



From Emmanuel's Desk

Ingredient Number 6 - Give Your Best

I want to congratulate all students who have completed or are nearing completion of their GCSE or A-level exams. Well done for all your hard work and look forward to fantastic results as the reward for all your efforts.

At this stage, other students in school are either writing their exams or about to start; some might have even finished. My suggestion for everyone right now is to continue putting in your best effort. Everything matters, and it will all add up. Never take anything for granted—lessons, homework, tests, and exams—they all matter, and giving your best will pay off.

At the end of the day, strive to avoid any instances where you're dissatisfied with your actions because you didn't give it your all. I leave you with the question: Are you giving your best at this very time? If not, why not?

Give your all to get the best result.



I did it! So can you!

Motivational Moments

*“Always do your best.
What you plant now,
you will harvest later”*

- Og Mandino

Here are some more reflections from our past student Neha:

What are your top three tips when revising for tests or exams?

*Active recall: actively retrieve information from your memory without external cues. The effort strengthens memory pathways and reinforces connections, enhancing long-term retention.

*Spaced repetition: review material at increasingly spaced intervals over time. This optimises memory retention by reinforcing information just as it's about to be forgotten, maximising the efficiency of your study time.

Application: use past papers and question banks.

*Programs such as Anki and Quizlet can combine methods A and B for you using flashcards

What did you do to manage exam stress?

I make sure to keep time aside for self-care, eating, sleeping, etc.

Identify worrying topics and make sure to address them.

Plan and rationalise, e.g., if this exam doesn't go well, I can make it up in the next exam.

What challenges have you faced, if any, during your educational journey, and how did you overcome it/them?

The end of my 2nd year of medical school was the first set of closed-book in-person exams since COVID. I was unwell in one of my exams and didn't perform well, and ended up having to retake it.

This is very common in medical school, no matter how smart you are but I felt like a failure.

I identified a component that was weaker than the others and for this area, I used the research-backed methods of active recall and spaced repetition for the first time (using Anki), rather than reading and rewriting notes. My score in that subject doubled by the resit exam 3 weeks later.

What advice would you give to anyone who is a student in 2024?

Try to start early, work little and often.

Persist through challenges, seek feedback, and adapt your study strategies.



Challenge • Motivate • Achieve



A new feature offering insights from a parent's perspective. This month we have a reflection from Dr Gupta

Every child has their unique strengths and talents. My approach to parenting has been to encourage my children to believe in themselves and to aspire to learn with joy.

Through my journey as a parent, I have realised it is best to let the child find their way. As parents we have tried to instill the values of hard work, integrity and aspiration. Some children will want their parents to be involved and actively seek their help while others prefer to do things their own way and seek help occasionally.

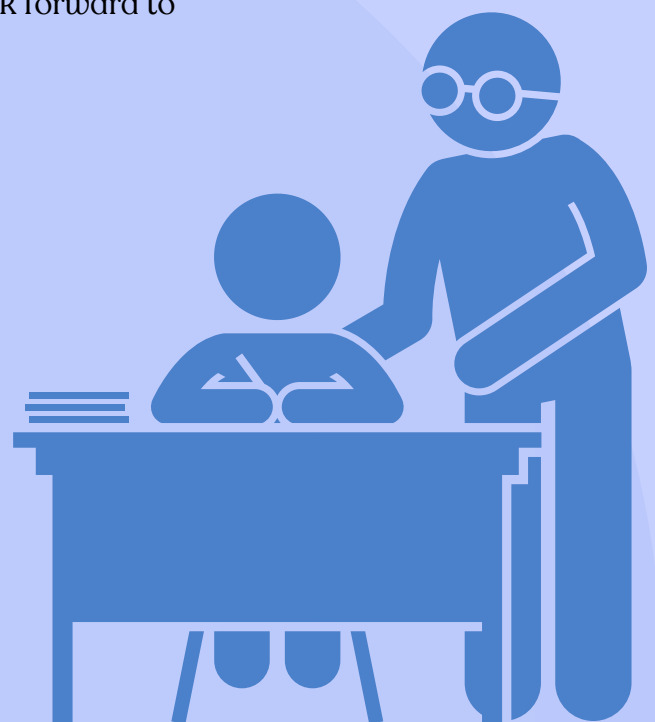
I have two children with different learning styles and approaches to their work. As a parent, I am learning along with them how to parent them to be the best they can be and be available to encourage and guide them when needed.

As a parent the same approach may not work throughout their educational journey, hence we need to be flexible and willing to adapt to be the parent the child needs, which may not necessarily be the parent we want to be!

It is also important to teach the child to accept that challenges and failures are inevitable, but they will reach their goals with renewed effort and determination. Never give up on your dreams. The same message applies to parents, be kind to yourself and look forward to growing with your child.

**Be kind to
yourself**

**Be available to
encourage and
guide them**



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To create a virtual learning environment that fosters growth, confidence, and success as we challenge, motivate and help our students to achieve their set objectives.

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To provide a comprehensive range of products and services designed to support both students and tutors in their educational journey.

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- ★ Excellence
- ★ Integrity
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- ★ Collaboration



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