

# The Parent Mentorship System

Guide your child to securing top school places using the power of human connection.

You can ask questions and request a review of the action steps inside this document by joining our [free SKOOL community](#).

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## Introduction

The Parent Mentoring System is part of the Parents Mentoring Course for parents helping their children get a place in the school of their choice. It includes understanding your child's needs, researching the school that suits their child and the admission criteria, balancing academics with personal growth, making discipline a part of life and staying strong when things don't work out.

## Understanding Your Child's Needs

Every child is unique. To guide them effectively, parents need to understand their child's strengths, challenges, interests, and goals.

### Real-Life Examples:

1. **Strength Assessment:** *Example:* One parent noticed her son struggled with writing but excelled in solving complex maths problems. She enrolled him in a creative writing workshop and supported his maths strengths by introducing logic puzzles and competitions like the UKMT (UK Mathematics Trust). This helped him thrive in both areas.

*Actionable Tip:* Sit with your child and list their favourite and least favourite subjects. Discuss why they enjoy or dislike each, and brainstorm ways to support both areas.

## 2. **Discovering Interests:**

*Example:* A family with a daughter interested in art but nervous about exams encouraged her to enter a local art competition. This built her confidence and allowed her to explore her creative side while balancing academics.

*Actionable Tip:* Spend a weekend exploring extracurriculars such as coding, music, or art classes. Introduce your child to hobbies that complement their academic growth.

Action Item:

**Type 2-3 strengths about your child and then copy and paste them into the [SKOOL community](#) for review:**

1. My child's strengths

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2. My child's interest

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3. My action for supporting my child's strengths and interest

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## Navigating "Selective Schools" & Admissions

*Key Concept:* The admissions process can be overwhelming, but knowing what schools expect can make a world of difference.

1. **Entrance Exams Preparation:** *Example:* A parent focused on targeted preparation by identifying key areas of improvement for the 11+ test (like verbal reasoning). They used structured tools like Atom Learning and supplemented them with 30-minute daily practices.

*Actionable Tip:* Download sample papers for your target schools, identify areas your child struggles with, and dedicate a small portion of the week to practising these areas.

2. **School Tours & Research:** *Example:* A parent prioritised attending open days for selective schools. Their child prepared questions for the Q&A sessions, which made them stand out as engaged and curious candidates.

*Actionable Tip:* Visit one target school this term. Encourage your child to observe the environment and ask questions about extracurriculars or academic support. You can also do an online visit.

#### Action Item:

Once you've decided on the target school, here's what you should do:

:

- **Plan your day**
  - Work out the best way to the school using maps
  - Work with your child to come up with "Questions"  
It could be things like
  - Does the school have a football Club
  - What do they serve for lunch?
  - What sports do the children play?
  -

→ Put it at the top of your Calendar and build excitement for the day

## Creating a Plan for Academic Excellence

*Key Concept:* Success is about consistency. A well-structured plan can help children achieve their goals without burnout.

#### **Real-Life Examples:**

1. **Daily Routine:** *Example:* One parent created a simple, flexible weekly timetable. Their child dedicated 20 minutes after school for each subject (e.g., Monday: maths, Tuesday: English), followed by relaxation activities. This kept stress levels low while maintaining steady progress.

*Actionable Tip:* Create a weekly timetable with your child. Include a mix of academics, family time, and free time to ensure balance.

2. **Leveraging Small Wins:**

*Example:* A student aiming for a grammar school struggled with comprehension. Her parents encouraged her to read one short article each evening and summarise it at dinner. Over time, her vocabulary improved dramatically. She could understand questions better and answer them.

*Actionable Tip:* Choose a small, consistent habit to help your child grow in a weak area, like reading a newspaper article or practising five vocabulary words daily.

3. **Checking in on how things are going:** Example: A child did not understand *fractions* because they missed the initial explanation in class. By identifying this early, the parent worked with the child, their teacher, or tutor to close the gaps quickly.  
*Actionable Tip:* Keep a notebook to track topics your child finds challenging. Update it weekly with notes and progress made. YouTube and Google can come in handy when there is no teacher or tutor available.

## Framework

Copy template to use (click [here](#) to see an example of a finished timetable):

### Step 1: Identify Key Focus Areas

*Write down the subjects and activities your child needs to focus on this week.*

- **Core subjects (e.g., Maths, English, Science):**

○ \_\_\_\_\_

○ \_\_\_\_\_

- **Specific skills to improve (e.g., reading comprehension, times tables):**

○ \_\_\_\_\_

○ \_\_\_\_\_

- **Extracurricular activities (e.g., sports, music, clubs):**

○ \_\_\_\_\_

○ \_\_\_\_\_

- **Relaxation or hobbies (e.g., drawing, family board games):**

○ \_\_\_\_\_

○ \_\_\_\_\_

### Step 2: Block Out Available Time

*Review your child's schedule and mark time for each activity.*

- **After-School Time Available (Monday to Friday):**

○ Monday: \_\_\_\_\_ to \_\_\_\_\_

○ Tuesday: \_\_\_\_\_ to \_\_\_\_\_

○ Wednesday: \_\_\_\_\_ to \_\_\_\_\_

○ Thursday: \_\_\_\_\_ to \_\_\_\_\_

○ Friday: \_\_\_\_\_ to \_\_\_\_\_

- **Weekend Time Available:**

○ Saturday: \_\_\_\_\_ to \_\_\_\_\_

○ Sunday: \_\_\_\_\_ to \_\_\_\_\_

### Step 3: Build the Weekly Plan

Distribute activities and subjects across the week in small, manageable chunks.

Day	Academic Focus	Extracurricular/Relaxation
Mon	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

**Step 4: Review and Adjust**

At the end of the week, reflect on how the plan worked and make changes for next week.

1. **What worked well?**

○

2. **What could be improved?**

○

3. **Changes for next week:**

○

## Strengthening Family Connections

*Key Concept:* The journey to academic success can be stressful. Strengthening bonds ensures the family supports each other through the process.

**Real-Life Examples:**

1. **Family Study Time:** *Example:* A parent started sitting with their child during homework time and used that opportunity to do their own “homework,” like budgeting or reading.

This built a sense of shared focus and support.

*Actionable Tip:* Set aside one evening a week as a “family focus session” where everyone works on personal or academic tasks together.

2. **Celebrating Progress:** *Example:* A family celebrated small milestones—like completing a book or mastering a new concept—with ice cream outings or a family movie night. This helped their child feel appreciated and motivated.

*Actionable Tip:* Set short-term goals and reward your child for achieving them, such as completing a mock test or improving their handwriting.

Action Item:

**Type your family focus time :**

What days and times of the week you will sit for this?

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Action Item:

Once you’ve decided on the days and times, here’s what you should do:

:

- **Plan your session**

- Say out loud what you will be working on
- Check in on your child and if they need help
- Use Google and YouTube if you don’t have enough knowledge of the topic

→ Add these days and times to your handwritten Calendar and stick it to the wall

## Staying Committed to the Process

*Key Concept:* The road to top school or university placements can be long. Commitment and adaptability are key.

**Learning from Setbacks:** *Example:* A student missed the cut-off score for a highly selective school. Instead of giving up, the parents reassessed, focusing on improving exam techniques. The following year, the child aced a different school’s entrance exam.

*Actionable Tip:* After every setback, sit with your child to discuss lessons learned. Brainstorm one actionable step to improve for the next attempt.

**Adapting When Things Change:** *Example:* A family applied to a highly competitive secondary school but realised their child thrived better in a less pressurised environment. They shifted

focus to a school with a strong pastoral care system, and the child flourished academically and personally.

*Actionable Tip:* Regularly review your goals and priorities as a family. Be willing to pivot if it better suits your child's well-being and growth.

Choose one actionable idea from each pillar and implement it over the next week. This will give you a sense of progress without feeling overwhelmed.