

Practical strategies and advice for parents

We know that the best support system we can offer our students involves a three-way relationship between staff, students and home. Although students are encouraged to become more independent and accountable, parental support is as important in the Sixth Form as it is at any other stage of your child's education.

Teachers often have conversations with families about how they can best support their child's education. We also have conversations with students who can feel that they are either facing too much pressure to study or that they don't have the right environment in which to study when not in school. We have therefore put together a list of practical strategies and advice for families and students on how to best support sixth form study:

Encourage your son or daughter to be responsible for their own learning by ensuring that they:

- **Plan a weekly study schedule:** Set a realistic start and finish time. Pencil in all fixed commitments and then look at the potential study times. This will enable you to see how many hours there are for study. Then divide this time up evenly between the numbers of units being taken and allocate an equal time per subject. Build in regular breaks – every 40 -60 minutes should be punctuated by a short break;
- **Provide a quiet working space:** A quiet, well-lit and comfortable working area is helpful where students can work undisturbed;
- **Find the specification:** Make sure your child has downloaded a copy of the specification for each of their courses. This will help them understand what they need to cover for their exam;
- Gather examiners reports and some examples of mark schemes for different types of questions. All should be available online;
- Bring the required equipment and materials to all lessons. Teaching staff will be able to advise students about the textbooks and revision guides they need. Some can be purchased through school (the bursary may be able to help) and second hand copies can be found online;
- Complete all work to the best of their ability;
- Keep the work for each subject organized in separate folders;

- Use their econtact book. Teachers regularly update homework and coursework deadlines here;
- Meet all deadlines for homework and coursework;
- Catch up on any work missed;
- Take advantage of the range of opportunities offered in extra-curricular provision;
- Speak to their or other members of staff if they have any problems arising from or affecting their work so that appropriate support can be offered;
- To notify the college of any absence;
- To inform the College of any changes to their personal details or contact information.
- Encourage your child to look after themselves by eating sensibly, drinking lots of water and getting plenty of sleep;
- Finally, please feel free to contact Mrs Cullen, our study support tutor gail@launcestoncollege.org.uk

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