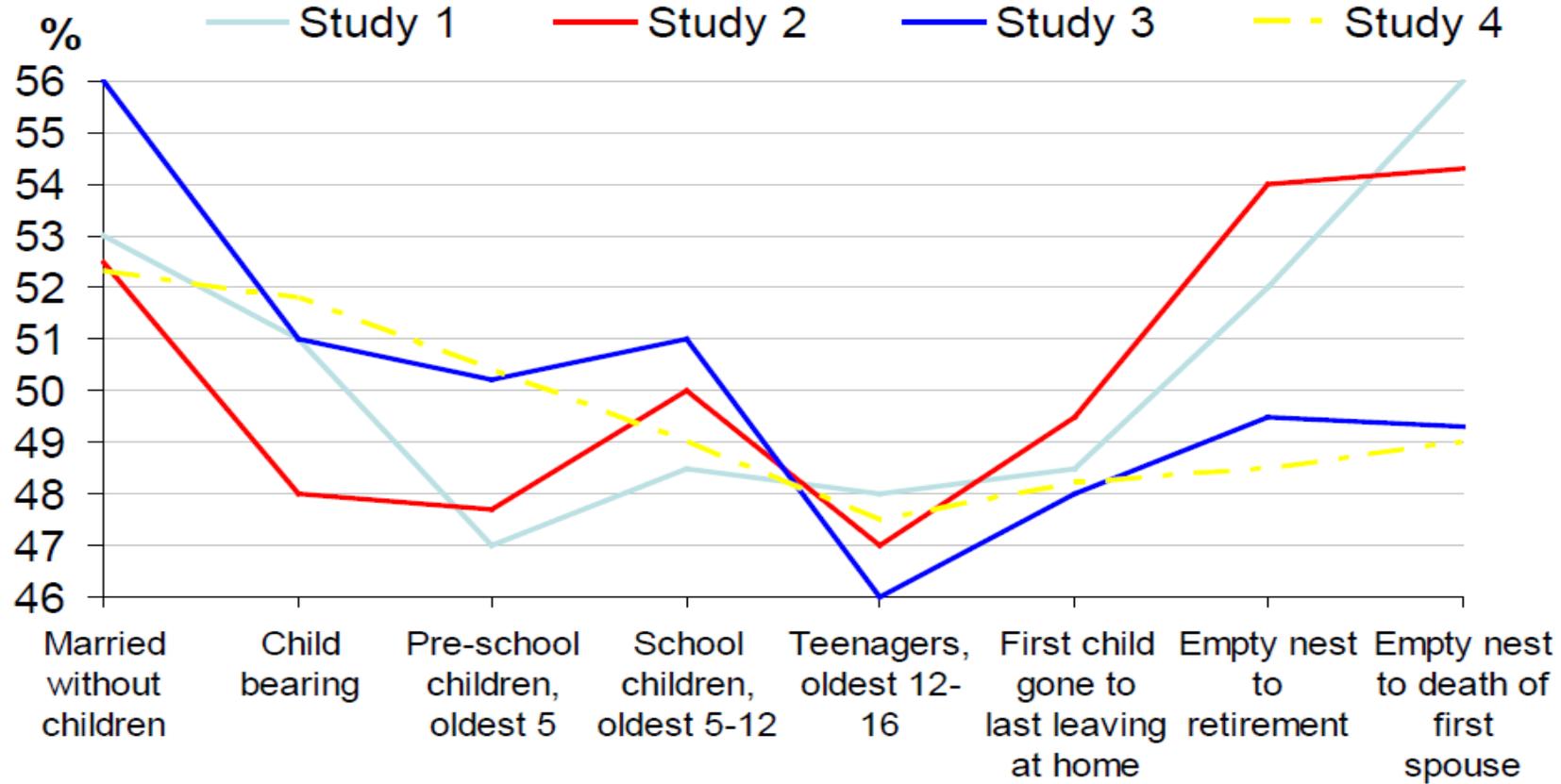


Preparing for Success at Secondary School

Michele Miller

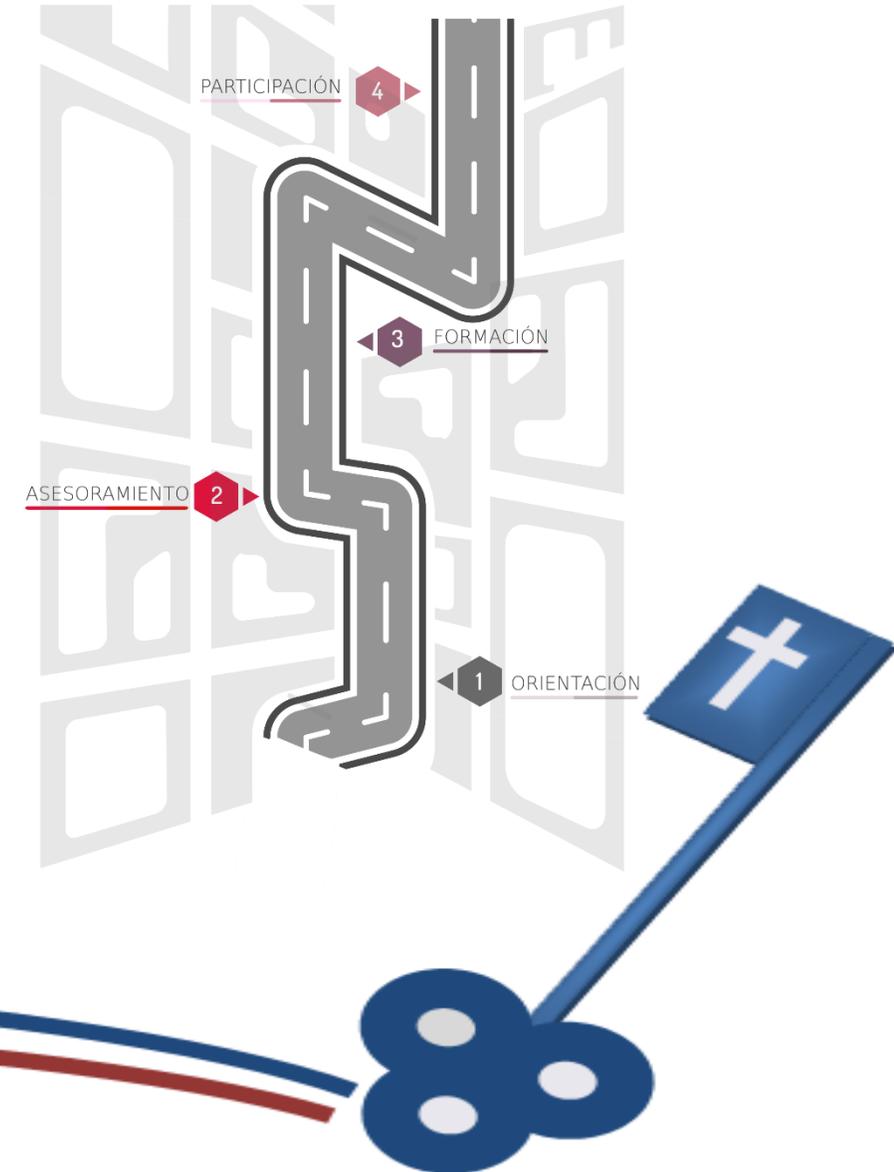


The terror of teenagers!

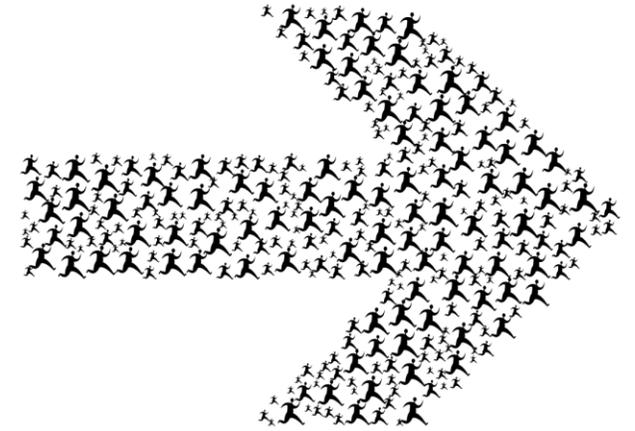
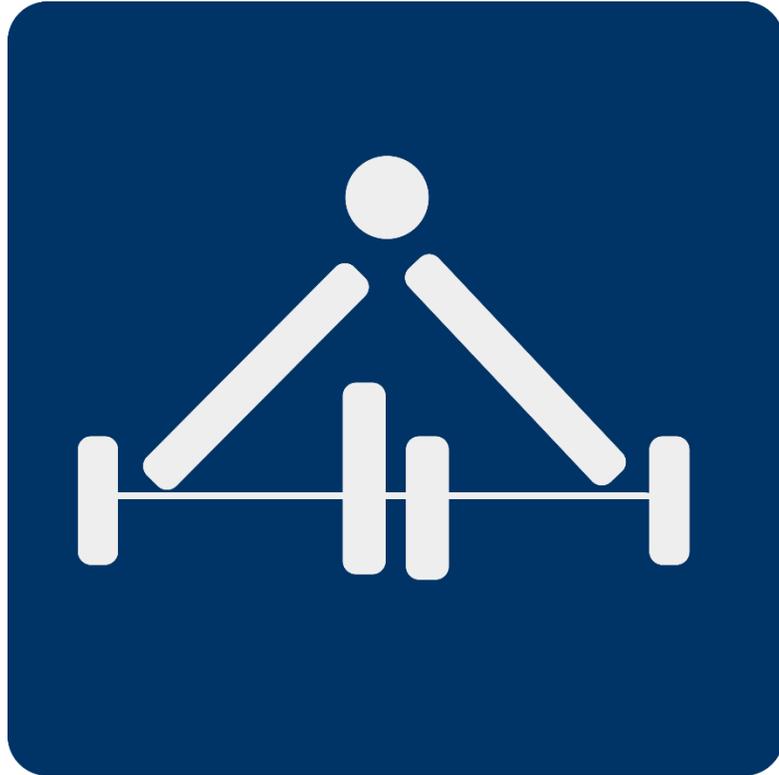


Our road map...

- Think about learning
- How attitude IS everything
- Getting inside the pre-teenage brain
- What you can do to support at home
- Leaving with things to discuss as a family

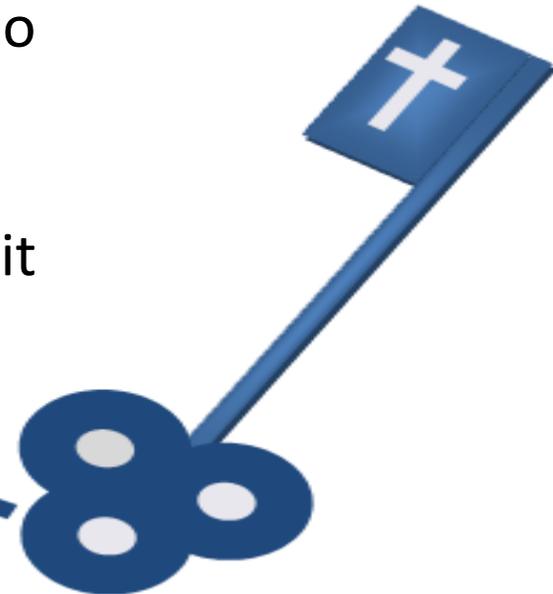


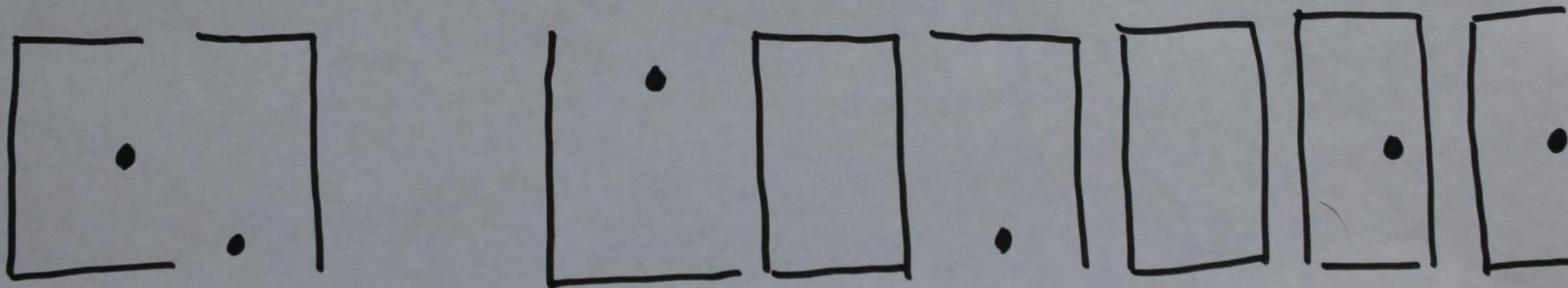
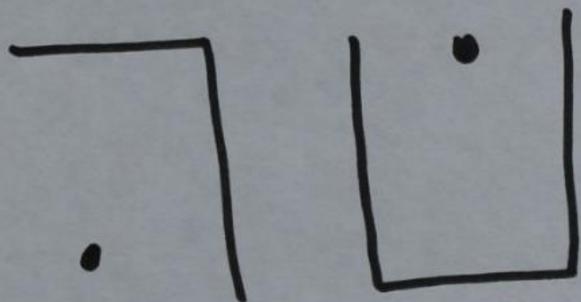
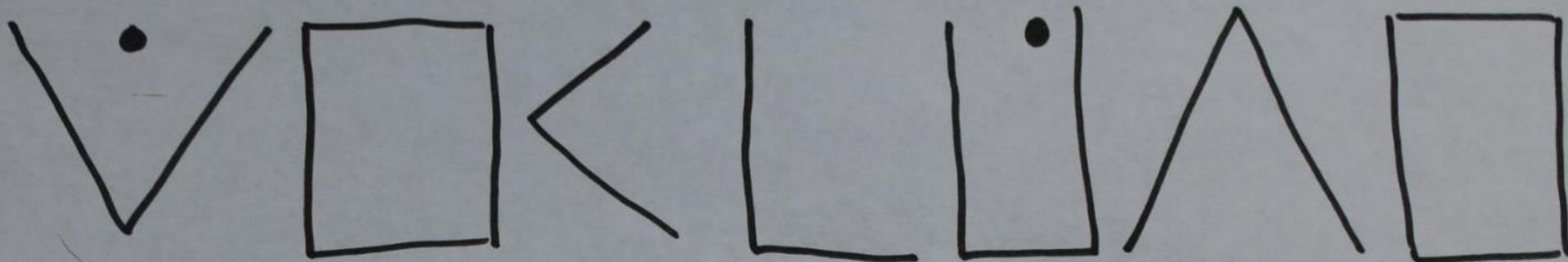
How is learning like getting fit?



No one else can get fit for you. You have to exercise your own body

Learning is the same. No one else can do it for you. You learn by working your brain, asking questions, going back to what you already know and building on it





| | | |
|---|---|---|
| A | B | C |
| D | E | F |
| G | H | I |

~~J~~
~~K~~ ~~L~~
~~M~~

| | | |
|----------------------|----------------------|----------------------|
| $\overset{\cdot}{N}$ | $\overset{\cdot}{O}$ | $\overset{\cdot}{P}$ |
| $\overset{\cdot}{Q}$ | $\overset{\cdot}{R}$ | $\overset{\cdot}{S}$ |
| $\overset{\cdot}{T}$ | $\overset{\cdot}{U}$ | $\overset{\cdot}{V}$ |

~~$\overset{\cdot}{W}$~~
 ~~$\overset{\cdot}{X}$~~ ~~$\overset{\cdot}{Y}$~~
 ~~$\overset{\cdot}{Z}$~~

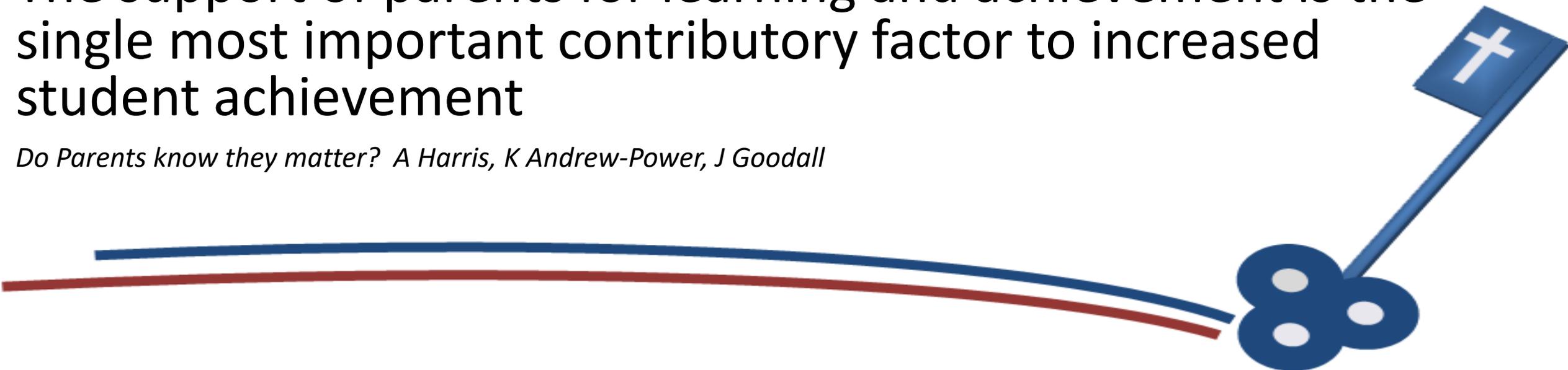
The research tells us...

Parental interest in their child's education is the single most powerful predictor of achievement at age 16

'British Educational Communications and Technology Agency'

The support of parents for learning and achievement is the single most important contributory factor to increased student achievement

Do Parents know they matter? A Harris, K Andrew-Power, J Goodall



How successful do you want to be?

Motivation vs Effort



Growth
Mindset

Which one wins in your head?



What do I have to do to get there?

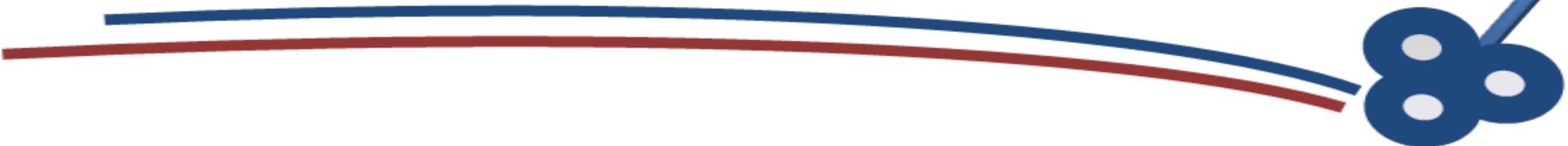
I need to work hard, and not expect to get things right first time

- We know that effort plays a bigger part in success than talent
- We know that intelligence is not fixed
- We know that when you learn how to be resilient you learn to be successful
- We know that failure is a necessary part of success

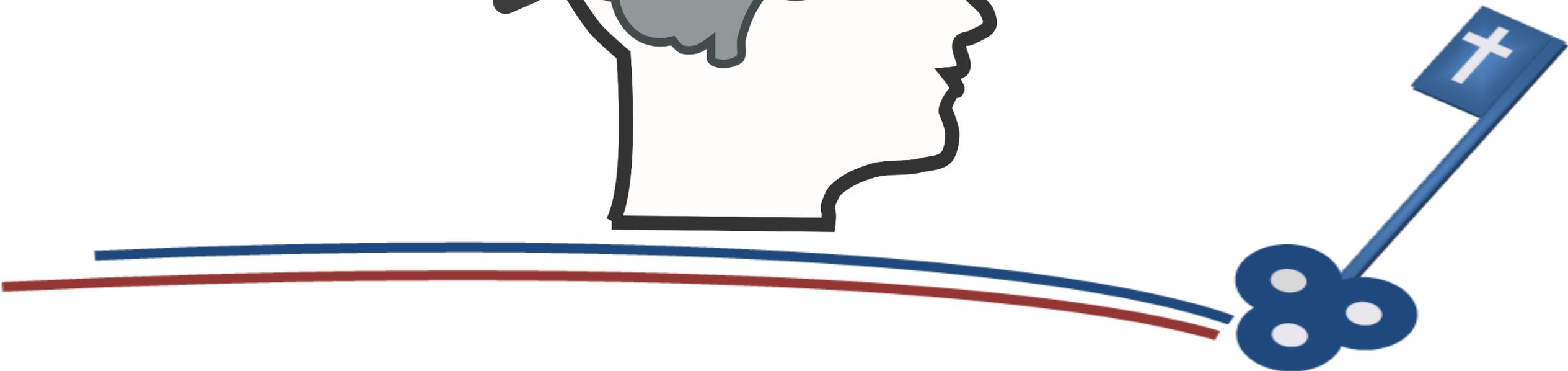
I expect to try different ways to find my best. Failure is part of learning

I'm not 'good' or 'bad' at my subjects. I use the word 'YET'

I don't give up when something is tough



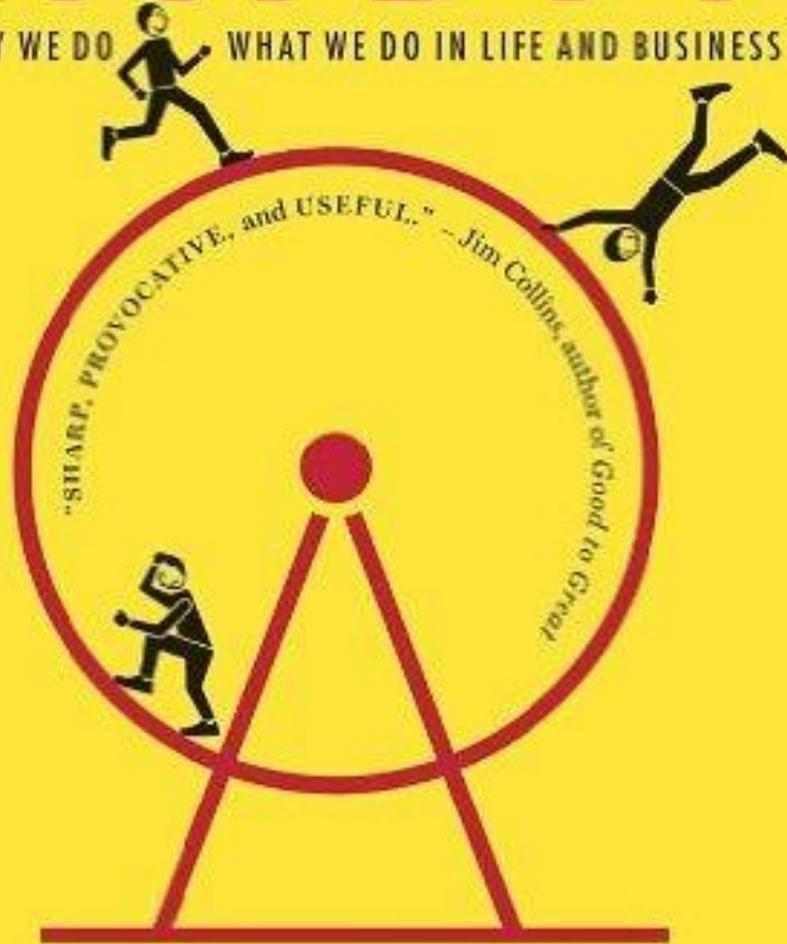
The brain under reconstruction...



NEW YORK TIMES BESTSELLER

THE POWER OF HABIT

WHY WE DO WHAT WE DO IN LIFE AND BUSINESS



Charles Duhigg

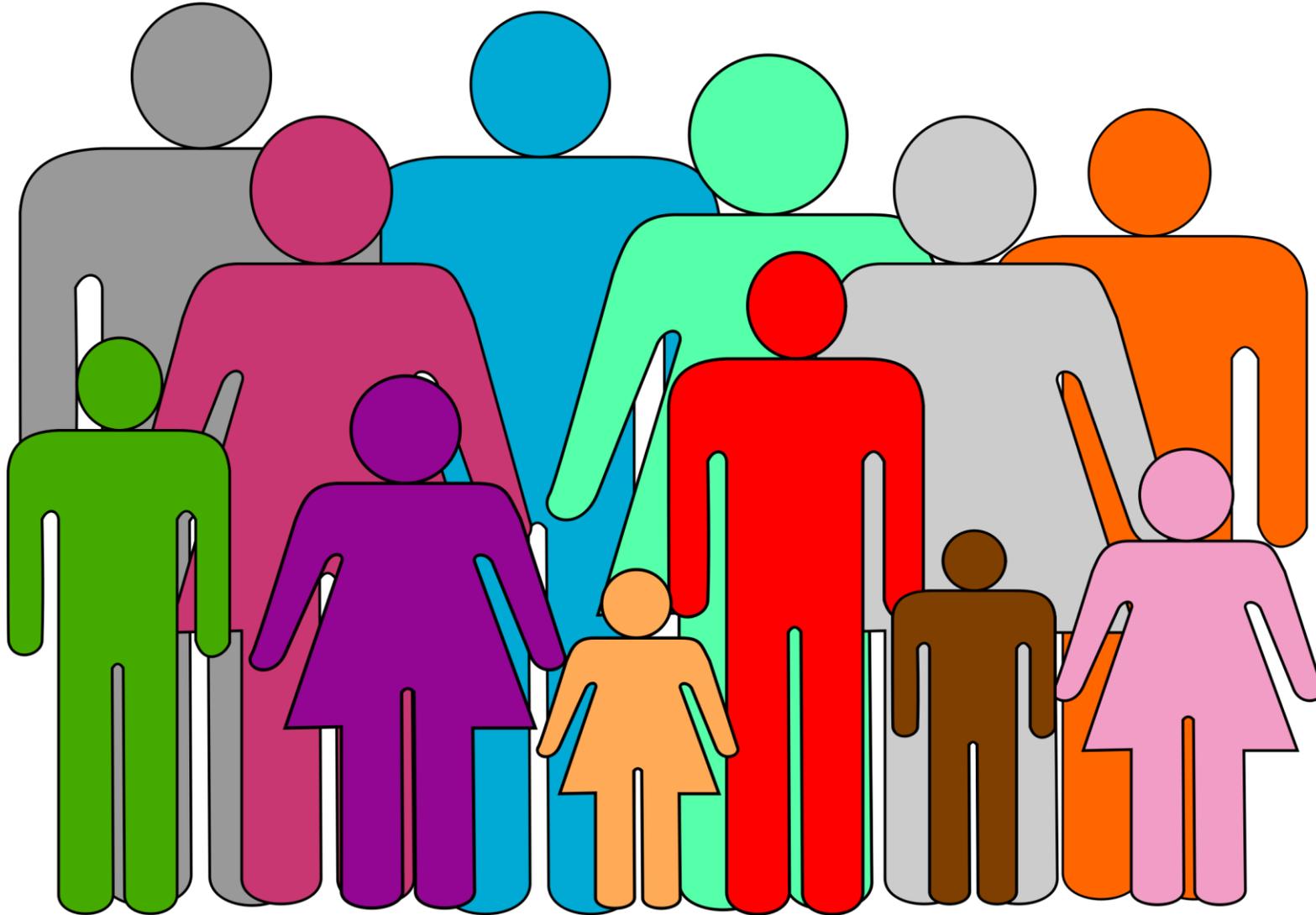
WITH A NEW AFTERWORD BY THE AUTHOR

What is the first thing you do when you arrive at work/home?

What habits do we have as individuals and as organisations that support success?

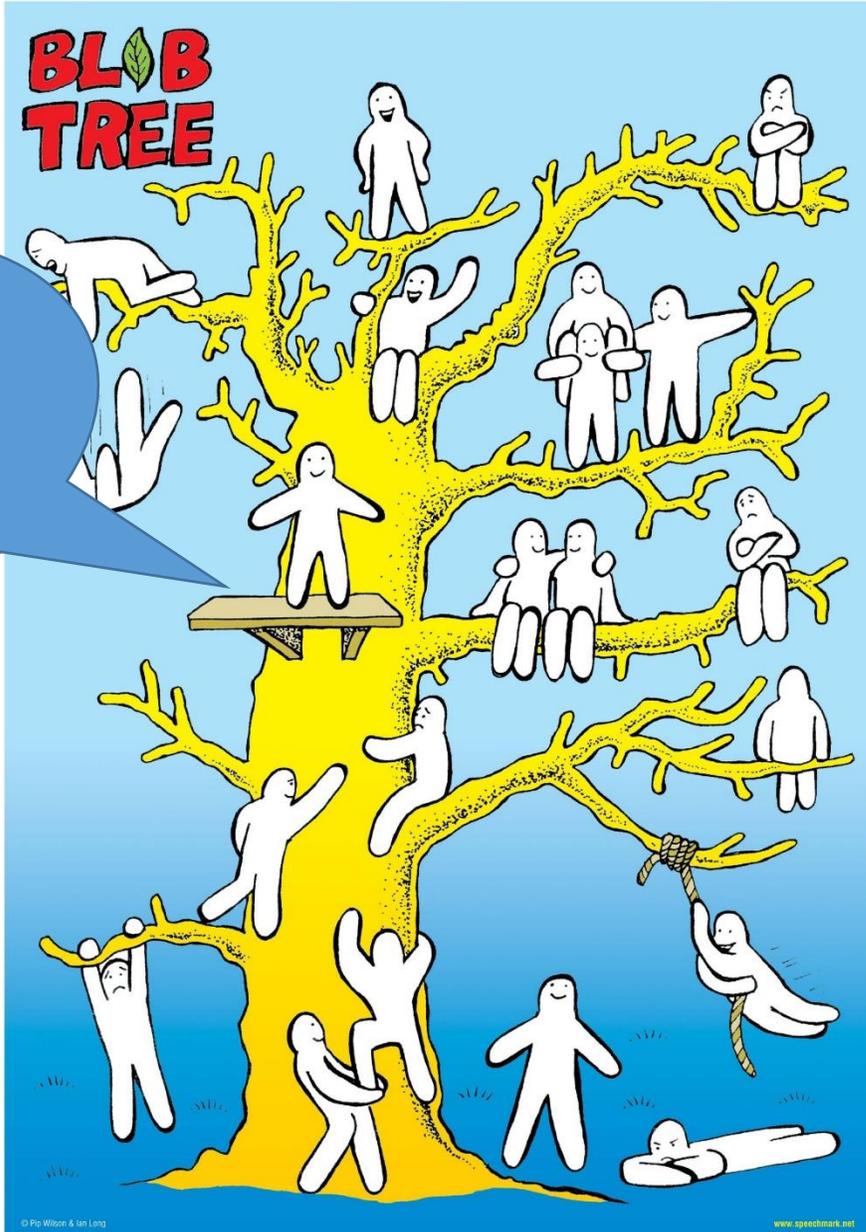
Do we have any that do not?

More you can do at home...



Where are you?

Get them used to talking now...



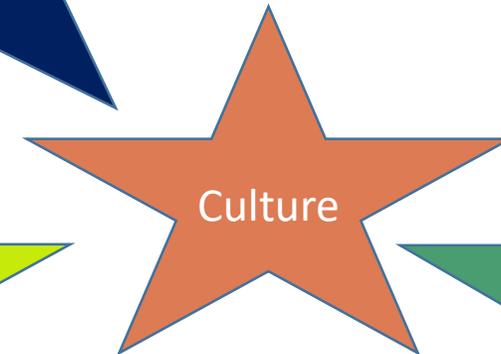
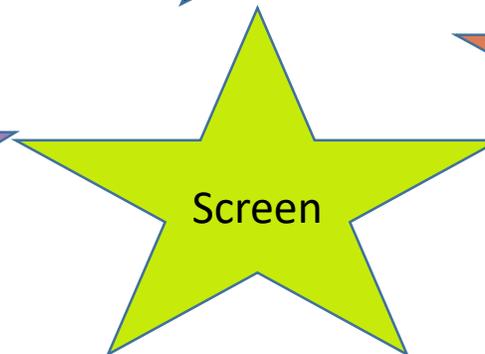
And if it's difficult...



The importance of fun!

If you are working hard, it's essential that you have fun and relaxation time

- What do you like to do to when you're not studying?



The importance of sleep!

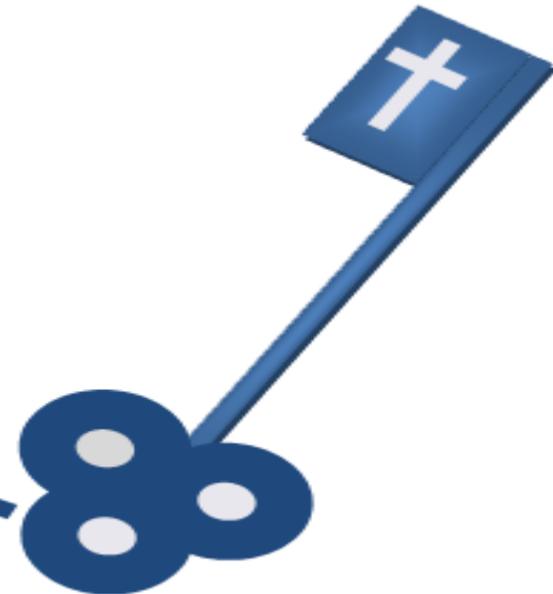
Your brain is undergoing a time of 'reconstruction'

Your body is constantly growing and changing

You are spending lots of energy just by being a teenager!

You need to have good sleep in order to recharge and be ready for learning

Thinking about what we talked about, what changes could you make to improve the quality of your sleep?





Managing the phone/device!

- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology>
- <https://www.internetmatters.org/wp-content/uploads/2016/07/Internet-Matters-Online-Safety-Guide.pdf>

NSPCC





Managing the phone/device!

- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online>
- <https://www.saferinternet.org.uk/centre/parents-and-carers/parents-and-carers-technology>
- [https://www.internetmatters.org/content/uploads/2016/07/Internet-Safety-Guide.pdf](https://www.internetmatters.org/content/uploads/2016/07/Internet-Safety-Guide-2016.pdf)

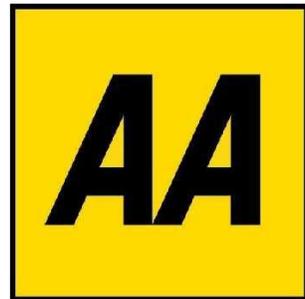
75% of children
spend less time
outside than a
prison inmate

(England & Wales Cricket board)

NSPCC

safer
internet



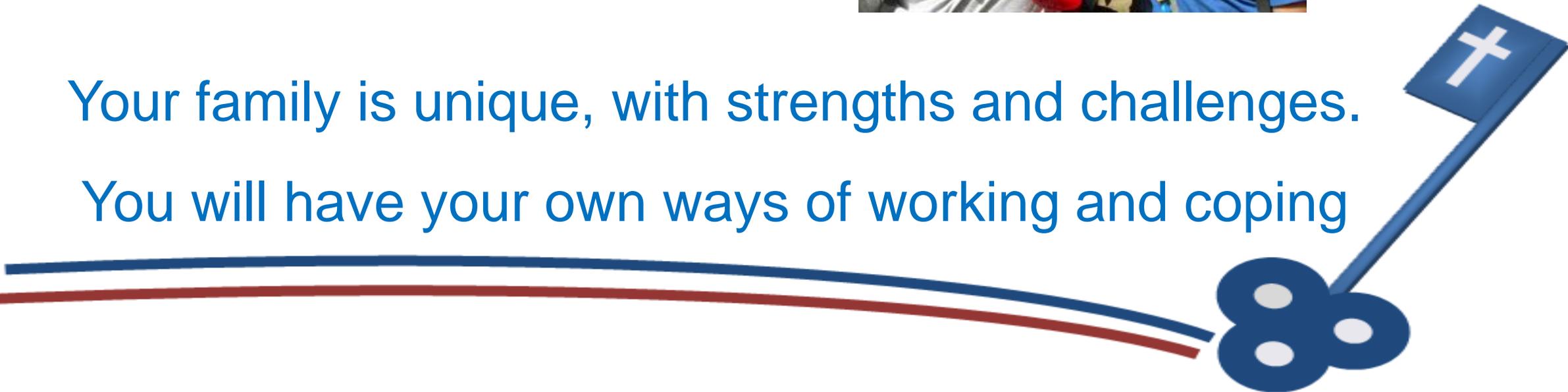


You are the CEO of a major company!



Your family is unique, with strengths and challenges.

You will have your own ways of working and coping



What will your family do next?

