

01/02/2023

Dear Parents of Year 10

**Year 10 Academic Evening – Tuesday 7 February, 7pm**

As part of our programme to help our students study effectively over the two years of their GCSEs, all students in Year 10 will attend a 'Study Smarter' session with independent study mentor William Wadsworth on either Monday 6 or Tuesday 7 February.

William's interest in advanced study techniques stemmed from his experience of studying Psychology at the University of Cambridge. Having spent days poring over his books to get the grades to go to university, he soon discovered that piling on the hours wasn't necessarily the path to success at degree level. He realised he needed to work smarter, not harder. A lecture on the science of how we learn information and move it into the long-term memory prompted him to read up on the science of memory, learn from experts in academic performance and start to refine his own study habits. Three years later, he graduated with a First.

William's sessions with our students will take place during the school day and last an hour and a half. They will focus on the science of memory, including techniques such as retrieval practice and spaced learning, memory journaling, how to develop effective study routines and time management, and how to deal with stress and anxiety.

**On Tuesday 7 February, we are holding a Year 10 Academic Evening in the Queen's Hall.** The event, which starts at 7pm, will be hosted by the Head of Year 10, Luke Pettengell, who will discuss the significance of Year 10 within the students' academic journey through RGS. William Wadsworth will then talk about his sessions with the students and what you can do as parents to support them most effectively over the course of their GCSE studies. There will also be an opportunity to put questions to William and Mr Pettengell ahead of the evening.

We would be delighted to welcome you to the Academic Evening. Please note that space in the Queen's Hall is limited and this is an event for **parents only**. If you would like to attend, please go to our online Parents' Meeting booking system by going to <https://rgshw.schoolcloud.co.uk> log on in the usual way.

Yours sincerely

James Eve  
Director of Studies