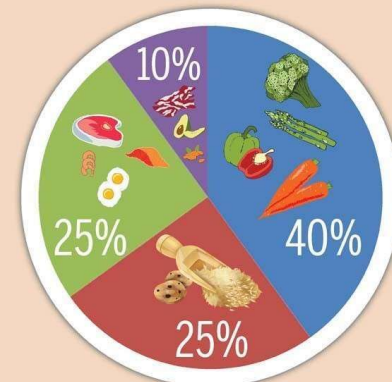
**KEEP A CONSISTENT
SLEEP SCHEDULE**

AVOID BEFORE BED



**SEEK HELP FOR
POOR SLEEP**

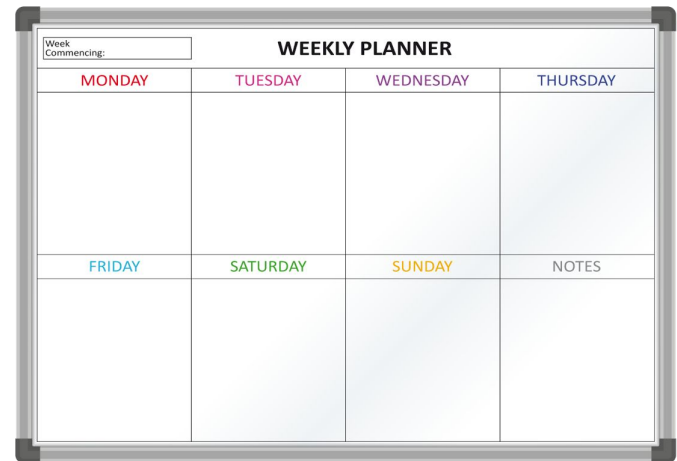
Balanced diet



● Fruits and vegetables ● Protein
● Fibre-rich carbohydrates ● Fats

Developing Organisation

- Making sure equipment is ready for the following day.
- Declutter and tidy **physical** and **digital** workspace.
- Encourage the use of a planner.
- Whiteboard planner.
- Encourage use of task management apps.



Attendance

- 90% attendance equals **half a day** of school missed **every week**
- One school year at 90% attendance = **4 whole weeks** of lessons and school work missed
- 90% attendance over 5 years of secondary school = **half a school year missed**
- There is a direct correlation between low student attendance and future employment prospects

Research suggests that 17 missed school days a year is equal to a GCSE grade drop in achievement (Department for Education and Skills).



Attendance	Average progress 8 score
Greater than 98%	+0.80
Greater than 95%	+0.66
Less than 95%	+0.27
Less than 90%	-0.43

ARRIVING
5 MINUTES LATE
EVERY DAY
ADDS UP TO OVER
THREE DAYS
LOST EACH YEAR!



Keeping on top of homework!



- Encourage homework to be completed well in advance of the due date.
- Homework Club: Tuesday, Wednesday, Thursday from 15:00
- Classcharts
- Completing homework is not about the avoidance of consequences. Let's change the "That'll do" mindset.



Goal Setting

- Try and make this a part of day to day life beyond school.
- Set short and long term goals.
- Make sure there always a conversation around 'why?'.
“Why is it important?”.
- Pay attention to Current Working Grades and Target Grades.
- SMART

11 Ways to Improve Your Goal Setting

by @inner_drive | www.innerdrive.co.uk

- Have a Long Term Goal**
Gives your motivation a boost.
- Have a Short Term Goal**
Helps you maintain focus.
- Make it Challenging but Realistic**
Aim high so that you really push yourself.
- What's the Why?**
Give a reason why your goal is important.
- Make it Specific**
Specific not vague terms make it easier to monitor progress.
- Focus on Skills**
Focus on developing your skills, not just on the end outcome.
- Be Flexible**
If the situation changes, tweak your goals.
- Share Your Goals**
If other people know about them, they may be able to help you.
- Ensure There is Trust**
People work harder on achieving a goal if they trust the person who has set them that goal.
- Consider Potential Obstacles**
This allows you to come up with a plan, ensuring that you are fully prepared.
- Monitor Progress**
This helps you stay on the right track and to adjust as needed.



REVISION

WHERE?

WHAT?

WHEN?

HOW?

WHY?



WHERE? Clear space/ water available, at a desk not in front of tv or on a lap. Can you see what they are doing?

WHAT? Check what subjects they are doing, ask about their studies, check in on them, talk about the topics and subjects before hand, create a timetable for their options.

WHEN? 30 mins -1 hour depending on task per subject per week at this stage then it will increase closer to exams.

HOW? Trial different techniques, get them to talk to their teacher about what works for them, and what works for their subjects.

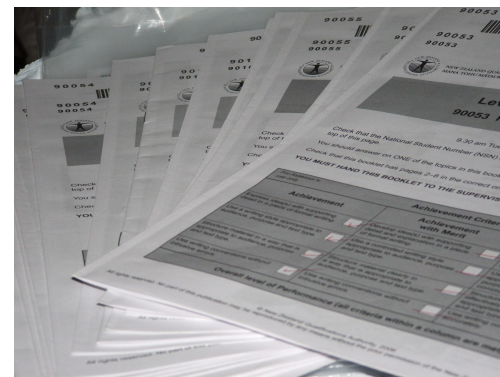
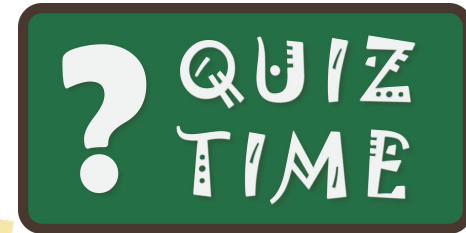
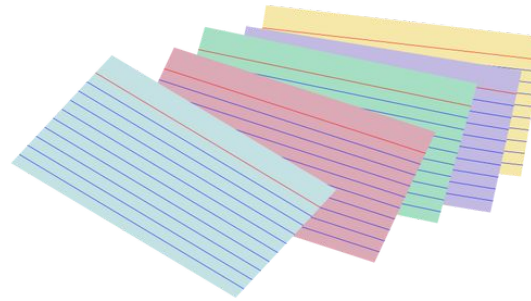
WHY? It works, for better grades , to be successful, to ensure information is not forgotten they must practice retrieval techniques, and interleaving at home.



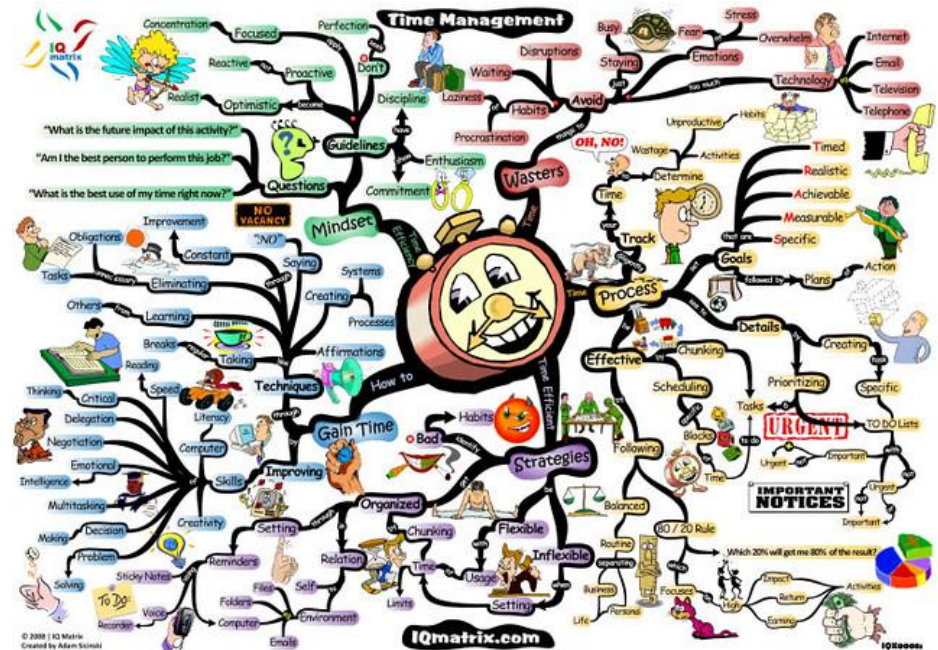
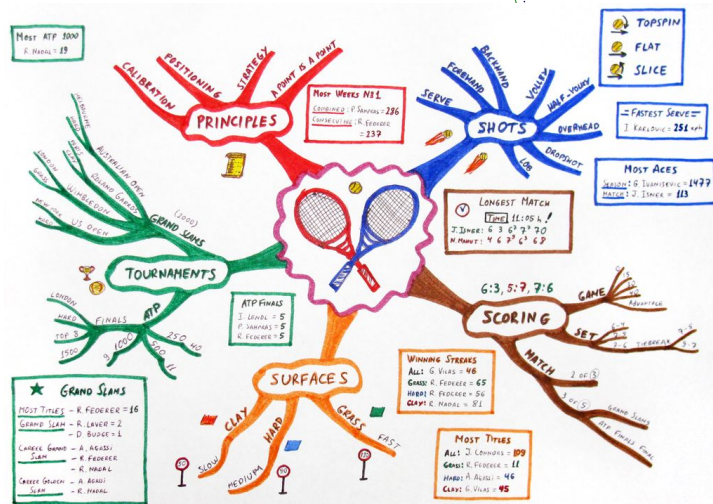
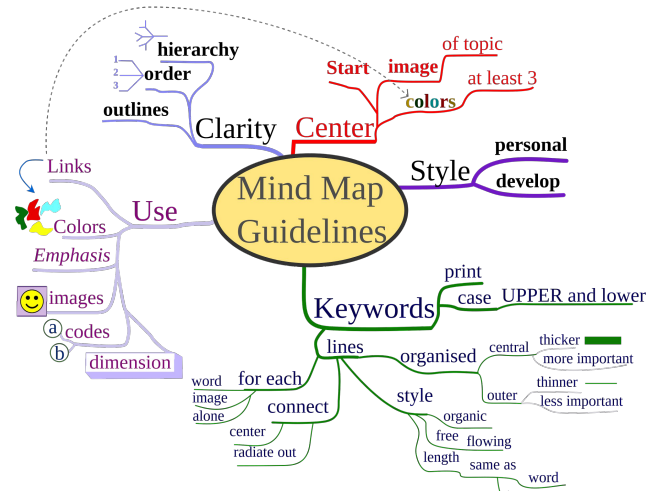
Revision Techniques and skills

These Are Just a few

- Cue Cards
- Mind Maps
- Memory Journey
- Past Papers
- Posters and Diagrams
- Q&A
- Informative Video
- Personal Reflection Questions
- Teach it to others
- Highlighters
- Bullet points



Mind maps



Everyone valued • Every day an opportunity • Every moment focused on success



Flashcards

➔ Perfect For **studying vocab**, verb **tenses** and all those naughty **irregular verbs** that are driving you mad!

➔ Use them to revise during your **study periods** and at home but also during any "**dead time**".

➔ Test yourself or get other people to test you!

➔ Divide them into **3 groups**:

- The ones you don't know
- The ones you need to review
- The ones you already know



Growth Mindset

- Resilience
- Attempt EVERYTHING
- Important to support this from home!

