



WORCESTER  
SIXTH FORM COLLEGE

# Our Aims

- To share ways that we can work together to help your teen achieve the very best this year
- To provide you with information about how you can support your teen in managing their work load, and becoming an independent learner

# Working in Partnership with Parents

- You really do make all the difference:

*‘parental support is eight times more important in determining a child’s academic success than social class.’*

Times Educational Supplement

# Have a Vision

[www.futurelearn.com](http://www.futurelearn.com)

[www.careermap.co.uk](http://www.careermap.co.uk)

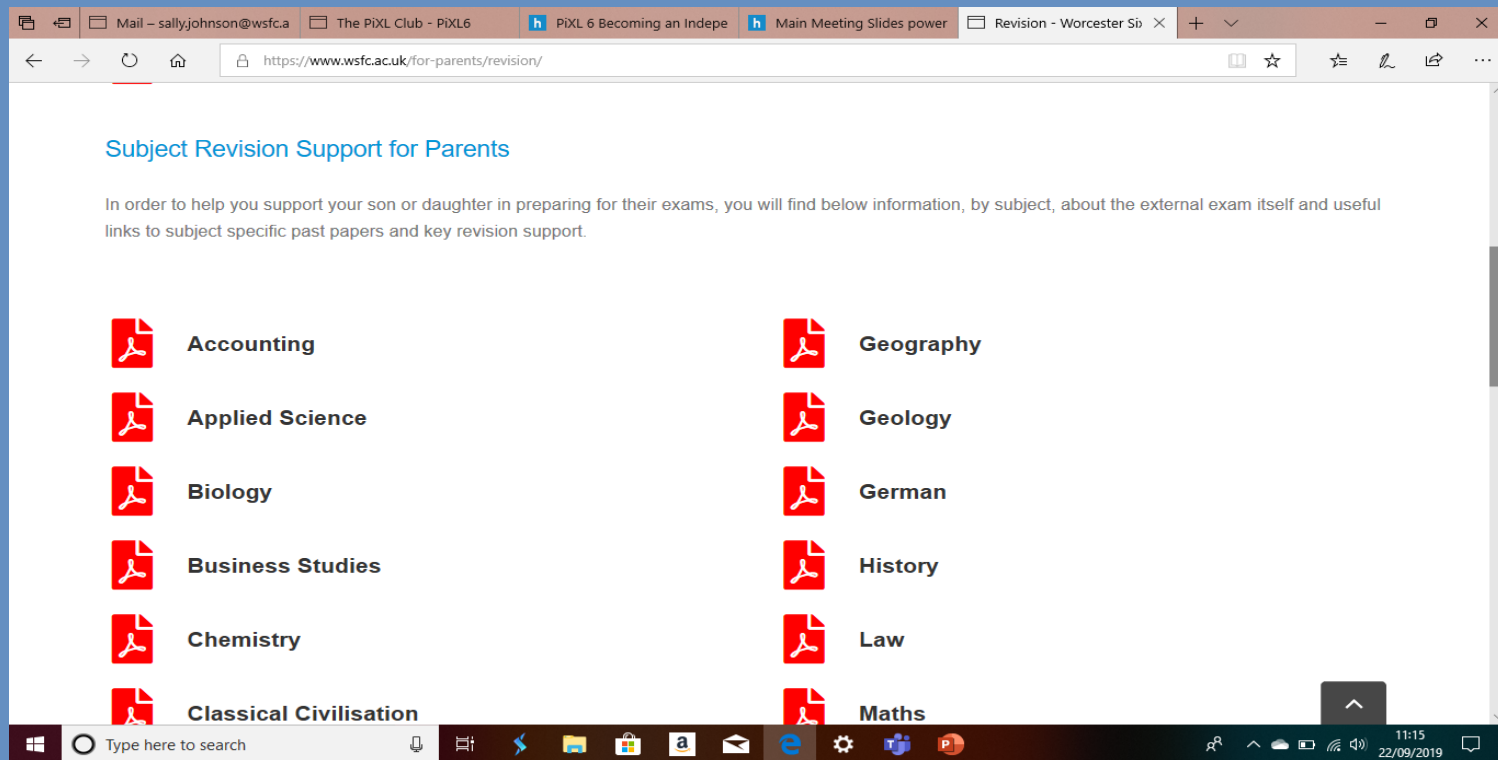
[www.findapprenticeship.service.gov.uk](http://www.findapprenticeship.service.gov.uk)

[www.ucas.com](http://www.ucas.com)



# Specific actions that you can take to support learning

- Information is power.....



# Core Support

## moo18.wsfc.ac.uk

The screenshot displays a web browser window with the URL <https://moo18.wsfc.ac.uk/course/view.php?id=192>. The browser's address bar and tabs are visible at the top. The website's header is blue and contains a hamburger menu icon, contact information (Call us : 01905 362600, E-mail : helpdesk@wsfc.ac.uk), and a user profile for Sally JOHNSON. The main content area is white and organized into three sections: 'Course Specification and notes' with links to 'A Level RPE Specification', 'Ethics notes', and 'Philosophy notes'; 'Weekly Tasks' with a link to 'Weekly tasks'; and 'Past Papers' with links to 'Practice papers' and 'Philosophy and Ethics Practice Papers'. The Windows taskbar is visible at the bottom, showing the search bar and various application icons.

Course Specification and notes

- A Level RPE Specification
- Ethics notes
- Philosophy notes

Weekly Tasks

- Weekly tasks

Past Papers

- Practice papers
- Philosophy and Ethics Practice Papers

# Becoming an Independent Learner

- Encourage your child to track what they do and don't know at the end of each week.
- Study skills support is available in college
- Encourage your child to have a tidy space to work in. Reduce distractions – do they have everything they need to studying?



# Preparing for the Exam

- Use the resources on the exam board website. Practice papers, mark schemes and exam reports are available here.
- Be familiar with each exam paper so that you know what topics are on each paper
- Think about timing and how the marks are allocated
- Read the instructions carefully



# Did you know?

- Over a third of UK young people use the internet for six or more hours a day, with most of that time dedicated to social networking sites.
- Research suggests that being on a screen within an hour of going to bed can cause disrupted sleep.
- The young also check their phones every 8.6 minutes, more often than any other age group.

## Doctors tell parents to cut children's screen time

Concern mounts over link between social media and depression



Heavy social media use and poor sleep are linked to depression in teenagers  
ALAMY

## LEADERS' LIMITS

Evan Spiegel, the founder of Snapchat, limits his seven-year-old stepson to 90 minutes of screen time a week.

- Bill Gates, the Microsoft founder, limited his older daughter to 45 minutes of screen time on weekdays and an hour at weekends.
- Steve Jobs of Apple said in 2010 that he banned his children from using iPads.
- Tim Cook of Apple said he did not want his nephew on social media.
- Mark Zuckerberg of Facebook wrote an open letter to his newborn daughter saying it was “important to make time to go outside and play”.

*Taken from The Times, December 2018*

# Get App Happy

- There are a wealth of apps available to support students' learning.
- **SENECA, Quizlet, Forestapp**

Seneca allows students to revise, and it is suggested that they will learn twice as fast with the app than would happen with a usual revision guide. The app currently covers Biology, Chemistry, Physics, Economics, English Literature, Geography, History, Politics and Psychology.

# Talent ?

## Talent grows!

## Deep Practice

The process of “struggling in certain targeted ways- operating at the edges of your ability, where you make mistakes- (*and thus*) makes you smarter.” -



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# STUDY THE WORDS

## A

- Ocean / Breeze
- Leaf / Tree
- Sweet / Sour
- Movie / Actress
- Gasoline / Engine
- High school / College
- Turkey/stuffing
- Fruit / vegetable



## B

- Bread / B\_tter
- Music / L\_rics
- Sh\_e / Sock
- Phone / B\_ok
- Fi\_h / Chips
- Pen\_il / Paper
- Be\_r / wine
- Television / rad\_o





## B

- Bread / B\_tter
- Music / L\_rics
- Sh\_e / Sock
- Phone / B\_ok
- Fi\_h / Chips
- Pen\_il / Paper
- Be\_r / wine
- Television / rad\_o

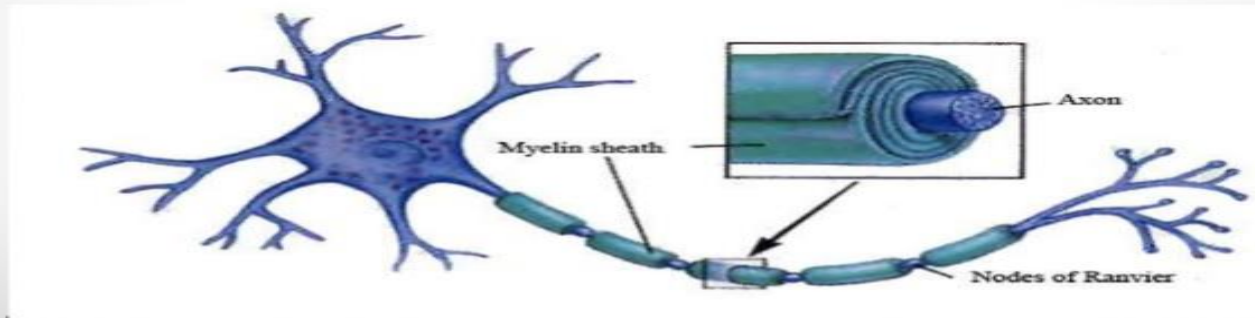




# THE SCIENCE BEHIND DEEP PRACTICE

## Myelin

- Myelin is the insulation that wraps these nerve fibers and increases signal strength, speed, and accuracy.



# Effective Study Strategies



[www.thelearningscientists.org](http://www.thelearningscientists.org)

**All strategies are based on cognitive psychology research**



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# Retrieval Practice

Involves retaining information from the past and recreating it at the present moment

As a student this would mean in a period after being taught something in class, retaining and recreating this information without using notes

Information must be checked against right answers

It's hard!



# Acronyms

## Cognitive learning theory

\*MEMORY\*

Cog = PROB ...lem

= Ice cream

= MR **WIPPI**

W Whole learning

I Intervening variables

P Perception

P Past experiences

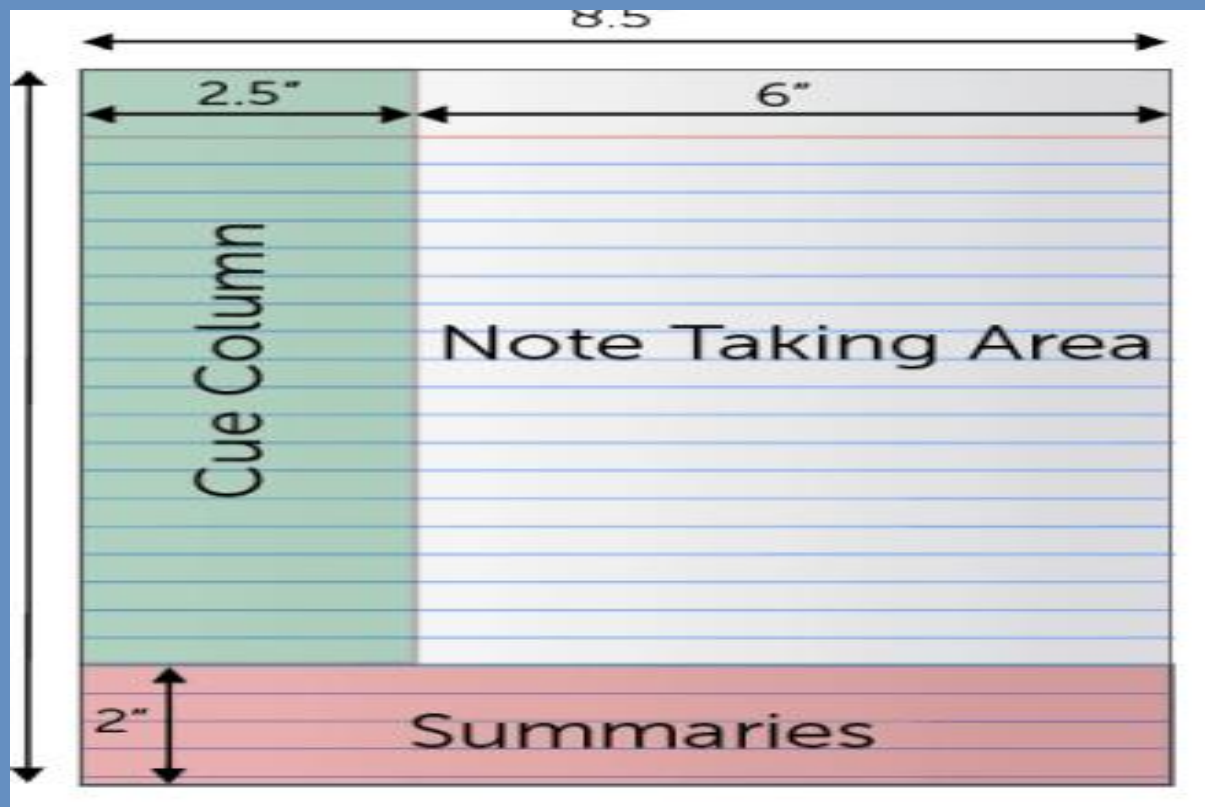
I Insight



# Elaborative Interrogation

Asking questions about how and why things work

Cornell notes



# Concrete Examples

To really nail down an abstract idea, you need to solidify it in your mind. You can do this by being specific and concrete.

Angular velocity

Somersault – with tuck position

