

Parent Seminar



ELEVATE EDUCATION – WHO ARE WE?

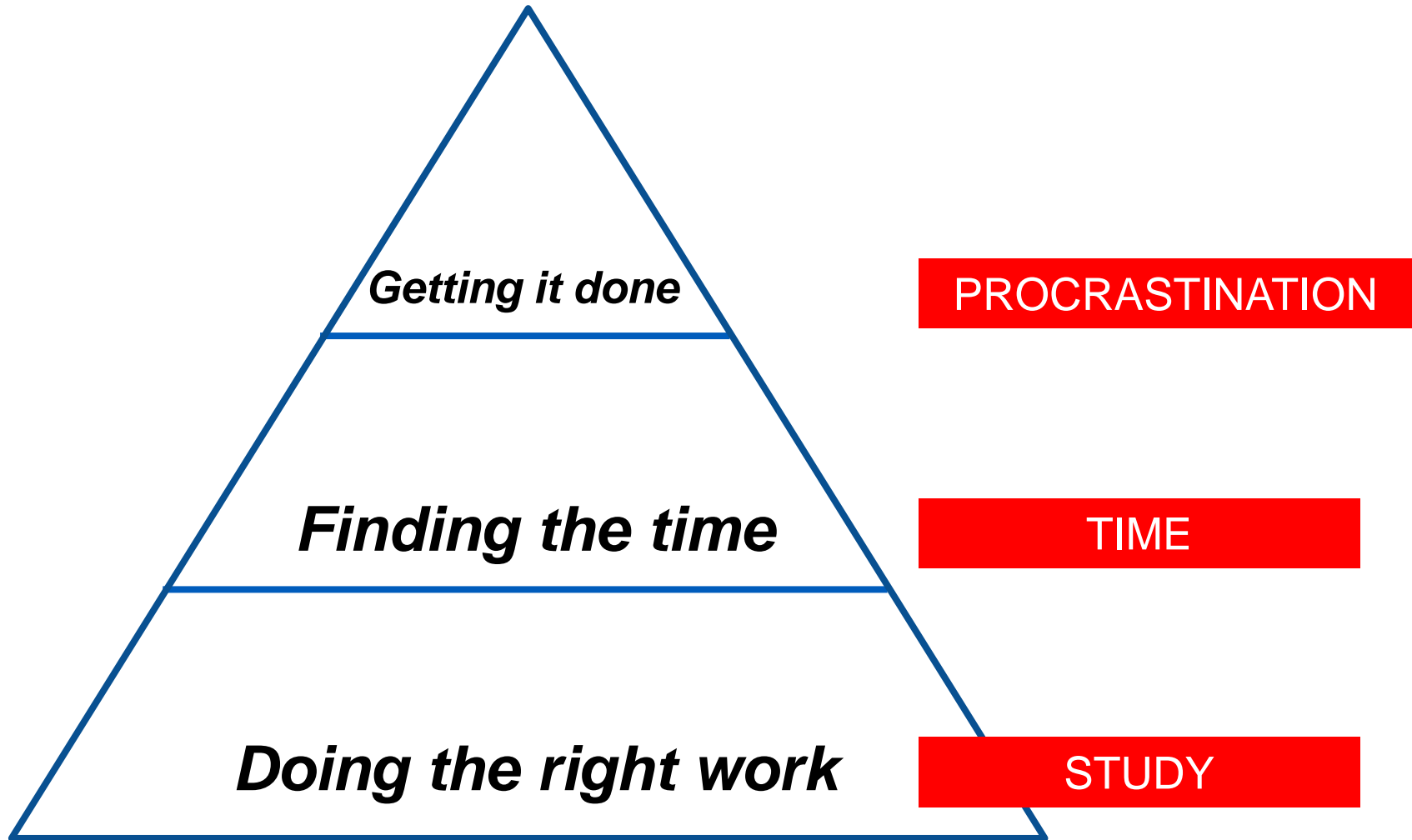
- Created in 2001
- Why did the top students get top results?
- Surveyed and interviewed the **top 2000 students** in the UK and AUS from 2001 – 2004;
- **top 500 students** every year after in 4 countries
- Round 1: Quantitative data
- Round 2: Qualitative research
- 13 key study habits



13 KEY STUDY SKILLS



3 FACTORS OF SUCCESS



PART 1: WHAT WORK SHOULD YOUR CHILD DO

- **95% of students just do homework or prep**
 - Gives a foundation, BUT
 - You don't stand out
- **Other 5% do 3 types of work...**

USING THE SPECIFICATION

1. Make notes on key bullet points

- *“Students should be able to...”*

2. Tick them off

3. Cross-check notes with Specification





4. Examination Board website (AQA, OCR, Edexcel etc.)

- *Practice Papers/Past exams*
- *Examiner’s Report/Marking Schemes*
- *Advice for sections*

EDEXCEL BIOLOGY SPECIFICATION

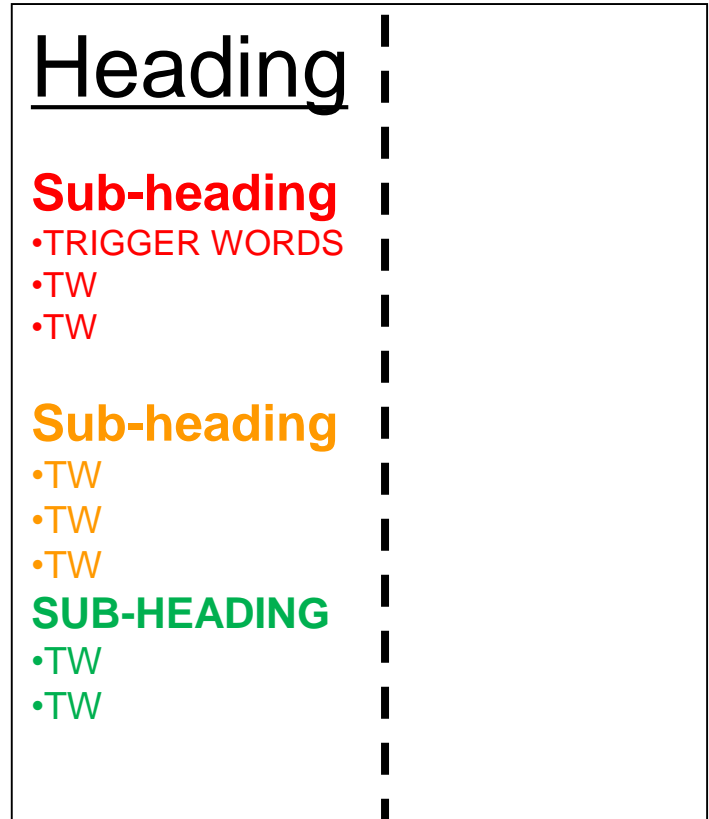
Students should:

1.1 Carbohydrates

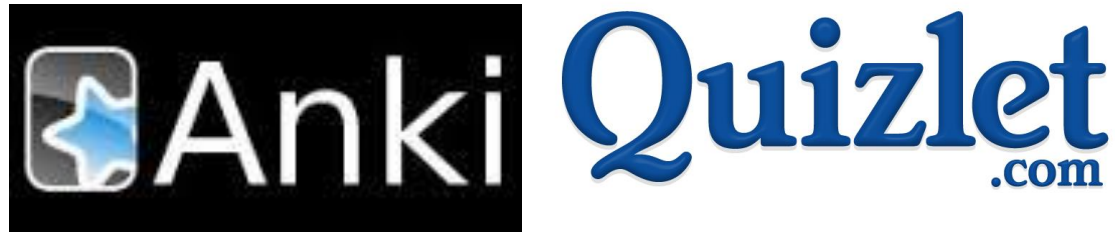
- i Know the difference between monosaccharides, disaccharides and polysaccharides. 
- ii Know the structure of the hexose glucose (alpha and beta) and the pentose ribose. 
- iii Understand how monosaccharides (glucose, fructose, galactose) join to form disaccharides (sucrose, lactose and maltose) and polysaccharides (starch formed from amylose and amylopectin; glycogen) through condensation reactions forming glycosidic bonds, and how these can be split through hydrolysis reactions. 
- iv Understand how the structure of glucose, starch, glycogen and cellulose relates to their function. 

NOTE TAKING AS REVISION

- Use trigger words
- Use a colour coding system to increase memory
- Notes DO NOT equal marks.
- **Application > Memory**



Technology & Resources



Whiteboards

PRACTICE PAPERS

1. Spend at least 2 week on past papers
2. Open book and open time
3. Closed book and open time
4. Exam conditions – *situational learning*
5. REVIEW!

PART 2: FINDING THE TIME TO DO THE WORK

TIME MANAGEMENT

- Encourage the consistent use of a weekly planner
- Different from a study timetable
 - Prioritise extra-curricular activities
 - Fit study around the fun stuff
 - Focus on tasks, not time
- **Benefits for both students and parents**
- Use a whiteboard, google calenders or an excel spreadsheet.

Elevate Term Timetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

3 pm					
4 pm					
5 pm					
6 pm					
7 pm					
8 pm					
9 pm					
10 pm					
11 pm					

9 am		
10 am		
11 am		
12 pm		
1 pm		
2 pm		
3 pm		
4 pm		
5 pm		
6 pm		
7 pm		
8 pm		
9 pm		
10 pm		
11 pm		

PART 3: GETTING THE WORK DONE

BEATING PROCRASTINATION

Too much
work

- Break work down
- Write a list

I don't like it

- Study groups
- Incentive system

No
motivation

- Set clear and compelling goals

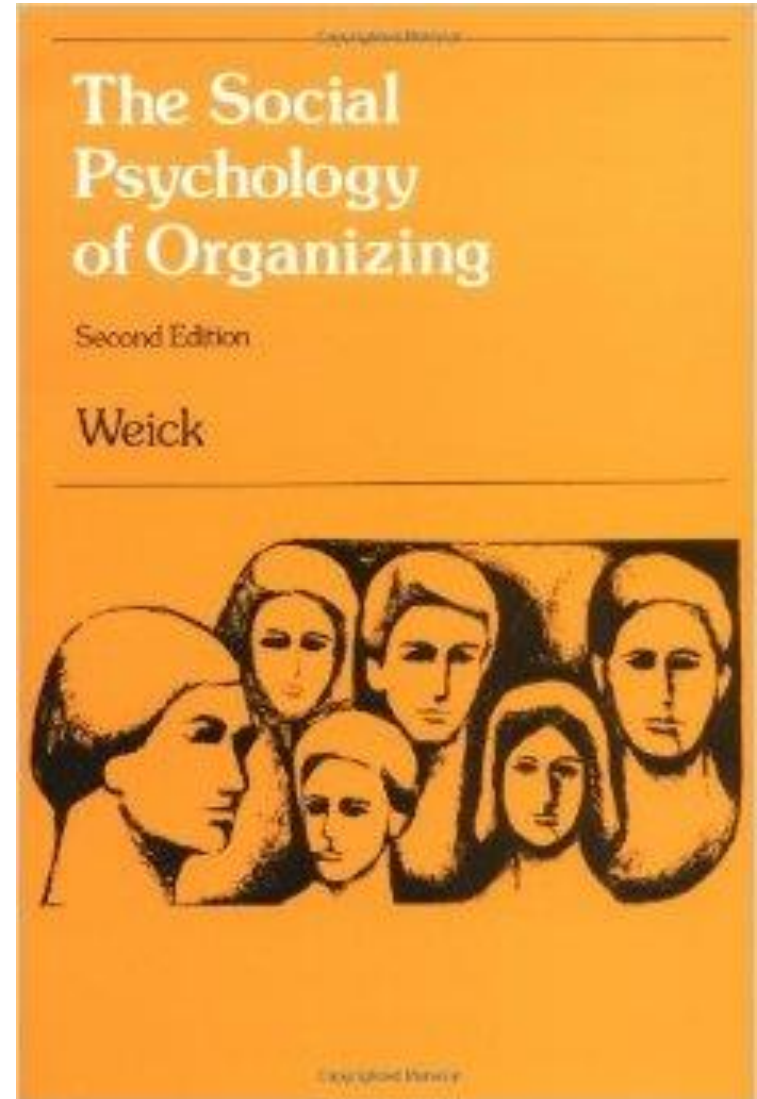
IMPORTANCE OF GOAL SETTING

- Carol Dweck – ‘Growth Mindset’
- Focuses efforts and generates motivation
- Requires personal attachment



IMPORTANCE OF GOAL SETTING

- Karl Weick – ‘Small wins’
- **Be micro-ambitious**



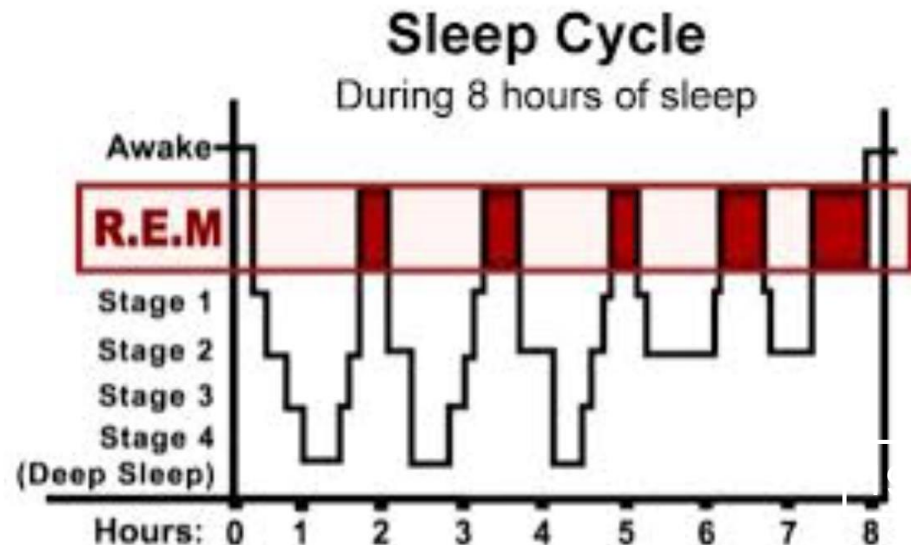
MUSIC – YES OR NO?

- Music has been shown to increase productivity with **manual tasks.**
- **HOWEVER,** music with **lyrics** have a negative impact on your child's learning.
- Best sound to listen to:
 - **'White noise'**



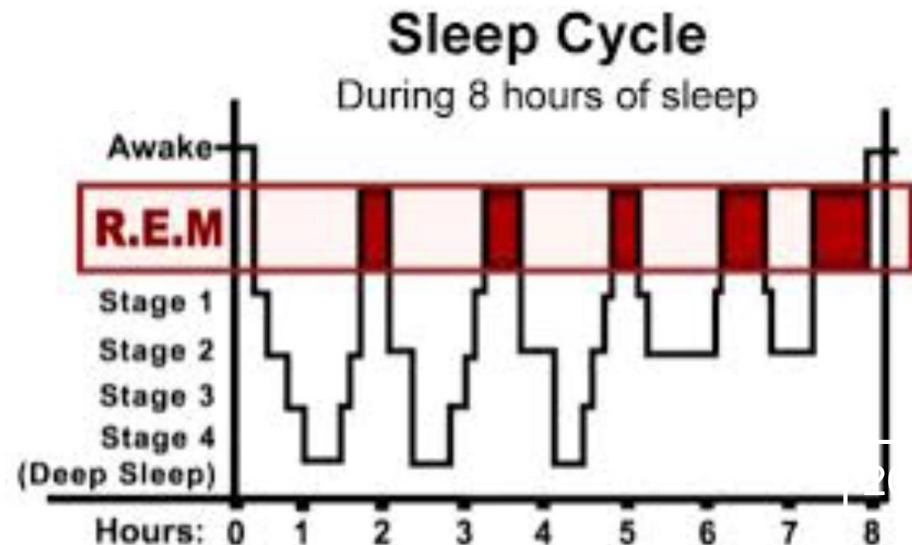
SLEEP AND TECHNOLOGY

- 8.5 hours sleep – what are the benefits?
 - More time in REM Sleep
- Avoid technology before bed
 - Download F.lux
- Managing technological distractions
 - Self Control
 - Focus Me
 - Cold Turkey



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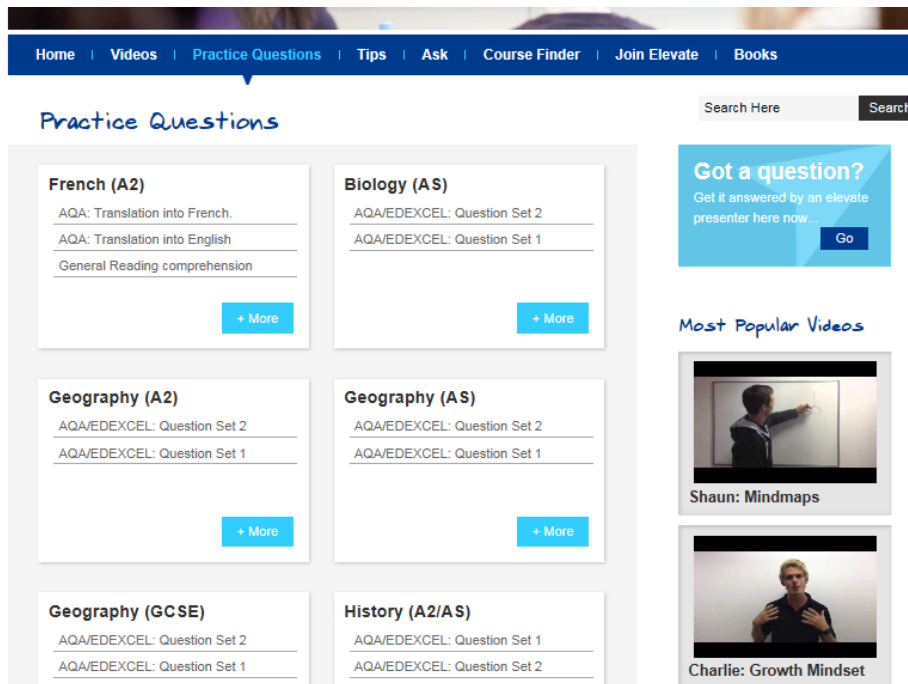
WHERE TO FROM HERE?

- **Seminar workbooks**
- **Teacher Implementation Kit + Student Activity Kit**
- **Twitter @elevateed**
- **Student/Teacher/Parent Website**
 - **www.elevateeducation.com**

ELEVATE EDUCATION WEBSITE

www.elevateeducation.com

- *The Science of Student Success*
- **Free** practice questions across 12+ subjects
- Ask a question
- Videos from past top students



The screenshot shows the Elevate Education website interface. At the top is a dark blue navigation bar with links for Home, Videos, Practice Questions, Tips, Ask, Course Finder, Join Elevate, and Books. Below the navigation bar is a search bar with the text "Search Here" and a "Search" button. The main content area is titled "Practice Questions" and features a grid of subject categories. Each category includes a title, a list of question sets, and a "+ More" button. The categories shown are:

- French (A2)**: AQA: Translation into French, AQA: Translation into English, General Reading comprehension
- Biology (AS)**: AQA/EDEXCEL: Question Set 2, AQA/EDEXCEL: Question Set 1
- Geography (A2)**: AQA/EDEXCEL: Question Set 2, AQA/EDEXCEL: Question Set 1
- Geography (AS)**: AQA/EDEXCEL: Question Set 2, AQA/EDEXCEL: Question Set 1
- Geography (GCSE)**: AQA/EDEXCEL: Question Set 2, AQA/EDEXCEL: Question Set 1
- History (A2/AS)**: AQA/EDEXCEL: Question Set 1, AQA/EDEXCEL: Question Set 2

On the right side of the page, there is a blue box with the text "Got a question? Get it answered by an elevate presenter here now..." and a "Go" button. Below this is a section titled "Most Popular Videos" featuring two video thumbnails: "Shaun: Mindmaps" and "Charlie: Growth Mindset".

UN = elevate
PW = pacco

QUESTIONS?

Specific Note Making Techniques

Sleep

Motivation & Goal Setting

Study Environments/Facebook/TV/Music

Time Management

Getting non-required work done

Study Groups

Memory Techniques

Handling the exam room