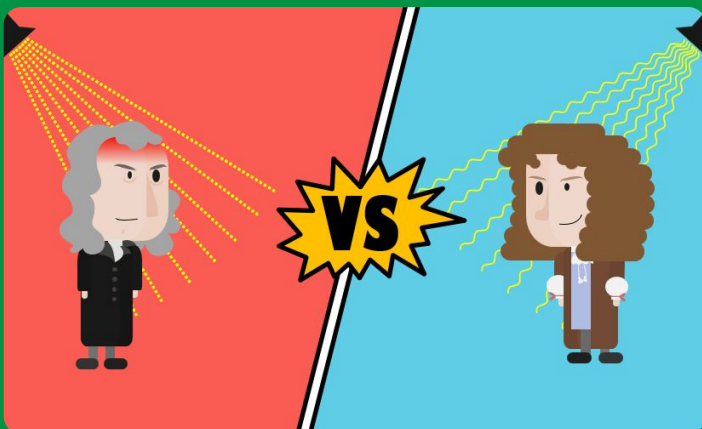
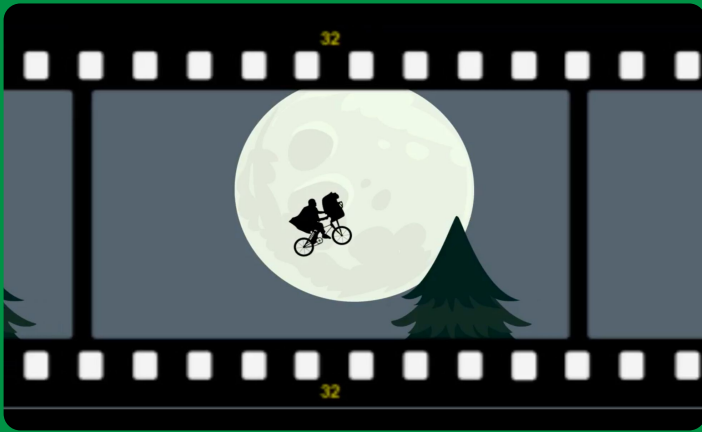


Managing the Transition from GCSEs to A Levels

A guide for families



Helping Your Children Transition from GCSEs to Sixth Form and A Levels

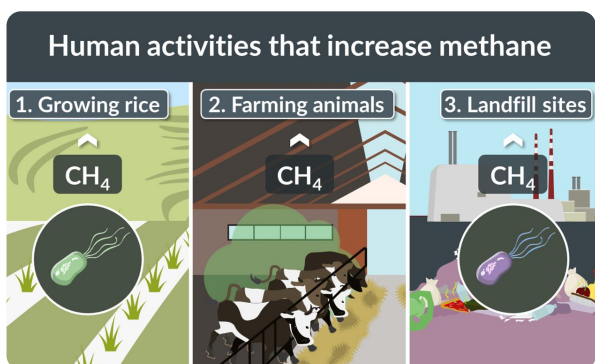
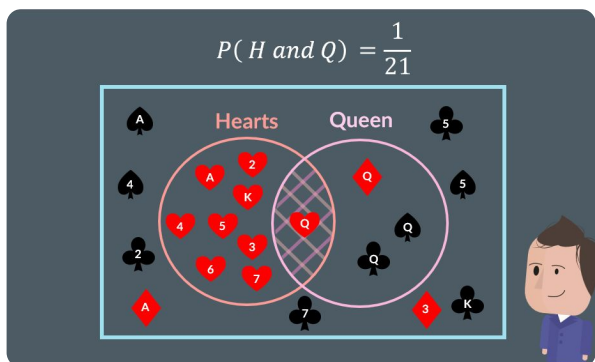


Finally, the anxiety of your child's GCSEs is out of the way and it's time to focus on the freedom, excitement and new responsibilities of Sixth Form! But transitioning to A Levels is a significant milestone in a student's educational journey. There's lots of change afoot and it can be unsettling.

Whilst this big new step can feel overwhelming at times (for children and parents!), here's how you can help your child not only navigate but thrive in this vital and formative time.

We hope you find this guide helpful!

Team Up Learn



“I would strongly recommend Up Learn to any sixth form students looking to consolidate content learned in class and revise for exams. One Y13 student has gone from averaging a C/D in Economics to consistently scoring solid A grades in tests - they attribute this trajectory to UpLearn.”

**→ Rowan Pearson,
Vice Principal, Phoenix Academy**

1.

Understanding the Transition



Dec 31, 2023

LOVE ORGANIC CHEMISTRY

I never found organic side of chemistry enjoyable since GCSE. As a current YR 13 student doing chemistry (haha, the irony) I found organic difficult as I progressed through YR 12. I got up learn early year 13 and NO JOKE I HAVE NEVER ENJOYED ORGANIC SO MUCH IN MY LIFE.



The leap from GCSEs to A Levels demands a more mature approach to learning. There's increased academic rigour, greater personal responsibility, and a need for advanced study skills.

A Levels require a deeper understanding of subjects, critical thinking, and independent learning. Time-management becomes the responsibility of the student, often for the first time in their learning years. They have to guide their own reading. Clearer self-awareness of their own strengths and weaknesses is going to become important. This sudden break away from more spoonfed learning can be daunting, but with the right approach and tools, students can thrive.

2.

Choosing the Right Subjects

Selecting the right A Level subjects is crucial for your child's academic success and future career path. It was probably a year ago that you started discussing with your child what subjects to pick for A Level, and a lot can change! The good news is that there is still room to change subject choices, but the more informed your child is, the better that they can come to a good final decision. Here's how to support them:



Reflect on Interests and Strengths: Help your child identify subjects they are passionate about and excel in. Enjoyment and proficiency are key to sustaining motivation and achieving high grades.



Separate the Subject from its Staff: it's tempting for students to pick a subject because they've enjoyed being taught by its teacher at GCSE. A levels are taught in a different way, though, and students relate to the teacher in a different way. The challenge is to pick subjects to succeed in, not based on how well you get on with the teacher.



Consider Future Goals: Research the A Level subjects required for their desired university courses or career paths.



Seek Expert Advice: Encourage your child to talk to teachers, career advisors, and use resources like Up Learn to gain insights into various subjects.



Try the courses and subjects ahead of time: Using a product such as Up Learn can give students a good idea of the topics, concepts and understand what learning is like at A Level.

Up Learn's learning advisor Gareth Sturdy says, "Schools and colleges will hold Sixth Form Open Evenings and will run taster sessions before you have to select what you want to study. Use these to full advantage. They're designed for you to try out things and if you decide that a subject isn't for you, then no problem! Also, do some research on what A level courses are like from current Year 12 students.

Our courses at Up Learn are also a fantastic way to sample what learning is like at A level. You get a really good idea of the kinds of things you study, what the ideas and language are like, the style and difficulty of the questions you have to answer."

Thinking about changing a subject - don't worry.

Sixth form leaders are well-prepared for students to change their minds, and there is usually a period at the start of Year 12 when students can alter their choices. It's important to get a feel for the courses you're picking ahead of time - and even embedding some basic knowledge ahead of the start of term, so that the confidence is there, even where there is a lot going on!

3.

Developing Effective Study Habits

Why is independent learning important. How to help kids learn this A Levels demands disciplined study habits. Here's how you can support your child:

- **Create a Study Schedule:** Help your child design a realistic timetable that balances academic work, extracurricular activities, and relaxation.
- **Encourage Independent Learning:** Motivate them to take ownership of their learning by exploring topics beyond the curriculum. It can be hard at first to give them more control. But remember that you're not going to be around when they sit their exams, so the more independence you can foster now, the better the results at the end of the year.
- **Provide a Conducive Study Environment:** Ensure they have a quiet, organised, and distraction-free space for studying. Try not to disturb them when they're working. Make clear to younger siblings when their brother or sister needs to study.
- **Take an Interest In Their Learning:** The more genuinely interested you are in what they're studying, the better they will perform. Ask all the 'dumb questions' - your child will feel empowered that they can answer them.
- **Encourage More Reading:** New A level students are often taken by surprise by how much background info they need to make sense of lessons. A sixth former with their nose in a book will find success more easily.



How Up Learn Can Help

Up Learn offers structured courses designed to help students master A Level subjects efficiently:

- ✓ **Personalised Learning Paths:** Up Learn adapts to your child's learning pace and style, providing personalised feedback and tailored content.
- ✓ **Interactive Content:** Engaging videos, quizzes, and interactive exercises make learning enjoyable and effective.
- ✓ **Progress Tracking:** Progress reports help your child identify areas of improvement and celebrate their achievements.
- ✓ **Online tutor support:** many parents want to support their child when they struggle, but feel frustrated and concerned that they don't have the subject knowledge to help. Up Learn's tutors are subject experts, fully DBS checked and trained, and available round the clock to support and encourage.

4.

Managing Stress & Time

The increased workload at A Level can lead to stress. Here's how to help your child manage it:

- **Plan Ahead:** Create a shared calendar for you and your child so that you both know when the deadlines are. If there appears to be a gap in assignments - it is your cue to remind them to check with the teacher.
- **Get Into A Routine:** Don't sweat the small stuff. A dependable pattern makes life less unpredictable and restores calm if work threatens to overwhelm.
- **Check The Assignment:** Can your child explain clearly and simply what they've got to do? If not, encourage them to talk to the teacher and make sure they know what to do.
- **Break Down Tasks:** Encourage them to divide larger tasks into smaller, manageable chunks.
- **Use Organisational Tools:** Introduce planners, calendars and digital tools to track assignments and deadlines.
- **Practice Self-Care:** Emphasise the importance of breaks, good nutrition, physical activity, and sufficient sleep.



How Up Learn Can Help

Up Learn's platform is designed to reduce stress by providing:

- ✓ **Evidence-based Learning Techniques:** Up Learn uses scientifically-proven methods to reduce cognitive stress on students and provide crystal clear instruction to prevent confusion and misconceptions developing. Learning faster and recalling longer makes study more interesting and enjoyable .
- ✓ **Improving Memory and Learning Efficiency:** Students using Up Learn for the first time are often amazed at how effortless it makes remembering that all-important information. The time saved from going over and over the same piece of tricky content can then be used much more productively.
- ✓ **Online Tutors available 24/7:** What to do when you need to talk a problem through with someone but the teacher isn't around? Or you just need some reliable advice from someone who's recently been through studying? Step forward the amazing Up Learn tutors!
- ✓ **Flexible Schedules:** Your child can learn at their own pace, fitting study sessions around their other commitments.

5.

Fostering Resilience & Adaptability

A Levels can be challenging, and setbacks are part of the learning process. Foster resilience in your child by:

- **Encouraging a Growth Mindset:** Help them view challenges as opportunities for growth.
- **Being Supportive:** Offer motivational support and reassurance during tough times.
- **Promoting Balance:** Encourage a balance between academics and other activities to prevent burnout.



Feb 4, 2024

Incredibly thorough and helpful

Incredibly thorough and helpful. Everything about this makes studying more fun again. A Levels do tend to drag even if you really enjoyed the subject at GCSE, but UpLearn has really boosted my confidence in the classroom after being really unsure at the start of Year 12. In my school, we had too many cover lesson topic summary from another teacher, even though we had never seen the material before. This is where UpLearn really helped fill in the gaps left by inconsistent teaching. If you have the same problem, it is a must as it teaches it so well. My only slight complaint is that the exam questions tab does not feel that comprehensive, and they are not interactive questions, but overall an excellent resource.



How Up Learn Can Help

In a recent survey, 82.5% of students believed Up Learn had helped them.

- ✓ **Providing Consistent Support:** With 24/7 access to learning materials and support, your child can overcome obstacles at their own pace.
- ✓ **Encouraging Self-Improvement:** Regular assessments and feedback help students learn from their mistakes and improve continuously.
- ✓ **Feedback on Areas for Improvement:** Up Learn users develop better problem-solving skills, as question-by-question feedback gradually builds up a detailed picture of their strengths and weaknesses. Fresh opportunities to improve are automatically provided by our smart question bank.
- ✓ **Tracking Progress:** Up Learn can show students - and their parents - at a glance how well they're progressing towards their goals, safe in the knowledge that if they complete the course they will be perfectly set up to achieve top grades.

6.

Navigating Social Changes

Moving to Sixth Form often means new classmates and a different social environment. Here's how to support your child:

- **Encourage Participation:** Motivate them to join clubs, societies, or sports teams.
- **Maintain Open Communication:** Keep communication lines open for discussing social challenges.
- **Be Patient:** We all want to see our child thrive as soon as they arrive. But settling in can take time and not everybody hits the ground running. If you're feeling anxious, be patient - Sixth Form is a great place for finding your level at your own pace
- **Monitor Wellbeing:** Be attentive to signs of social anxiety or loneliness.



Sep 3, 2024

Could not recommend enough

Could not recommend enough. Not only are the support services and UI easy and accessible, but UpLearn has genuinely changed my confidence at school for good. The pricing plans also work out cheaper than most tutors, as they charge by the hour. This site allows you to take as much time as you need, and you can revisit topics whenever you want to. Please give it a try if, like I was, you are struggling in a subject and your confidence in yourself is down, you won't regret it.



How Up Learn Can Help

Up Learn can indirectly support social well-being by:

- ✓ **Reducing Academic Pressure:** With academic concerns managed, your child can focus on building social connections.
- ✓ **Providing a Community:** Up Learn's platform can connect students with peers facing similar academic challenges, fostering a sense of community.
- ✓ **Positive Focus:** From the narrators of our lessons to our pool of tutors, even the team who create our lessons and quizzes - everyone really believes in our mission to bring out the positivity, fun and excitement of this important time in our learners' lives.

7.

Preparing for the Future

Sixth Form is not just about academics; it's also a time to prepare for the future. Guide your child in exploring their options:

- **University and Career Guidance:** Assist in researching universities, apprenticeship programs, or alternative career paths.
- **Skill Development:** Encourage the development of skills like time management, teamwork, and communication.
- **Work Experience:** Suggest gaining work experience or volunteering.



Aug 17, 2023

Grade C to an A in Physics 🏆

I cannot appreciate UpLearn enough. I went from getting a C in my Y12 Physics mock to getting an A for my actual A-Levels. Once again, UpLearn has been very crucial to my Sixth Form Success.



Jun 2, 2024

It is exactly what you would want

It is exactly what you would want. I went from a 2 in GCSE to an A in A level biology in 7 months. Very very good.



How Up Learn Can Help

Up Learn prepares students for the future by:

- ✓ **Enhancing Subject Mastery:** Ensuring your child excels in their A Level subjects, making them competitive candidates for universities.
- ✓ **Providing Career Insights:** Up Learn offers insights into how A Level subjects relate to various career paths.
- ✓ **Tutor support:** Help from passionate, friendly tutors who know their subjects and have often used Up Learn to get where they are today.

So the Good News...



Feb 23, 2024

I LOVE UPLEARN!

AMAZING! So useful and helpful, honestly was so scared for the jump between a level and GCSE but Uplearn put all the knowledge into a format I could understand. The tutors are always there to help you and reply so so quickly! Everything you ever need from videos, questions, quizzes, exam questions is on Uplearn!!



Transitioning from GCSEs to Sixth Form and A Levels is a significant step that requires adjustment and support.

However, you can help your child succeed by choosing the right subjects, developing effective study habits, managing stress, fostering resilience, navigating social changes, and preparing for the future. Tools like Up Learn provide invaluable support in this journey, making the transition smoother and more manageable. With your guidance and Up Learn's resources, your child can thrive in Sixth Form and beyond.

About Up Learn

We created Up Learn to deliver a world-class learning experience that brings out the best in any student. One that ensures that all students can learn effectively and master their subjects. We exist so that anyone who wants to learn anything, can. Welcome to **The Future**. Welcome to **Up Learn**.

Why Does It Work



Engaging

OVER **2600 HOURS** OF CONTENT



Efficient

USED BY **488,000+** STUDENTS



Effective

WORKING WITH **600+** SCHOOLS

As Seen In



Proud To Work With



What Parents & Teachers Say

Teachers



“**I would strongly recommend Up Learn** to any sixth form students looking to consolidate content learned in class and revise for exams. One Y13 student has gone from averaging a C/D in Economics to consistently scoring solid A grades in tests - they attribute this trajectory to UpLearn.”

→ **Rowan Pearson, Vice Principal, Phoenix Academy**



“I am inspired by **Up Learn**. We have now decided to roll it out this year to all three science subjects, Maths and Psychology A levels too. To those heads who ask me about A level results, **I would urge you to look at Up Learn**. It’s a great resource that we have found to be extremely useful to complement our excellent teaching.”

→ **Katharine Birbalsingh, Headteacher Michaela Community School**

Parents

Imran

“My son got his required A* and says he could not have done it without Up Learn.”

Raam

“When we looked to Up Learn, I was just delighted that my daughter had this zest for learning”

Students

Lucy

“This has given **brilliant structure to my revision** and made a massive difference to my understanding...and therefore my grades have improved!”

Pedro

“**This has saved my exams**”

Shiya

“A great platform with **unlimited resources on a lot of subjects**. All included in one place and one app.”

ulugbek

“With Up Learn **my productivity has skyrocketed**.”



Up Learn (UpLearn)

Reviews 573 • Excellent



VERIFIED COMPANY

uplearn.co.uk

Visit this website



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“Up Learn has changed my school life”

“I am the only one in my class who did co-ordinated sciences at GCSE rather than separate, which set me back a fair bit from the others. I used to struggle a lot to keep up in class, as I find Biology very challenging. Up Learn has completely changed that for me. Not only do I understand the content now in more detail than ever before, but I actually retain the knowledge. Instead of dreading every Biology class because I know I am the “weakest” student, I am excited to share my knowledge and offer my ideas.

Up Learn has genuinely changed my school life. I am now determined to achieve an A or A*, which has given me more option to think about exploring at university. I genuinely cannot thank Up Learn and all of the team members enough. The customer support is phenomenal, the UI is easily navigated and well developed, and the whole experience has been such a dream for me. Thank you all so much, you have genuinely changed my experience at school”.

**Rated
Excellent**
★ Trustpilot



uplearn.co.uk