



# Parent Advice

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Help your child achieve the Top Grade in Mathematics with practical steps from other parents and educational experts.



Revising for GCSE or A-Level Mathematics can be a difficult and stressful time for students. Students have to practice mathematical techniques and learn exam technique. As a parent, you can greatly help.

We at ELITE Tuition recognise the importance of the examination revision time and how much impact this time has on the overall grade the student will achieve.

This document is for parents who wish to better understand the current issues facing students revising and how, as parents, you are able to help ensure your child achieves their full potential.

Sadly, some parents find their attempts to help their child to be ineffective and often find that the child wishes to be left alone. This document shall offer practical advice which is proven to improve student development without creating the uncomfortable feeling of looking over the student's shoulder.

First, it is important to understand the current issues and pressures students face while revising.

With the pressure of the requirement of a good GCSE Mathematics pass or a strong A-Level Mathematics grade for University, students have to work hard to ensure that they have a thorough understanding of the core material and examination techniques necessary to achieve the top grade. Often, students react in extremes, revising endlessly to the point of exhaustion or giving up and finding quick distractions.

Students are bombarded with study advice from their schools, peers and parents. Websites contain wonderful material, videos and support forums which students should use (links provided at the end of the document). However, it is easy to spend too much valuable time gathering ideas for the perfect revision timetable.

Your child's ELITE Tutor will provide a Student Improvement Strategy which gives outcome related goals for studying and a broad revision timetable.

It is important to work closely with your child to help structure their time to achieve these goals while ensuring their welfare.

**"I'm so grateful my Dad helped me plan my timetable and for all the support he gave." - Susan Page**

Over the next few pages, you will read practical ways in which you can help your child and inform you of common mistakes, distractions and other maladies which can inhibit your child's progress.

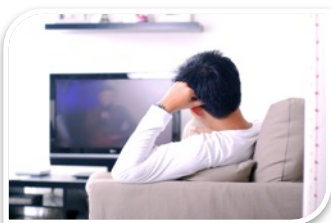
We ask that you email us your own gems of wisdom for future parents on [info@elitetuition.com](mailto:info@elitetuition.com).

Below are some of the Key ways you can help your child revise Mathematics, ensuring they achieve their full potential.



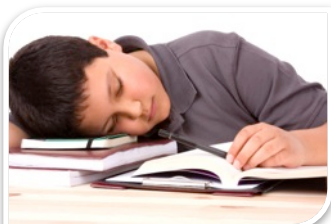
#### **A clean organised and dedicated study area**

Students need a study area which is well lit and has access to fresh air. It is important that they are able to leave their work there when not studying and it is advised that they put them away neatly after revision. A tidy and organised study area has a huge positive effect on student moral.



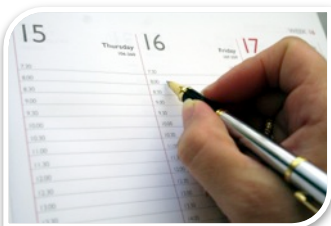
#### **Planned breaks are important**

Breaks give students a chance to rest their mind and give the brain time necessary to create new connections. Also, students find it helpful to exercise which increases blood flow to the brain. But be cautious not to let your child spend too much time taking a break. (10 - 20 minutes is a good guideline.)



#### **Check for signs of exhaustion**

Students can find themselves studying long periods of time without breaks or until the early hours of the morning. Check your child is taking regular breaks and getting adequate sleep. (7 - 8 hours per night is optimum for this age-range.)



#### **Know the revision timetable and the set outcomes**

The ELITE Tutor will provide specific outcomes for students to achieve each week (included in the Student Improvement Strategy). Know these and help plan your child's week to ensure they have time to complete these. Also, ask your child to show you their work.



#### **Reading is not evidence of learning**

Processing and recalling are different cerebral functions. It is vital that the student demonstrate that they are able to apply the mathematical techniques or tricks they are reviewing by completing questions. These are usually agreed with the ELITE Tutor in advance.

**“I’ve helped all three of my children prepare for their A-Levels and go to leading universities. My oldest has almost completed his medical degree. He says the revision techniques are still helpful.” - Dr Jane Maloney (Educational Psychologist)**



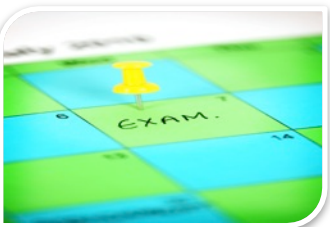
#### **Provide healthy snacks and proper meals**

Students tend to either binge on sugary foods or forget to eat. This has a huge negative impact on the student’s development. A third of the food we eat is used to power our brain and when studying, we naturally use more energy. Stock up on quick healthy snacks and plan healthy meals. However, do not try and radically change your child’s diet.



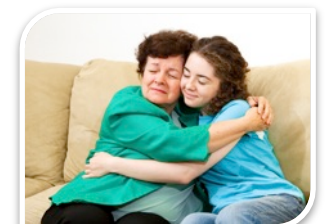
#### **Coffee and Energy Drinks in careful moderation**

Students often drink coffee or energy drinks when revising and though this has shown to help many students, it is important to ensure that a student is not drinking too many. Significant increases in caffeine tend to lead to erratic sleeping patterns and lack of sleep.



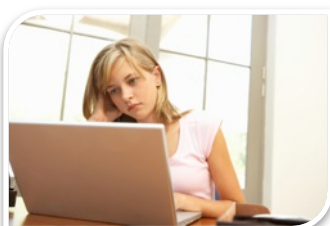
#### **Know your child’s exam timetable and exam times**

Despite knowing their exam timetable better than their own mobile number, it is alarming how many students still turn up on the wrong day or at the wrong time. Remind them of the correct times and dates and what to take into the exam (e.g. Pen, pencil, ruler, calculator, etc.)



#### **Remind your child you’re more concerned about their welfare than their grade.**

Students often fear disappointing their parents should they not achieve the required grade and force themselves to work to the point of exhaustion. As parents, you can remind your child that the exam is their opportunity to do well, not a time to avoid failing. But most importantly, you care for their welfare.



#### **Internet is useful if used properly**

Students can find valuable material and study aids on various websites (listed below) and watch video tutorials on YouTube. Students can gain much from the internet. However, students also have access to quick distractions such as Facebook, Twitter and other online playing games. As parents, it is vital you ensure your child uses the internet to aid their revision.

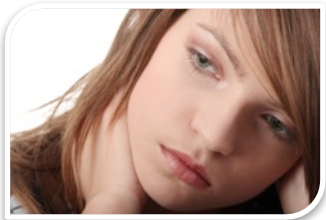


# What to look out for



## **Look out for signs of developing depression**

Studying several hours a day for months on end can have an impact on a student's moral and happiness. Also, post exams, students can find themselves feeling guilty for not studying even though they have finished their last exam paper. As parents, you can remind students that life is not about studying for exams and ensure they are having fun in their study breaks.



## **Look out for signs of sudden mood changes**

A relationship break-up or a fall out with friends can have a huge emotional effect on students in revision time. As a parent, you must know how to support students with their non academic issues and offer them space to deal with it. For specific advice, contact your ELITE Tutor.



## **If your child falls ill, take them to a doctor immediately**

Choosing to wait a week or so to see if the health of your child improves is a mistake! Doctors can provide lots of information in ways you can work with a given illness from a cold to inherited or chronic illnesses. Should your child fall ill, take them to the doctors immediately and email your ELITE Tutor. If necessary, we can notify the school and examination board.



## **Family bereavements and family emergencies.**

Should there be a death in the family or any other family emergency, it is important to notify the ELITE Tutor immediately and log the issue with your family doctor and school. Examination boards do take this into account.



## **Watch out for drug use**

If your child has taken drugs in the past, it is best to ensure they are not taking drugs any longer, especially during the revision period. Look out for signs of drug use or alcohol abuse. Should you have any concerns, please feel free to contact your child's ELITE Tutor who is trained to support in these situations.



## Advice from the tutors of ELITE Tuition. What we have found to work time and time again.

At ELITE Tuition, we have helped hundreds of students achieve A and A\* grades and we feel that the keys to success lie in good preparation, understanding of the exam structure and necessary techniques and mastering the tricks examiners use. However, there are a few other keys to success which are less obvious.

Psychological framing to success is perhaps the most under-estimated key to success in Education. This is where the student is only exposed to the notion of achieving the top grade and it is not only expected, it is effortless. We support our students and ensure that they develop their skills and push our students to get every single mark in the homework and test papers. When students make mistakes, we celebrate them as opportunities to learn and ensure they would not make that mistake in the real examination paper.

**“I’m confident you will get an amazing grade, and I bet you’ll do it effortlessly. Don’t worry about what you get wrong now, that’s just one less thing you’ll get wrong in the exam.” - Mr Nickson**

And finally, ELITE Tuition recognises the importance of the week before revision that students do and how their work will place ideas and concepts and tricks into their short term memory. We ensure our students collect a comprehensive set of examination tricks in a file which they review just before the exam. In addition, we ensure that they are familiar with every aspect of the exam well in advance of the exam. However, loading this into the short term memory is key. As parents, you must recognise this time and ensure that the student is given whatever they say they require and ensure that your other children do not distract or interrupt this process.

# ELITE Tuition

Helping you each step of the way to ensure your child achieves the top grade in Mathematics.

## Useful weblinks:

- [www.elitetuition.com/blog](http://www.elitetuition.com/blog)
- <http://www.bbc.co.uk/schools/parents>
- <http://news.bbc.co.uk/1/hi/education/3592040.stm>
- <http://www.mathstutor.biz>
- <http://www.khanacademy.org>
- <http://examstutor.com/maths>
- <http://www.thestudentroom.co.uk>

## ELITE Tuition

1 Castle Road, Northolt, Middlesex, UB5 4SD.

<http://www.elitetuition.com>