

Parents Revision Guide

There are plenty of ways in which you could help your child stay calm, motivated and relaxed during their exams.

Revision timetables are a good way of planning what topics/ subjects to revise and by when. You can sit with your child and draw a revision plan or you can go onto the BBC Bitesize web page and download one from there.

If they are really stuck on a topic, then it may be possible for you to phone the school and arrange an appointment with the teacher.

Set goals that you both think are realistic and achievable within the given time. Tick them off as you when they are achieved as this allows your child to see their progression and feel that the end is in sight.

If some of the goals aren't met, discuss what they felt went wrong, and discuss ways in which they can get back on track.

The run up to exams and the exams themselves are a daunting time for anyone, but remember to offer your help and support to keep them motivated. Rewards can work well for some in terms of motivation i.e. letting them watch their programme after achieving their goal, and in some cases a holiday is another incentive to do well as well as something to look forward to after the exams.

It is important that your child has regular breaks of 15-20 minutes after 90 minutes of revision to refresh their mind and that they are eating healthy as well as participating in some form of exercise as this will help them to de-stress.

Revision Techniques

There are a variety of ways and techniques that could help your child(ren) to revise such as revision cards and maps and internet sites such as BBC Bitesize for example. It is important to remember that everyone learns in different ways so try a range of techniques to see which one suits your child(ren).

Using coloured pens to copy out classroom notes can be a good way of remembering key information, certain 'buzz words' or a certain unit. Post-it notes are also a useful tool in revision, as notes can be written on them and then stuck around the house in certain areas where your child(ren) are most likely to see them, such as their bedroom mirror, the bathroom mirror, wardrobes, fridge and cupboards to name a few.

Getting your child(ren) to explain to you what they've learnt at the end of each topic, is a good way for them to summarise what they've learnt and also allows them to feel more confident in understanding the subject.