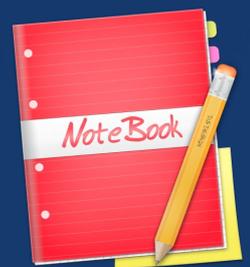
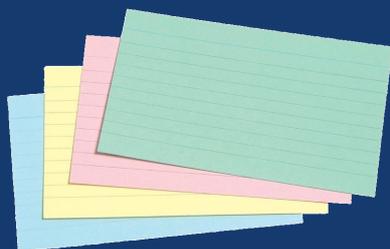


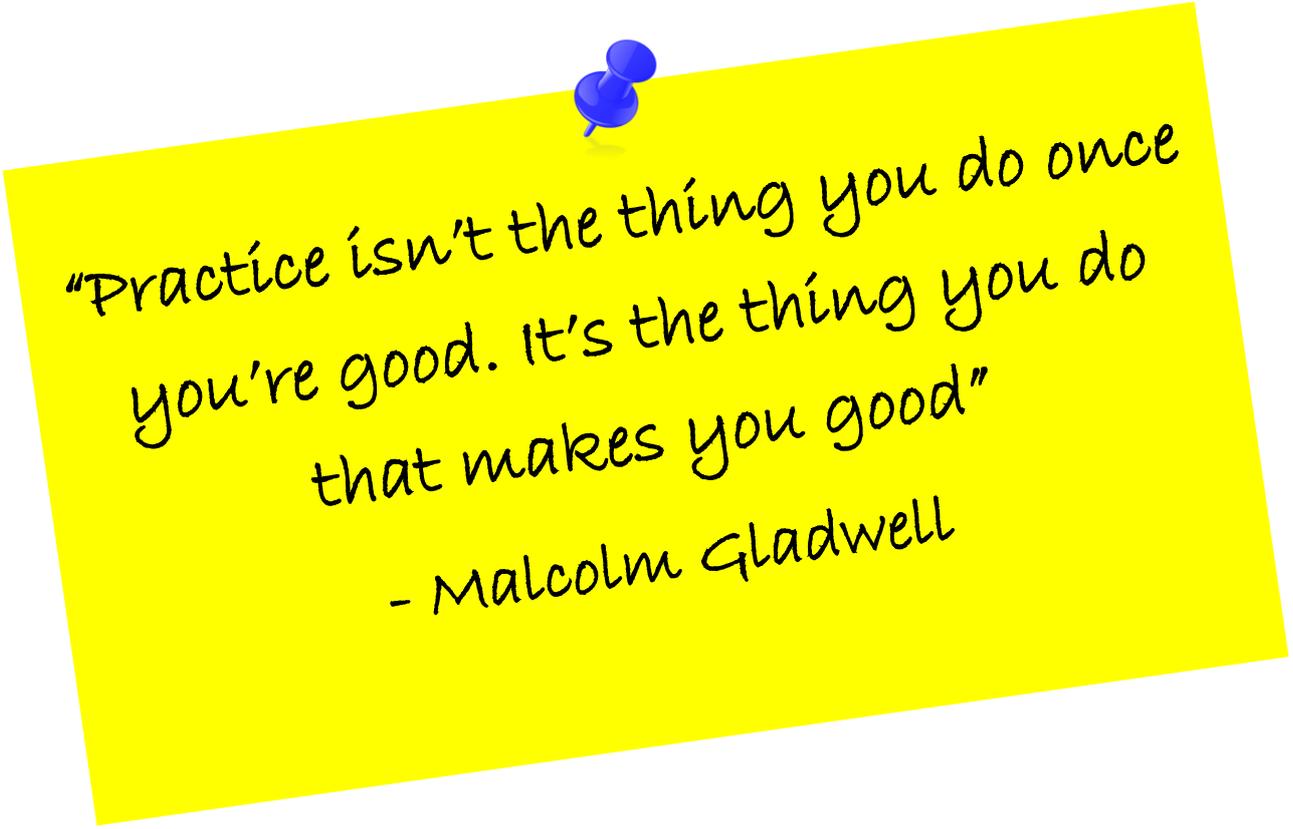
REVISION

PRACTICE, PRACTICE, PRACTICE

HOW CAN
PARENTS HELP?



Respect • Ambition • Challenge • Creativity



"Practice isn't the thing you do once
you're good. It's the thing you do
that makes you good"

- Malcolm Gladwell

REVISION : HOW CAN PARENTS HELP?

Your support, encouragement and interest can make a spectacular difference to your child's support motivation and ability to cope with the academic and organisational demands of the exam period.

It goes without saying all children are different, so it follows that there is no single approach to how a parent can help out, but this booklet offers some suggestions.

- **Tips for revision planning**
- **Providing all round support**
- **Looking for signs of stress and tackling the pressure**
- **Get involved**
- **Revision techniques**
- **Learning online**



TIPS FOR REVISION PLANNING

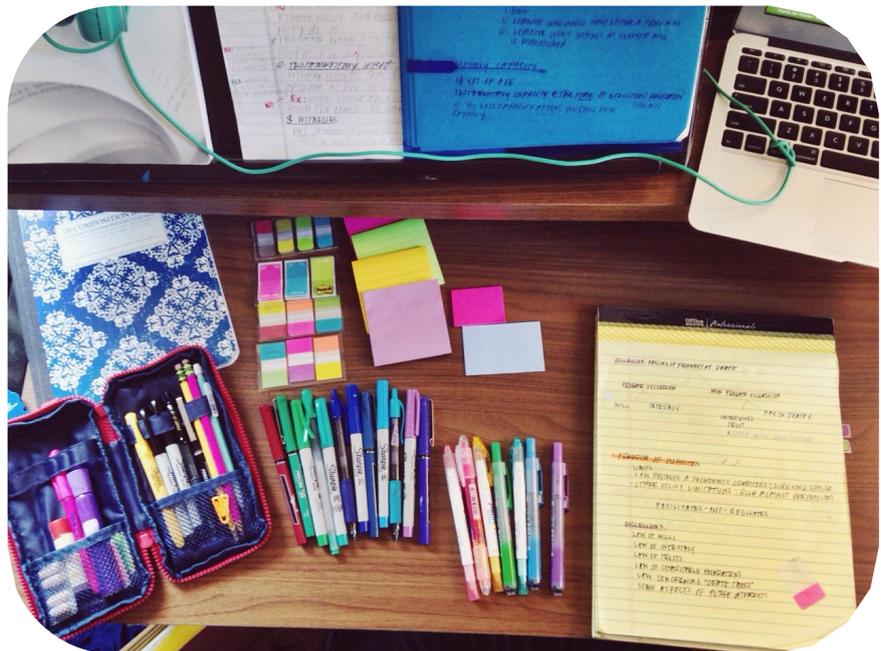
When your child is approaching their exams, resisting the temptation to “direct” their revision—or literally wrestle them into doing it—can be difficult.

Constantly asking the questions like “Have you done any revision today?” can cause arguments and come across as nagging, especially if they are already anxious about their exams.

The secret to doing well is in the planning, Help your child to create a revision plan and a way of studying that will make them feel in control of their work.

Here are some simple things that you can do:

- Provide them with a revision toolkit: make sure they have all the tools they need to revise successfully
- Get them new highlighters and pens to make revision more interesting
- Blank cards for revision notes
- Post it notes
- Snacks and water



Many students will access a large proportion of their revision online.

Technology isn't all bad! Many students will use Twitter, Facebook, YouTube and educational website to help them.

BUT... Get students to switch off their notifications and pop ups whilst they are revising. This avoids temptation and keeps them focussed on the task.

TIPS FOR REVISION PLANNING

The best way to support your child during revision and exams is to make home life as calm and pleasant as possible. It helps if other members of the household are aware that they may be under pressure and that allowances are made.



Provide the environment necessary for success

Ideally they need a quiet, well-lit place to study with interruptions kept to a minimum when they are working.

If you can, try to encourage your child to revise away from their bedroom—otherwise they may find it hard to relax and unwind when they want to go to sleep!

The best place may well be a combination of places—school, public library, study or kitchen. Whatever place they choose it should be arranged to give maximum benefit.

TIPS FOR REVISION PLANNING

Work with your child to create a revision schedule that is shared in a place where you can all refer to it. If they prefer to do this alone, offer encouragement and let them know you're impressed with their organisation.

Quality not quantity

Break revision into small chunks. 30-40 minutes sessions with short breaks at the end of each session often work well.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Put in the key dates and deadlines into a monthly overview that takes your child up until the exams.

Enter in any activities, music lessons, sports that your child does. Exercise and taking breaks from revision is especially important. Exercise is great for improving mental health. A brisk walk around the block can help clear the mind before the next revision sessions.

Set aside time for their social life too. This is their reward for completing all that revision.

Monitoring:

Try to ask how the schedule is going rather than if they are doing any work. This will feel less intrusive and create less tension. Offer your support if they have fallen off the revision wagon and support them to get back on track.

PROVIDING ALL ROUND SUPPORT

Do

- Make sure there are plenty of healthy snacks available
- Try to provide good, nutritious food at regular intervals and make sure they get a good breakfast on the morning of each exam
- Try to encourage them to balance their overall diet by having a variety, making sure they have enough protein sources as well as savoury carbohydrates
- Try to ensure your child gets a good night's sleep before an exam, so discourage them from staying up too late to cram.

TACKLING PRESSURE AND LOOKING FOR SIGNS OF STRESS

Exams are stressful.

It is important to reinforce to your child that nerves are a good thing. It demonstrates they want to be successful. Pressure is good too. It's motivating, inspires you to work hard and focuses attention.

However, it is important to recognise some of the signs of stress. Stressed children may be irritable, not sleep well, lose interest in food, worry a lot and appear depressed or negative .

Below are some websites offering guidance on how to support your child if they are suffering from pre-exam nerves:

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Examstress.aspx>

<http://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/coping-with-academic-work-and-exams/#.Vr24P0qLSUk>

<https://www.childline.org.uk/Explore/SchoolCollege/Pages/exam-stress.aspx>



GET INVOLVED

Try to do whatever you can to help you child—whether that means making endless cups of tea or keeping others from disturbing them.

Here are some simple things you can do to support them in their actual revision.

- Offer to test your son or daughter on what they've revised each day
- Encourage them to put up revision posters, diagrams and post-it notes around the house
- Go through school notes with your child or listen whilst they revise a topic
- Find out the exam boards and download exam papers and mark schemes. Offer to time them whilst they do the exam and then go through the paper together
- Encourage your child to attend the revision workshops after school. Timing of revision workshops can be found on the website

<http://www.sholingtc.org.uk/exams>

- Ask them to share with you the revision resources that are available to them. Use the school links below as a prompt to get them started.

Past papers are downloadable from the exam board websites. Exam board details for each subject can be found on the GCSE exam timetable.

EDEXCEL/PEARSONS

<http://qualifications.pearson.com/en/support/support-topics/exams/past-papers>

AQA

<http://www.aqa.org.uk/exams-administration/exams-guidance/find-past-papers-and-mark-schemes>

OCR

<http://www.ocr.org.uk/i-want-to/download-past-papers/>

REVISION TECHNIQUES

There are many different ways to revise and your child will find some ways more productive than others

Reading text over and over until you remember it may not be very effective unless it is supported by other techniques e.g.:

Visual

- Write notes on post-its and stick on walls
- Make notes on key ideas
- Summarise notes onto card
- Highlight/circle key information
- Draw pictures diagrams, mind maps, graphs
- Display key words around your room
- Create a picture in your mind of what you have studied

Auditory

- Make up rhymes, mnemonics (e.g. Never Eat Shredded Wheat – North, East, South, West)
- Test yourself or your friends
- Get someone to test you
- Teach someone what you have revised
- Read your notes out loud or record them and play them over and over

Kinaesthetic

- Create revision cards
- Act topics out
- Use gestures to demonstrate concepts

LEARNING ONLINE



www.samlearning.com

Online revision for the majority of subjects

Centre ID = SO1ST

Username — birth date + initials

e.g. 020575DB (2nd May 1975 David Beckham)

Password — same as username unless your child has changed them



www.gcsepod.com

This resource has quality learning in 3-5 minute bite size chunks. Watching and listening to as few as 5 pods per subject as part of revision can have a significant impact on grades.

Please see Miss Darby if you have a problem logging in. Logins are free to create.



www.mymaths.co.uk

Interactive online maths learning

Username: sholing

Password : sequence

All students should know their individual logins. Please contact their maths teacher if you would like a copy of your child's login

www.online.justmaths.co.uk



The place for GCSE Maths: Tutorials, revision and support. Once you have logged in, you will find a whole host of support including the “Top 40” for the current GCSE specification.

Username: SholingStudent

Password: Sholing



www.bbc.co.uk/education

An excellent free resources for most students

Ten Top Tips For Revision Success!



Before you start, plan

We've all done it, spent so long revising the really tough stuff leaving no time for the remaining 90% of our revision. Plan, stick to it and don't panic!



Be realistic

We'd all love to be Superman and get our revision done in 5 minutes but it isn't going to happen. Working 24 hours a day won't help either. Make sure your plan is manageable in the real world not Metropolis!



The early bird...

Catches the worm, or at least has a sensible revision plan. The earlier you start, the less you'll have to do in each block.



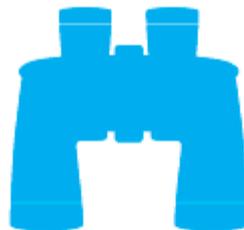
A Room of One's Own

Or corner, or desk, or sofa...Find a good place to revise, whatever works for you, be that a quiet library, your desk, or under a tree.



Mix it up a bit

There are different ways of revising like there are different ways of memorising information. Rather than just copying out, try drawing diagrams, reading aloud, sticking it on post-its on the wall. Whatever helps!



LOOK TO THE PAST

This doesn't involve a time machine, just checking out old exam papers. It can help you plan, revise, and calm you down!



Take regular breaks!

Don't head for information overload. We're not designed to work flat-out and work far more efficiently if we take regular breaks. Try to get up a move around, have a dance if you want. Don't just close the book, make the most of that time



Feed & water regularly

Like a car, if you run out of petrol you're not going to get very far. A fed and watered revision brain, is a happy efficient revision brain revving its highly tuned engine!



Testing times

Don't just input, check what you know. You can do this with friends, family, or on your own. Testing is a great way of combatting those nerves by confirming what you know, and filling in the gaps!



Early to bed

It's the night before the exam. No you've done all that work it's time to give our brain a rest, so you're in tip top condition for sitting that exam. **Good luck!**



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