



# **Supporting your child during revision and exams**

## Introduction

The months ahead are some of the most important in a student's life. It is the culmination of years of school education.

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. You may feel that you are worrying more than he or she is! You may feel anxious that your child is working too hard, or you may feel your child is simply not doing enough.

Whatever stage you are at, this booklet is designed to give you some practical tips to support your child through the coming months.

Clearly you know your son or daughter best and this booklet sets out some suggestions for you to work alongside them. It does not offer a quick solution to the problem of revision because there isn't one. We hope you will find its contents have something to offer you and your own situation.

There is a cost associated with spending too much time out with friends or watching television, which will only be recognised too late. Parents must remember that calmness and encouragement are the key issues for these discussions. However difficult it may feel, always try to keep calm and smile a lot – it is important not to add to the pressure. Tell your child when they have done well, but also be determined where time management is concerned.

It is worth remembering that an examination is a test of learning, not memory. It is important that the revision process starts early.

# Getting started

Students can still waste hours organising themselves. It may be the only time they choose to tidy their room or offer to take the dog out!

It is important that they maximise their time for actual revision, not sorting out what they need. A lot of this can be done prior to really getting started.

## **EQUIPMENT:**

- ❖ Highlighters.
- ❖ Coloured pens.
- ❖ Post-It notes for formulas/key words.
- ❖ Different coloured paper for different subjects.
- ❖ CD Player/Computer for revision CD's.

## **WHERE TO REVISE?**

- ❖ Not in front of the TV.
- ❖ At a table or desk, preferably in a quiet place.
- ❖ It is worth trying to sort the bedroom out. Get rid of clutter, so a desk is empty enough to have proper space to work.
- ❖ Lay out all the materials for each subject to save time.
- ❖ Come to a compromise on music.

## **WHAT DO THEY NEED TO REVISE?**

- ❖ Revision timetable.
- ❖ An up to date set of class notes.
- ❖ Revision materials given out by Departments.
- ❖ Revision list.
- ❖ A list of what is in the exam.
- ❖ Any study guides which have been bought (but students need to treat them with caution – check they are covering what is in their course).
- ❖ If they are unsure, get them to check with their teachers.



**"'How To Do Well In School Without Studying' is over there in the fiction section."**

# Approaching Revision Effectively

- ❖ Concentration only lasts so long. Children should revise in small chunks of time (i.e. 45 and 1 hour) and then take a break. Breaks can be for as little as five minutes but are vital to making revision effective.
- ❖ A plan of revision should be done ahead of time. Below is an idea of how they may organise their time.
- ❖ Students will often just revise what they feel a little more confident with; when in reality they need to really get to grips with the topics that they find trickier.
- ❖ Over time; all topics need to be revised (some repeatedly) in order to your child to be as prepared as possible for the demands of the exams.

Weekly Revision Timetable

Name: \_\_\_\_\_

Day	8:30 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:00	2:00 – 3:00	3:00 – 4:00	4:00 – 5:00	5:00 – 6:00	6:00 – 7:00	7:00 – 8:00	8:00 – 9:00	9:00 – 10:00
<b>Monday</b>								RE	Break	Music	English	Relax	Relax
<b>Tuesday</b>								Break	Break	Maths	Geography	Relax	Relax
<b>Wednesday</b>								Geography	English	Break	Maths	Music	Relax
<b>Thursday</b>								Science	Break	Business Studies	Relax	Relax	Relax
<b>Friday</b>								Break	English	Break	Maths	Business Studies	Relax
<b>Saturday</b>	Science	Maths	Geography	Science	Football	Football	Football	Football	Football	Relax	Relax	Relax	Relax
<b>Sunday</b>	Geography	Football	Football	Relax	Relax	Relax	Science	maths	Break	Geography	RE	Relax	relax

\*\*\*Remember: make sure you give yourself breaks and allow time to relax and do the things you want to do and enjoy doing.

# General Revision Strategies

- ❖ Brainstorm a topic using a spider diagram.
- ❖ Make a chart to fit the information.
- ❖ Put key words onto Post-It Notes; stick them around the house to learn them.
- ❖ Make up tests to try later.
- ❖ Put notes onto revision cards.
- ❖ Make your own flash cards – questions on one side and the answers on the back.
- ❖ Create a Mind Map.
- ❖ Use different colours to represent different things.
- ❖ Use Mnemonics for difficult spellings/sequences (e.g. **R**ichard **O**f **Y**ork **G**ave **B**attle **I**n **V**ain – colours of rainbow).
- ❖ Make a flow chart.
- ❖ Make a timeline.
- ❖ Use pictures to represent key ideas.
- ❖ List two sides of an argument.
- ❖ Identify similarities/differences.
- ❖ Plan an exam answer and write the first paragraph.
- ❖ Create a dictionary for each subject.
- ❖ Turn headings into questions.
- ❖ Fill the bedroom walls with posters for key ideas.
- ❖ Make up cartoons.
- ❖ Label pictures.
- ❖ Record key quotations/French vocabulary.
- ❖ Study with a friend and test each other.
- ❖ Read a page of your book or revision guide. Shut the book and write down what you can remember; then review.

## Wider support

- ❖ Try to maintain a calm and pleasant home life.
- ❖ Make the wider family aware of the demands your child is facing and to make allowances.
- ❖ Share a drink or snack with them to encourage taking breaks from their work. Working for too long will not benefit them.
- ❖ Provide healthy snacks to boost energy and concentration.... the occasional bit of chocolate will help too!
- ❖ Encourage them to have family time away from their work; mealtimes are a good option.
- ❖ Encourage them to take regular exercise.
- ❖ Encourage a good night's sleep.
- ❖ Encourage them to do well for their own sake. Explain that exams aren't an end in themselves but a gateway to the next stage of life - to A levels, university, college or work. Good results are themselves the best reward for hard work and will make your child proud of their achievements.
- ❖ Agree regular 'check ins' where you are 'allowed' to discuss with your child how they are doing in classes and how their revision is going. Having a set time to discuss this will avoid them feeling you are nagging them.... not that you are!
- ❖ Put key dates for exams etc in your diary or on a calendar.
- ❖ Agree a balance between work and leisure. Being flexible is the key! If there is an important family occasion or party they want to attend, agree they can make up the work at a specific time.
- ❖ Consider a reward structure to motivate them... this is NOT bribery! Rewards could include an extra night out, an extension to the time they come in, a trip with friends, being let off household chores etc. Little and often can be very rewarding.
- ❖ If your child becomes anxious or withdrawn, encourage them to talk to you or someone else they trust.
- ❖ Help your child to put any difficulties into perspective. When one thing goes wrong they often see this as a complete disaster and consider giving up.

## Dealing with stress

A degree of stress is normal. If you or your child feels that they are becoming too stressed, then it needs to be tackled before the issue becomes massive.

Any marked changes in your child's behaviour could be a sign of stress. Other symptoms could include:

1. Difficulty getting to sleep or waking up
2. Tiredness
3. Lack of appetite
4. Loss of interest in things they usually enjoy
5. Headaches and unexplained aches and pains
6. Irritability and frequent angry episodes

If they are stressed, encourage them to take time out and do something they enjoy. Exercise is an excellent stress buster... even if it's just walking the dog. Also look again at the section on wider support and see if there is anything you could do to help them.

Remember, school is also here to help you. We all want your child to aspire to do the best they can and work hard to achieve their goals. If you need support, advice or just want to check how your child is doing, then please contact us.

### **Moor Park High School and Sixth Form**

Moor Park Avenue  
Preston  
PR1 6DT

Email: [admin@moorpark.lancs.sch.uk](mailto:admin@moorpark.lancs.sch.uk)

Tel: 01772 795428

Fax: 01772 653912