

# THE PARENTS' GUIDE TO EXAM REVISION

## Should I help with revision?

Our young people can rarely achieve their best independently; best results are always achieved when a partnership is formed between student, family and school, and your support as parents is fundamental to success.

Research and experience shows that children whose parents/carers take the opportunity to be frequently interested in their child's learning make most progress.

The aim of this booklet is to provide you, the parents, with key points to support the revision process.

*Parental support is 8 times more important than social class and can make the difference between a grade 8 or 9 and an also ran at GCSE (TES).*

- Help your child to create a revision plan that will work for them. Work with them to identify when they are at their brightest and most alert - morning or evening.
- Thirty minutes is about as long as a child can concentrate in one stretch. Then a break for a drink or snack is advisable. Be warned that if the break involves television, it can be hard to get started again. Advise them to tackle a different subject on their return.
- Encourage and support your child to stick to the revision plan. That way you can help them to keep track of how much work they have done and what they have left to cover.
- Choose a place in the house to revise where they won't be distracted.
- Agree revision time with **no** mobile phones or music playing so that their focus is 100% on the revision that they are doing.
- Also make all of your family members aware of the fact that your child will need some peace and quiet during this time, so they know not to disturb them.
- Switching revision between subjects avoids them becoming bored of a single topic.
- Some students work well revising with friends – if this works for them let them do it, but manage the time sensibly.
- Ensure that your child avoids last-minute revision the night before. Instead, support them to complete their revision plan early.
- Ensure your child attends every day if possible. Even one lesson missed means that key information could be missing.

- The simplest things often get in the way of starting revision – days can be lost while pupils are 'going to get some folders soon...'. Get around this by providing the files, dividers, wall charts etc. your child will need for the revision period.

### **So how should I help my child to deal with exam stress?**

- Encourage them not to be frightened of exam stress, but to see it as a positive force - after all, it keeps them on their toes mentally, and can help them focus on the task in hand.
- Learn to recognise when they are stressing out, and understand its causes. Often, a break or a chat with someone who knows the pressure they are under will get things into perspective.
- Make sure that they get a good night's sleep before each exam - it will be much easier for them to concentrate during the exam if they are not feeling too tired.
- Encourage them to eat healthily during their revision and exams: Plenty of fresh fruit and vegetables. Bananas are brilliant for brains!
- Avoid caffeine, it makes stress worse and it dehydrates their brains.
- Some anxiety is good, but if a child is really worried, please feel free to contact us.

### **Useful equipment**

Making sure your child has all the right equipment so they can get ready for their exams is also something you could really help with. Some things that your child could find very useful during their revision:

- Fine-point coloured pens
- Highlighters
- Watch
- Calculator (scientific)
- Post-it notes
- Note or record cards
- Folders and files
- Revision guides

### **On the day of an exam**

- ✓ Make sure they have checked that they have all the necessary equipment – ideally they should do this the night before.
- ✓ Ensure that they have a good breakfast
- ✓ Don't let them be tempted to try and do last minute revision on their own – some subjects hold breakfast clubs before examinations

- ✓ Make sure that your child leaves home in enough time so you are not rushing to school