

# Preparing for Success at St Peter's

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How's your maths?

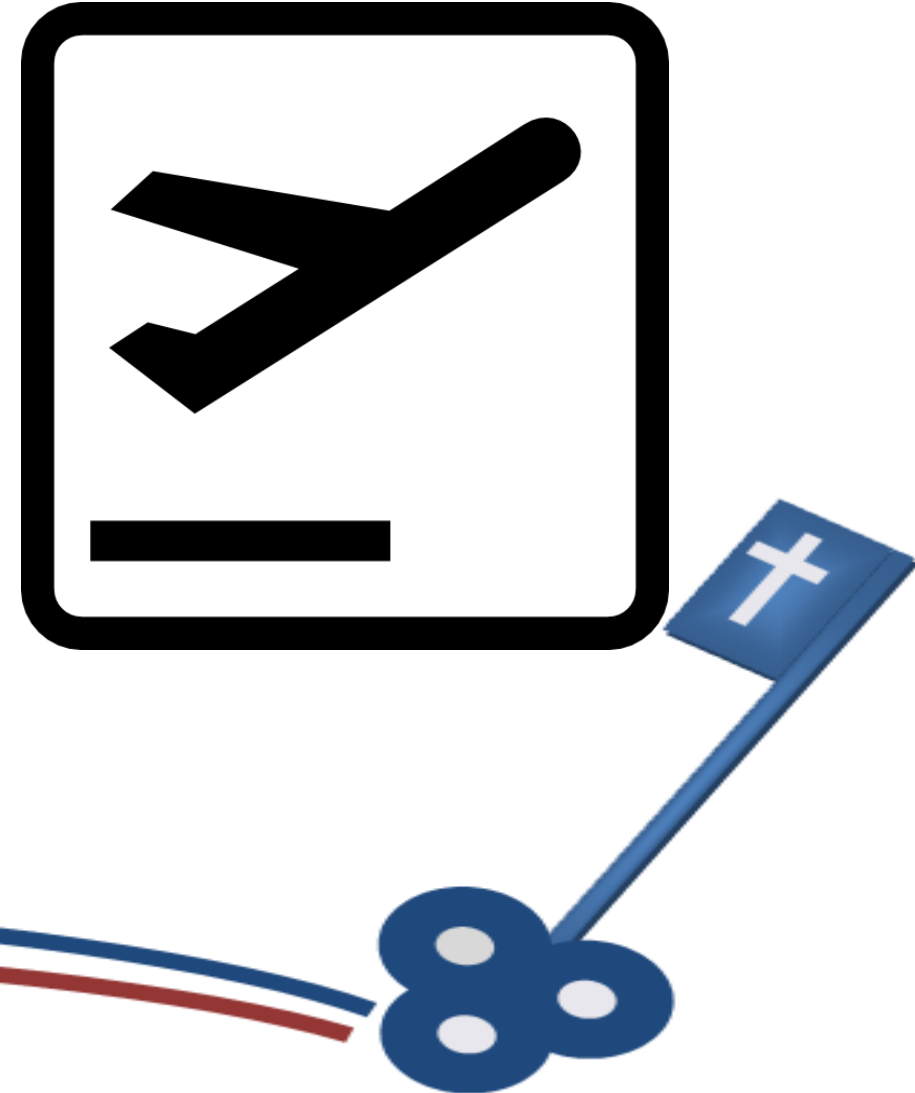
$$6/12 \times 5/7 \times 33/52$$

$$= 990/4368$$

$$= 22\%$$

# Where are we going today?

- 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



# Working together to get your child...



From here...



To here...

# Success is about building habits...

What 'habits'  
do you think  
your child needs  
for success at St  
Peter's?

Communication

Thinking/Learning/  
Problem solving

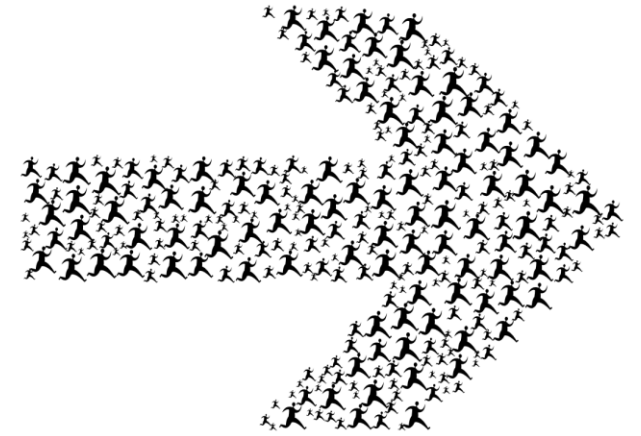
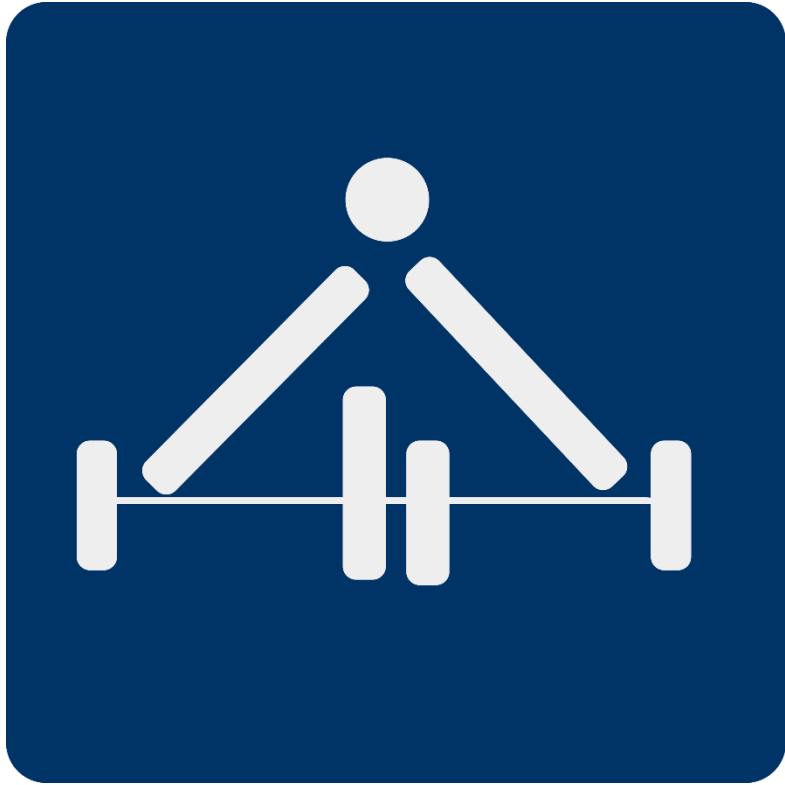
Collaboration

Organisation

Resilience

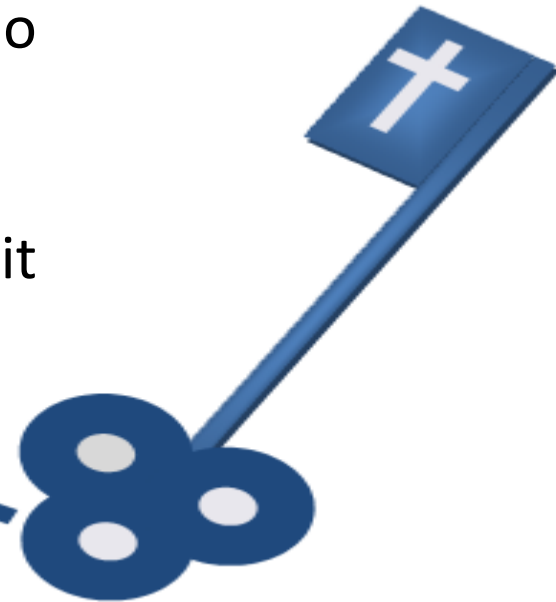


# How is learning like getting fit?



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



# Expect your child to struggle...

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

...And when they do, help them to 'struggle well'!

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

- 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

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

We know that failure is a necessary part of success

I don't give up when something is tough



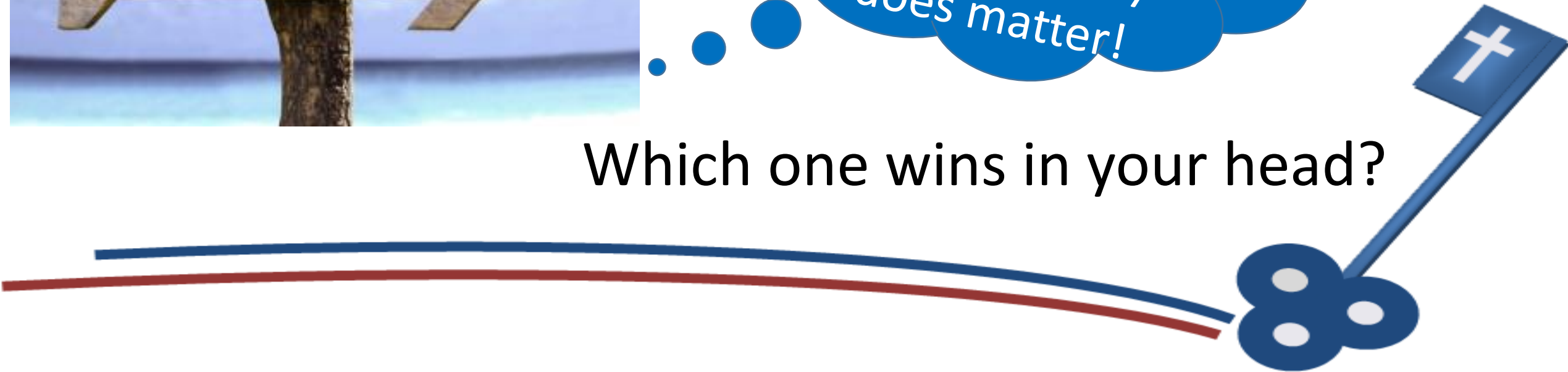
# How successful do you want to be?

## Motivation vs Effort



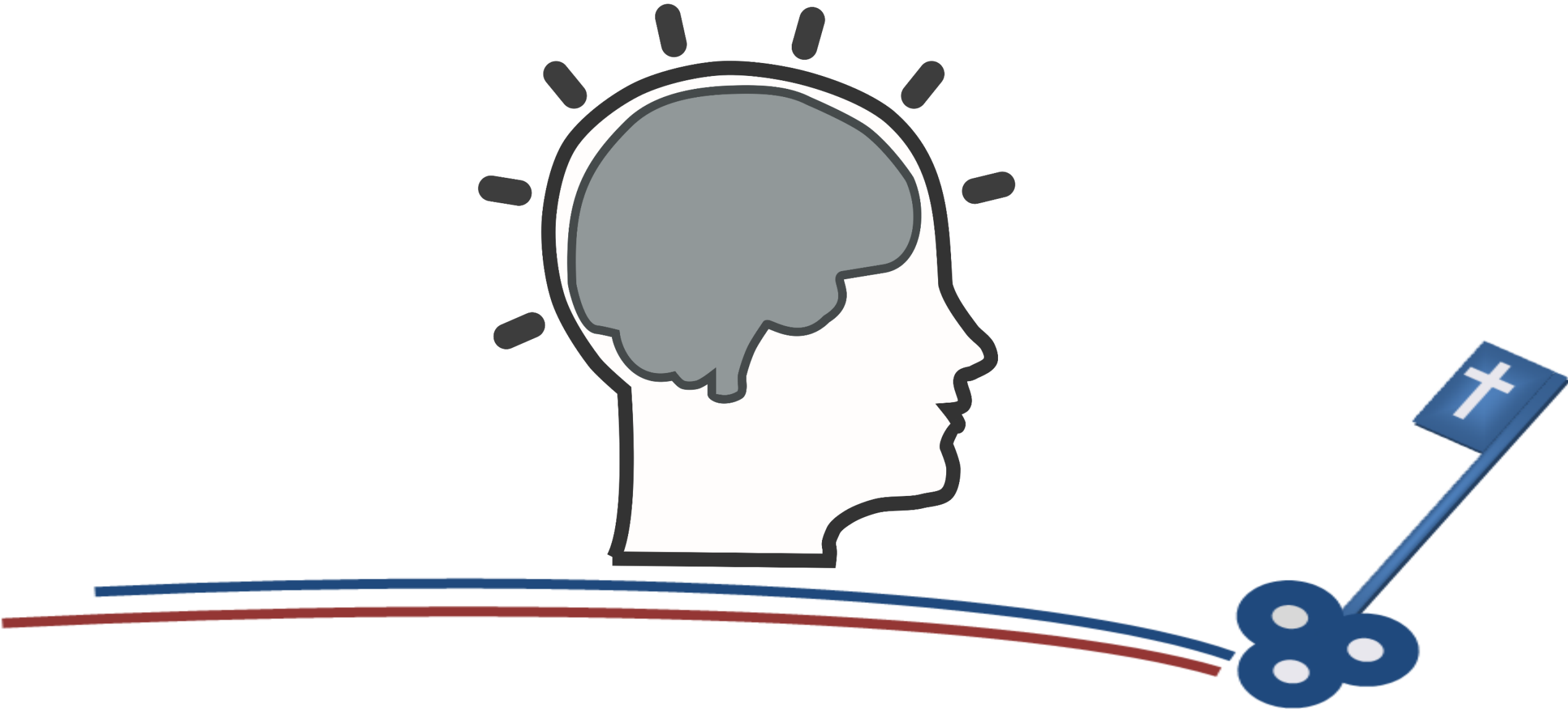
Growth  
Mindset –  
Attitude really  
does matter!

Which one wins in your head?



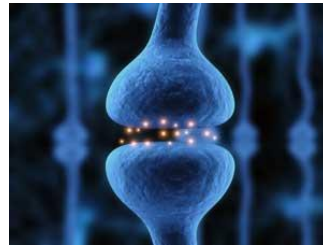


# The brain under reconstruction...



# Outside the Exam

- I'm well prepared
- The bits I'm good at are...
- I can afford to make some mistakes
- I can put together an answer with what I know
- I have worked hard – I deserve this!



- I'm going to fail
- Everyone is better than me
- I'm not ready
- I feel sick
- I want to run
- What will my Dad say?



# Learning at school and learning at home

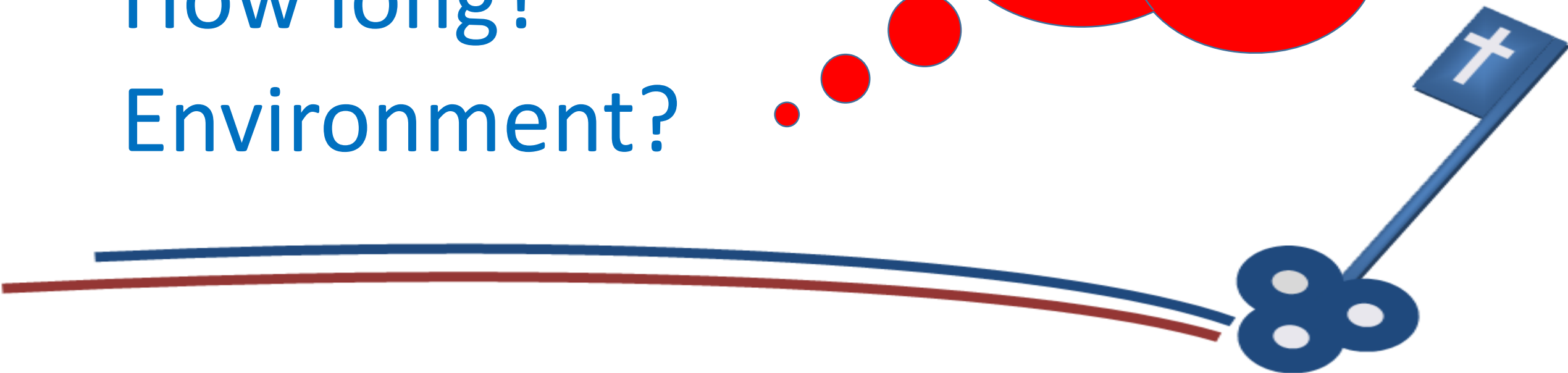
Where?

When?

How long?

Environment?

What habits around learning do you want to establish in September? What might you need to start thinking about now in order to make this happen?

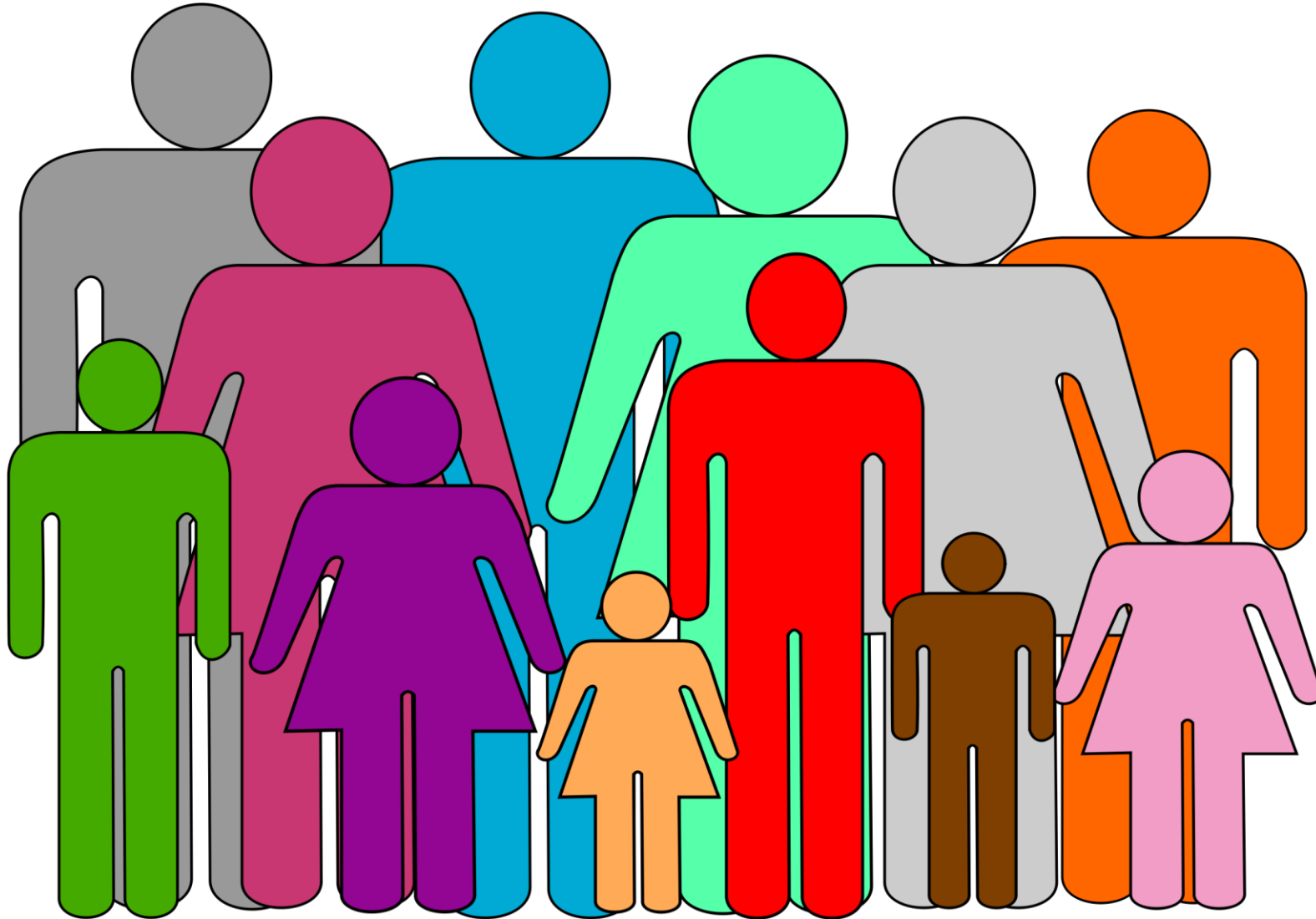


# How I think about learning and my learning habits could be the difference between great results and poor ones

- What do you think about what you have heard so far?
- What do you think you could do quite easily?
- What kinds of things might get in the way?
- What could you do to overcome these?



More you can do at home...



# 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!

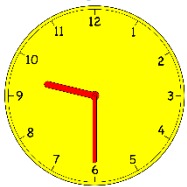
Your brain is undergoing a time of 'reconstruction'

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>
- <https://www.saferinternet.org.uk/centre/parents-and-carers/parental-controls/technology>
- <https://www.internetmatters.org/content/uploads/2016/07/Internet-Safety-Guide.pdf>

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

(England & Wales Cricket board)

**NSPCC**

**safer  
internet**



# Spot the company!

- Just do it
- The ultimate driving machine
- I'm lovin' it
- Reassuringly expensive
- Think different
- Don't die of ignorance
- Every little helps
- Never knowingly undersold

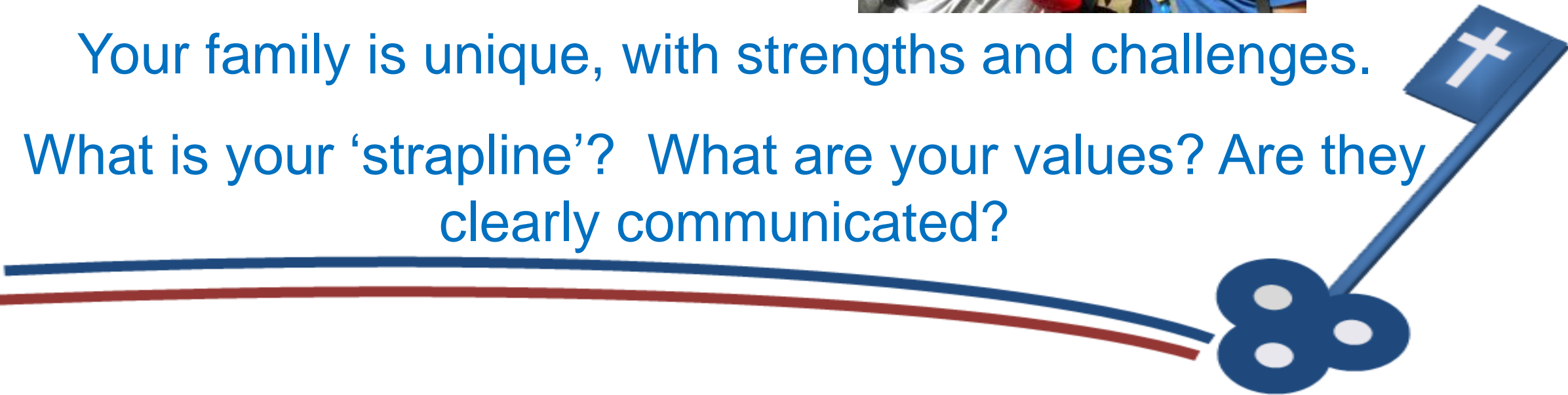
- Nike
- BMW
- McDonalds
- Stella Artois
- Apple
- AIDS campaign
- Tesco
- John Lewis

Great organisations  
know WHY they do  
what they do  
They know what they  
stand for  
They are explicit about  
it

# You are the CEO of a major company!



Your family is unique, with strengths and challenges.  
What is your 'strapline'? What are your values? Are they  
clearly communicated?



# Our road map...

- Think about learning
- How attitude IS everything
- Getting inside the pre-teenage brain
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- Leaving with things to discuss as a family



# What will your family do next?

