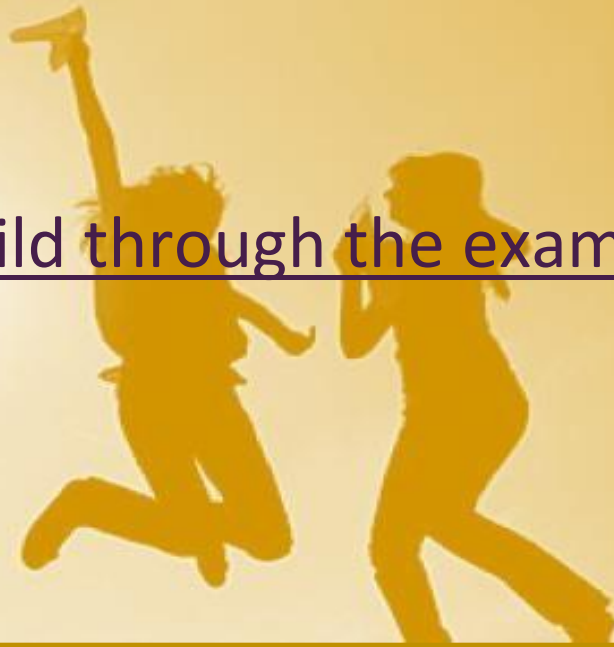




How to get your child through the exam season



National research has shown that

Teenagers like their parents around where possible when they revise. They like parents to show an interest when they get home and ask how it's gone.

They like parents to test them at their request and hold them to account.

They appreciate unexpected small rewards and treats during their revision, cups of tea, favourite meals – they like to know you are thinking of them.

Our advice would be

Remove mobiles and games consoles from bedrooms if that's their workspace -

Have some good snacks in the fridge

Relax the rules about tidy bedrooms

Make sure they get regular exercise and enough sleep

(Experts recommend 9 hours a night)

Help them structure a revision timetable (see below)



Useful revision methods

Active revision methods are best eg:

Writing revision cards
Reading notes aloud recording key point onto their IPOD or phone
Discussing topics with a friend
Teaching a topic
Testing themselves, getting others to test them.
Rewriting notes
Doing examples
Doing past exam papers
Using revision websites



Writing revision notes into card

1. Pupils either use A4 sheets of card cut into 4 or buy postcards/index cards from the local news agents.

Condense lesson notes by picking out the most important points – make sure 2. they understand them

3. Include important diagrams tables, graphs and formulae

4. Pick out key words and phrases that trigger their

memory.

5. Make sure the cards are well spaced out and they don't cram too much onto a page

6. Get them to use a mixture of capital letters, large writing, colour, underlining and abbreviations.

7. They should always write the subject at the top and insert a clear title

Tips for Students Spider diagrams/Mind maps. These involve the following

1. Write the main topic in the middle of the paper and draw a ring round it
2. For each point draw a branch out of the main topic
3. Write a key word or phrase on each branch
4. Build out further branches and add details

-add diagrams, pictures and symbols
-highlight links
-make it colourful



Memory hooks

Hooks work best when they are unusual or funny. Use pictures, rhymes, stories and mnemonics, e.g. use the first letters of words you are trying to remember e.g. HOMES is a mnemonic used to remember the 5 great lakes in Canada.

Huron Ontario Michigan Erie Superior



Silly sentences

Take the first letter of a list of words and make a silly sentence with them

Silly North sent Enceast south West Naughty Elephants Squirt Water



Test yourself

It is very important to keep testing yourself, especially if you have to memorise definitions, quotations, theories and ideas. You might write these on “post it notes” and stick them to things – mirror, wardrobe, stairs, banisters, kitchen cupboards, fridge etc.

$$A = \pi r^2$$

Drawing up a revision table

Make a list of each subject on a sheet of A4. Write down all the topics you have to revise for that subject. Write out a timetable for the first two weeks. Aim to mix and match 2 or 3 topics from different subjects per night. Write what you plan to revise under each night. Aim to revise for 40 minutes, spend 10 minutes testing yourself and have 10 minutes break, doing something you want to do. When you have done a topic tick it off your A4 sheet. Set a definite time when you start and finish each revision session and stick to it. Continue to write out revision timetables until your exams start, continue until they have all taken place.

GOOD LUCK!

REVISION TIMETABLE

Select two to three slots per night

Half Term

	9.00. am 12.00 pm	12.00 pm 4.00 pm	4.00 pm 5.00 pm	5.00 pm 6.00 pm	6.00 pm 7.00 pm	7.00 pm 8.00 pm	8.00 pm 9.00 pm	9.00 pm 10.00 pm
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								