

Revision Tips

A Guide for Parents and Carers

It is never too late to revise

Introduction

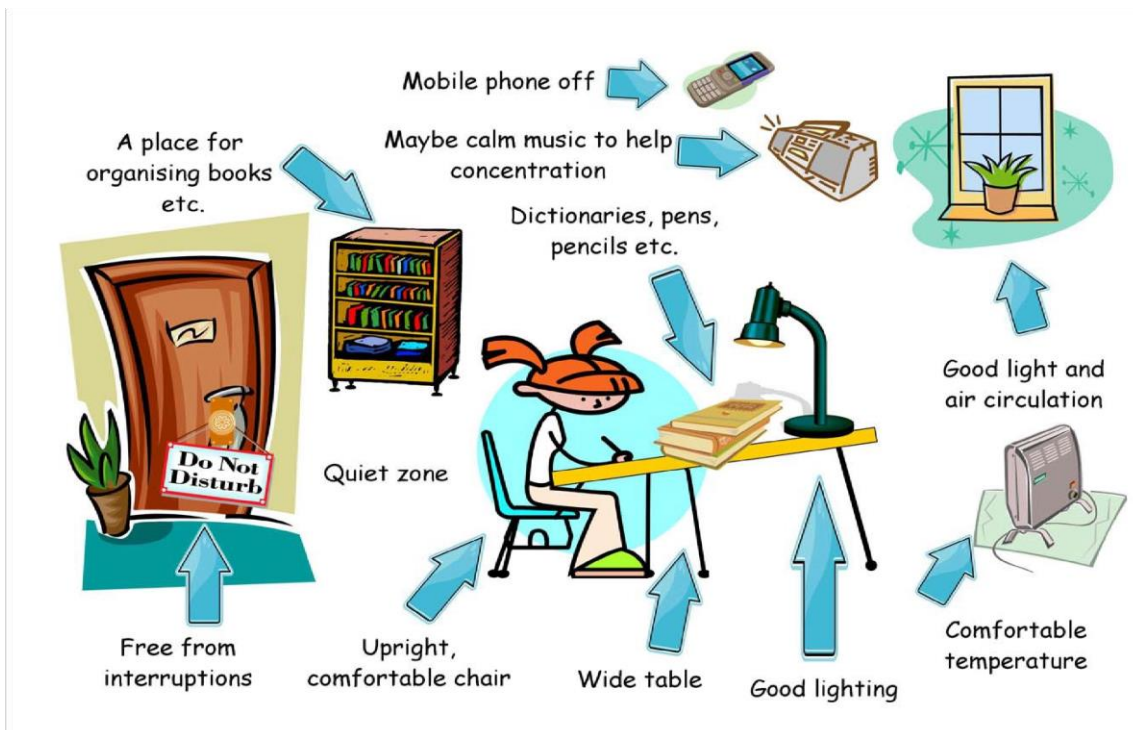
The period of time leading up to examinations can be very stressful, both for you and your child. Teenagers deal with the stress of examinations in very different ways and approach their studies in very different ways, so there are no simple approaches that will work with everybody. This guide contains some advice based on what we know has worked with young people in the past.

One of the most important things that you can do as a parent is show an interest and be supportive – your child needs to know that you are there if they need your help.

Talk

A good place to start is to talk to your child about how they would like you to be involved in their revision. The responses will vary based on the age of the child, their approach to study and the relationship that they have with you. Respect their views, even if they say they don't want or need any help. Even having this conversation will let them know that you are interested and supportive of their situation.

Hints for an ideal revision area:



Environment

Effective study generally requires the right kind of learning environment which isn't always easy to provide in a busy family home. We encourage students to:

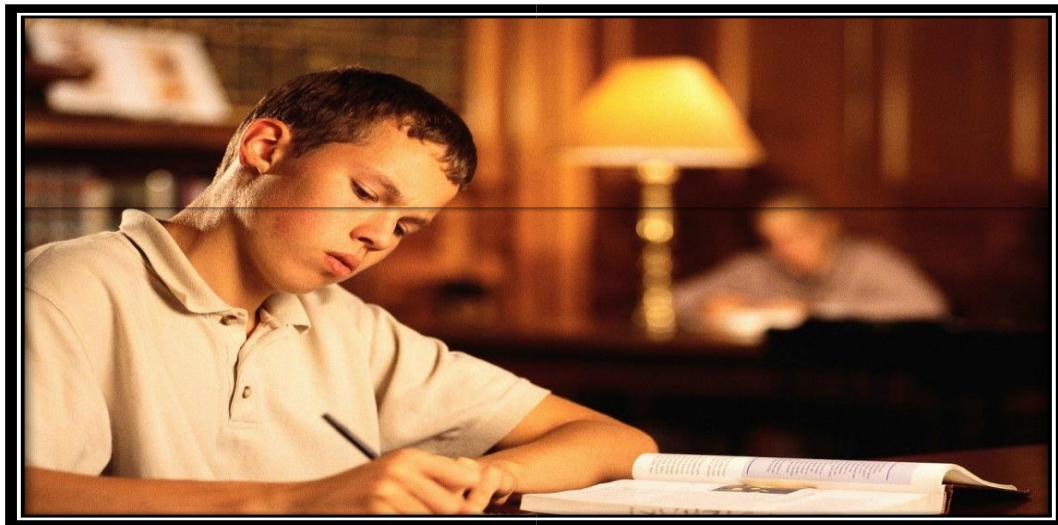
- Revise in short, concentrated periods of time.
- Study in a quiet, well-lit area where interruptions are kept to a minimum.
- Distractions caused by mobile phones, social media sites etc should be kept to a minimum – you could agree that when they are revising they give you their mobile phone, for example.

Food and drink

Nourishment is so important and without regular meals and appropriate snacks your child will not be able to work effectively. Food and stress don't generally have a very good relationship but encouraging healthy eating and the drinking of water could have a huge difference on the performance of your child both in terms of their revision and in the exams themselves.

Time of day

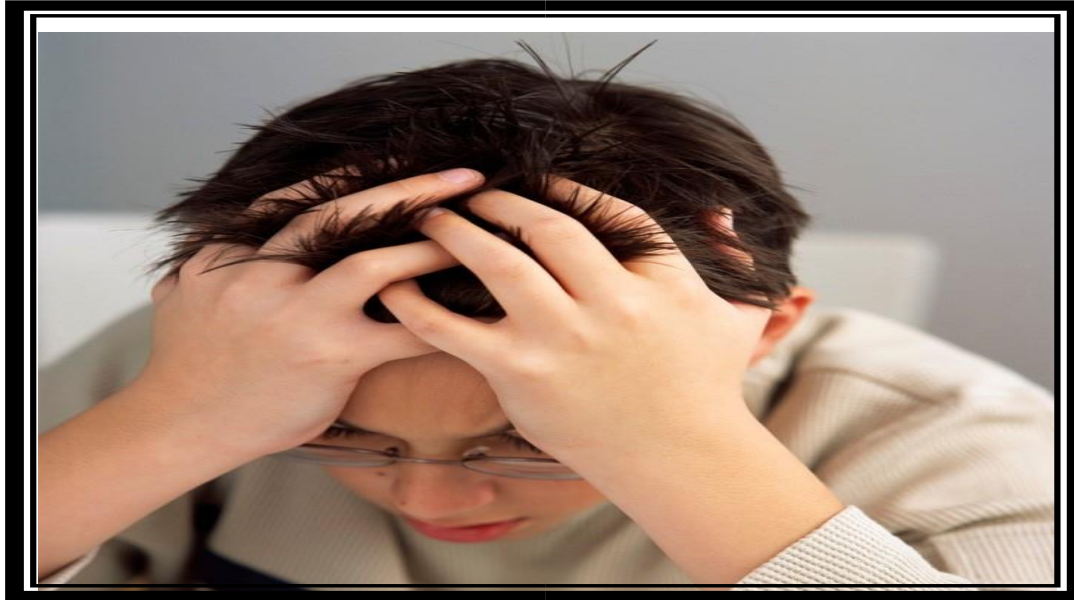
The brain is most receptive to study in the mornings, which might be bad news for many teenagers! Working right up to the point of going to bed is not advisable. Sleep and relaxation are really important at this time and we are unlikely to get to sleep easily if we have lots of information flying around our heads.



Encouragement and Praise

Your child will probably be more sensitive than usual in the run up to exams. They are liable to over-react to even the smallest of issues. **Rather than criticism and nagging they need praise and encouragement.** The quality of the revision is much more important than the quantity – preparing for exams intelligently is much more effective than cramming into the early hours.

- Encourage some kind of revision plan, but also encourage breaks to see/speak to friends, eat, sleep, relax.
- Encourage to use a variety of revision strategies – simply reading through notes or textbooks will not work. Different strategies work for different people but they could try:
 - Index/Cue cards with a question on one side and the answer on the other so you can help test them
 - Mind mapping which helps them make connections between information
 - Answering past paper questions – testing is probably **the** most effective way of learning.
 - Revision websites
 - Revising with others – as long as this doesn't become a distraction
- Encourage to **revise** (in chunks of no more than 30minutes at a time), **test** (to check their understanding of what they have revised), **rest** (to allow information to sink in and to recharge for the next revision session)
- Praise when they have done some revision and reinforce how important this will be for their exam preparation.
- Ask questions about what they have revised and whether they are struggling with any particular aspects
- Try and keep things in perspective for your child. Exams are important but young people can often feel overwhelmed. Try and keep their feet on the ground by taking their mind off the work and encouraging them to get fresh air. They know how important the exams are and don't need to be continually reminded!



EXAMS ARE STRESSFUL - BE SUPPORTIVE

The Exams

Once again it is important that you show an interest and encourage your child to be organised and prepared during the exam period.

- Display their exam timetable somewhere in the house and talk to them about what exams they have on each day
- Make sure they check their Statement of Entry – (sent home before February half term.)
- Breakfast is so important on the morning of an exam, even if it is just a piece of toast or some fruit
- Wish them well
- Talk to them afterwards but don't let them dwell on the exam

Key Dates:

20th April - English Language Speaking & Listening – Time to be confirmed

12th May - Biology Paper 1 - PM

13th May - English Literature - AM

14th May – Art and Design Component 2 – All day

15th May – Art and Design Component 2 – All day

19th May - Maths Paper 1 - AM

21st May - English Literature Paper 2 - AM

1st June - Biology Paper 2 - PM

2nd June - English Language Paper 1 - AM

4th June Maths Paper 2 - AM

5th June English Language Paper 2 - AM

8th June Maths Paper 3 – AM

20th August Results Day

Malpractice

Warning to Students

- You must be on time for all your examinations.
- You must not become involved in any unfair or dishonest practice in any part of the examination.

You must not:

- Sit an examination in the name of another candidate;
- Have in your possession any unauthorised material or equipment which might give you an unfair advantage.
Possession of a mobile phone or other unauthorised material is breaking the rules, even if you do not intend to use it, and you will be subject to penalty and possible disqualification.
- You must not talk to, attempt to communicate with or disturb other candidates once you have entered the examination room.
- You must follow the instructions of the invigilator.
- If you are in any doubt speak to the invigilator


Things to avoid

- Avoid making comparisons with brothers, sister, friends or yourself – they are all individuals who work in different ways. Comparisons will just cause resentment and add to the stress
- Avoid being negative and critical. If they are not doing much work, then try and talk to them about this and try and encourage and motivate them. Try and find out what is causing them to avoid work, for example they might not know where to start in which case help them break the topics down into smaller chunks.


It will all be worth it in the end!!

Attendance

90% in an exam is a great result but in terms of attendance it means that the student has missed 1 of every 10 days – over a period of a year this is equivalent to 4 weeks of school and it will ultimately affect their final result.

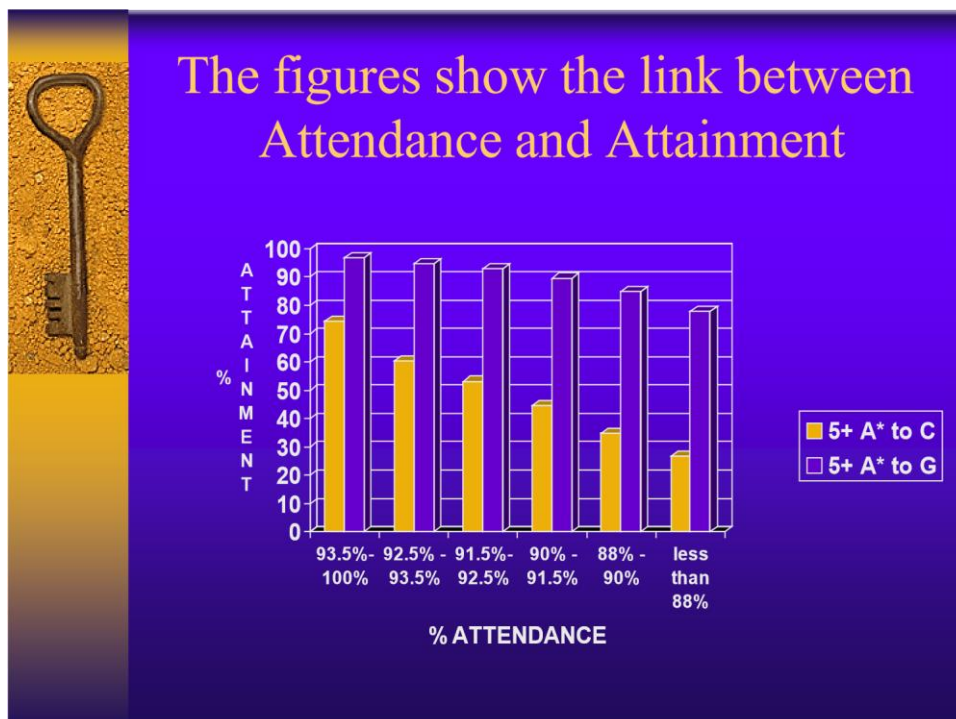


HOW DO YOU THINK 90% ATTENDANCE RATE WILL AFFECT SAM'S CHANCES OF DOING WELL IN SCHOOL?



- ◆ Research suggests that 17 days missed from school (approx one half day each week), equates to a GCSE grade

GONE WHERE?



Useful Websites and stuff....

More information about the sites listed is given in the relevant chapters.

General support for teenagers

- www.projecteducation.co.uk/gcse offers links to GCSE chat forums.
- www.bbc.co.uk
- www.childline.org.uk/explore/Pages/Explore.aspx
- www.youthaccess.org.uk/
-

General parent support

- www.parentlineplus.org.uk confidential helpline for parents on 0808 800 2222
- www.projecteducation.co.uk

Exam boards

- www.aqa.org.uk the Assessment and Qualifications Alliance (AQA)
- www.edexcel.org.uk Edexcel

Coursework and revision

(Please read notes on the use of essay banks in 'revision').

- www.coursework.info
- www.sparknotes.com
- www.gcseguide.co.uk – Use the 'bookshop' option to see what revision guides are available in each subject area.
- www.bbc.co.uk/schools/gcsebitesize
- www.gcse.com

Careers

- <https://direct.gov.uk>. The governments' official careers information site. Visit the Education and Learning pages and choose 'Which way now? Years 10-11' followed by 'Your Choices in Year 9' to find out more about your options.
- <http://www.bbc.co.uk/schools/studentlife/careersandchoices/>
- Visit <http://nextstep.direct.gov.uk> and select Planning your career then Job profiles for free information on hundreds of different careers.
- <http://connexions-berkshire.org.uk/careers>
- E-CLIPS lets you view and print out leaflets on lots of different topics, including Options after Year 9.
- www.Careersbox.co.uk - Careers films/videos – real people in real jobs
- www.icould.com - Career advice, HE choices

- www.opendoorsmedia.co.uk - Regional training prospectus – everything you need to know about college, apprenticeships, careers, training schemes and jobs in local area
- www.apprenticeships.org.uk - National Apprenticeship Service
- www.futuremorph.org - STEM careers
- www.targetjobs.co.uk - Careers info – construction, accountancy, banking, law, engineering, environment, media etc