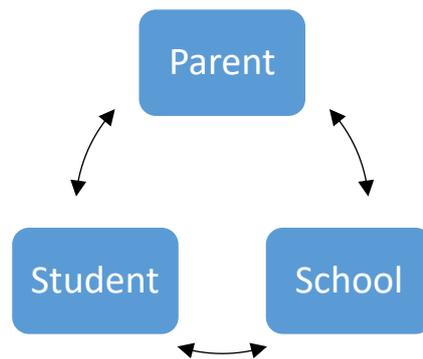


How can Parents help with revision?



Motivation

- Take an interest in what your child is doing, ask about their revision plans and look for opportunities for reward and praise.
- Remind them of previous achievements to encourage them to do well.
- Discuss with your child what they want to do after their GCSE's – future plans.
- Get family and friends to have similar conversations about the future.
- Incentives and rewards – for good revision and/or good results.
- Remind them that this is just for a short while, normality will return.

Revision Planning

- Encourage your child to ask teaching staff for advice and guidance.
- Buy revision guides.
- Help produce a revision timetable (blanks will be given to pupils).
- When they get home help or encourage them to make a list of what they will revise that evening.
- Encourage them to take a break (if they've been at it too long).

Revision Sessions

- Encourage pupils to attend after school revision sessions.
- Make sure they have all the equipment they need (pens, pencils, paper etc.)
- Give them a quiet place to work, away from distractions including noise, TV, phones etc.
- Let others in the house know they are revising and ask them to be extra considerate.
- Revise, test, rest. Revision sessions should be between 1 and 3 hours with regular short breaks. Students should plan a definite start and finish time, and stick to it. Testing themselves on the topic just revised is essential.
- Search for, and complete, past exams on exam board websites.
- Help them test themselves.
- Bring them food and drink when needed.
- Give treats and rewards after revision sessions.

The Memory Game

- Revision is all about improving recall and understanding. Different strategies work for different people. Encourage your child to find the methods that work best for them.
- Encourage your child to attend revision sessions in school.
- Encourage your child to speak to teachers about the topics they are struggling with.
- Test your child – flash cards are great for this.
- Ask your child to teach you a topic (you remember 20% of what you are taught but 90% of what you teach!)

Distractions

- No TV during revision (even if they say it helps, it does not).
- No mobiles – constant messages are off putting and interrupt revision.
- Encourage them to work in silence especially when completing memory games and past exam papers.
- Don't compare your child's revision strategies to others – it will only cause tension.

Exam Stress

- Your child will go through a range of emotions during the exam season, listen to what they have to say.
- Do not force them to tell you about their latest exam – they may not want to and this may cause extra stress.
- Expect the occasional outburst and mood swing.
- The best way to reduce exam stress is to be well prepared and to have done ample revision.
- Eat well and sleep well. A good diet with healthy food and plenty of water will help your child maximise their potential. A good night's sleep will help your child focus and feel more positive about their revision and exams.
- Encourage them to think positively – positive mental attitude. Distract them from negative thoughts and focus on positives.

Exam Day

- Only attempt 'light' revision the night before.
- Ensure they have equipment ready the night before.
- Have a healthy meal the night before and breakfast (even if they normally do not) in the morning.
- Check for pre-exam revision session from teachers.
- Check they know when and where their exam is.
- Avoid giving last minute advice.
- Make sure they are on time to school.
- Wish them luck and tell them everything will be okay.

After the exam

- Wait for them to tell you about it, do not pry. They will tell you when they are ready.
- Keep everything as normal as possible.
- Continue to show interest, show support and give praise and encouragement.