

# Year 11



## Conversation with a Cuppa!

Talking to teenagers can be tricky. Make a brew, get the biscuits out and see if you can work some of the following questions into the conversation as appropriate:

**What are you worried about with regards to exams?**

**When do you feel your most productive for revision?**

**What do you need in terms of support from me?**

This could be a tidy or quiet space to work in, provision of particular food and drink, support with timings etc.

**When don't you want to revise? How do you feel at this time?**

**What can you do to improve your feelings towards revision?**

Develop a better sleep routine?

Spend less time on devices?

Have a healthier approach to eating and drinking?

Spend more time socializing with others?

Rewards for completing revision?

**What have you been able to stick at?**

A hobby?

A job?

A subject you do feel successful in?

**What made that work for you?**

**How can we put those things into practice for 2 subjects now – one where you feel confident and 1 where you don't?**

**How often should we have this sort of conversation?**

**What do you want to achieve between now and...**

The start of February half term?

The end of February half term?

The end of the spring term?

**Tell me three practical things you will each do before the end of this week to start the revision process.**