

REVISION BRIEFING FOR YEAR 11 PARENTS



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How can I help my child
get the most out of
revision and their exams?



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Year 11 Revision Masterclass

All Year 11 have attended a revision masterclass today:

- Assembly
- Revision Techniques
- Four workshops
- Do's and Don't's



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What can you do to help?

- Practical support
- Emotional support



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Equipment



- A good set of basic equipment for revision and exam use encourages efficiency
- Buy some new folders, highlighters and other trendy stationery to help motivation
- Buy revision books – check the exam board and course on the exam timetable. The mock timetable will be published in the next couple of weeks and emailed home.



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Organise notes and materials

- List all exam subjects
- List all the topics to be revised for each subject
- Make sure there is a complete set of notes for each topic
- Identify the structure and content of each exam
- Get past papers and lists of questions from exam board websites – beware of using old syllabus questions for the new style exams – they might not match!



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Time Management

- Review the time management questionnaire we did today together
- Use this to discuss the need for an organised approach
- Target appropriate times of the day and week
- Make some decisions about how much time should be spent revising – start slowly and build up.
- An hour a day will keep revision at bay!



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Revision Timetable

- Fill in the dates and times of the exams.
- Work backwards with a realistic schedule for each subject.
- Plan a varied programme of revision
- Don't give all topics equal importance, but don't over-concentrate on weak subjects either.
- Aim to build in a spare block of "flexitime" each day.



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Example of Revision Timetable

May

Day	Early AM	Later AM	Early PM	Later PM	Early Eve	Later Eve
Monday 14th	Music All Levels (1)		French GCSE (1)		Free Time	Revision for Chemistry GCSE (1)
Tuesday 15th	School	School	School	School	Revision for English Literature GCSE (1)	Revision for French GCSE (2)
Wednesday 16th	School	School	School	School	Revision for French GCSE (2)	Revision for French GCSE (2)
Thursday 17th	French GCSE (2)		School	School	Free Time	Badminton
Friday 18th	School	School	School	School	Revision for German GCSE (2)	Free Time
Saturday 19th		Revision for German GCSE (1)	Revision for English Language GCSE (1)		Revision for Geography GCSE (2)	Revision for Biology GCSE (1)
Sunday 20th		Revision for Physics GCSE (1)	Revision for English Literature GCSE (1)		Revision for English Literature GCSE (1)	Revision for English Literature GCSE (1)

Copy to Next Week >



Environment

- Provide a study area with good lighting and ventilation
- Ensure there is a comfortable chair and desk which is the right height and big and tidy enough for revision notes
- Make sure it is quiet and free of distractions
- Provide snacks and drinks
- Monitor their phones and tv use when revising
– neither should be on!



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Take care of physical well being

Teenagers can often slip into bad habits. Try to monitor:

- Diet
- Sleep
- Exercise



All three can make a significant difference to study habits



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Help and support the actual revision

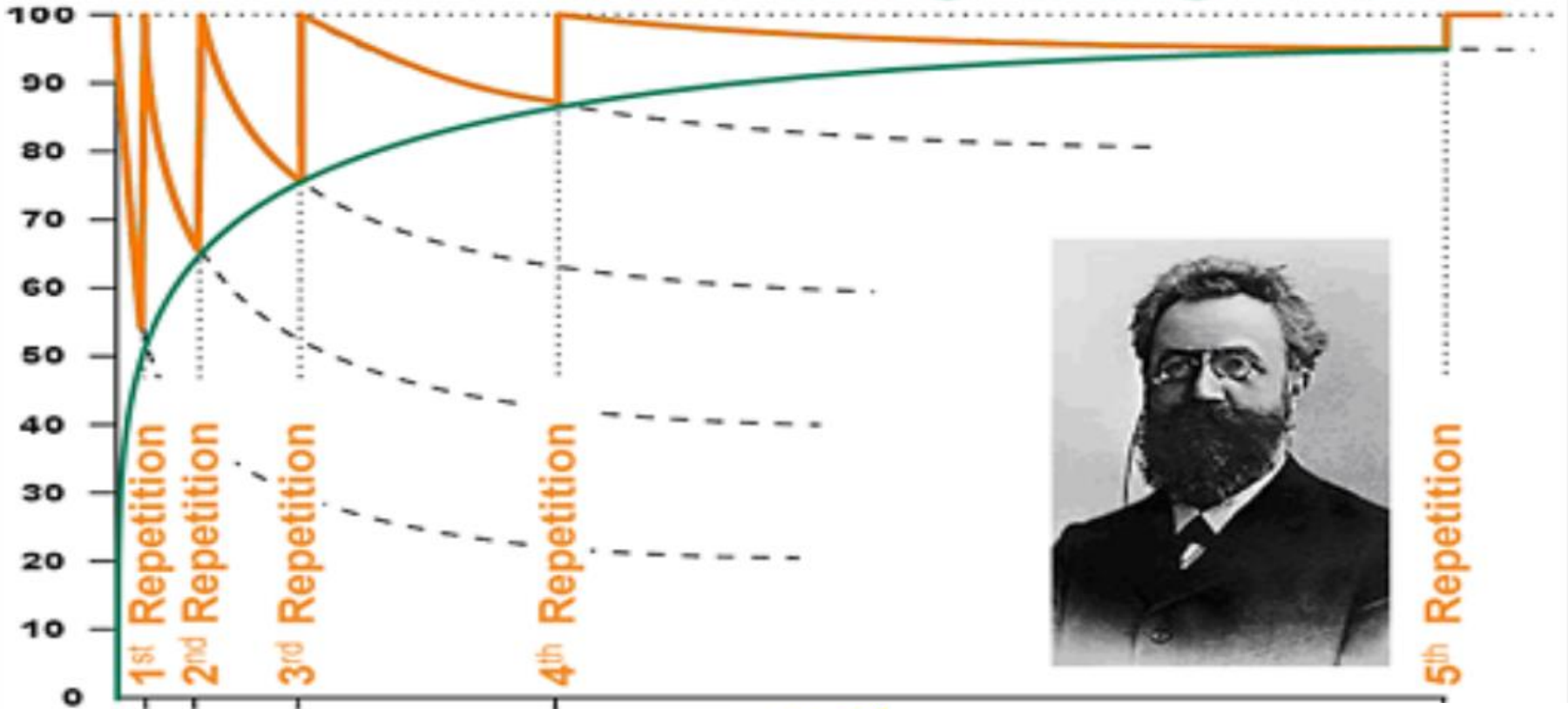
*We remember 20% of what we see,
30% of what we say, 40% of what
we hear, 50% of what we do ...
and over 80% of what we see,
hear, say and do.*



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Ebbinghaus Forgetting Curve

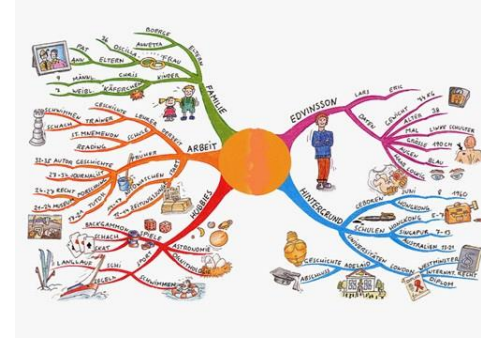
% of Data Remembered



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How to revise



- Review the learning styles questionnaire and discuss how your son or daughter likes to learn.
- Make sure they do not just sit staring at their notes. It is essential that they interact with the material they are revising in some way.
- Encourage them to use a variety of notes, ideas, charts, cards and lists. See the Revision Handbook for ideas.
- Let them use revision websites (again be aware of old content) but make sure they do not just sit there passively, make notes of key areas.
- Test them.



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Also remember

- Make sure they have a very clear focus for each revision session
- Encourage them to work in blocks of 20-40 minutes then take a 5-10 minute break
- Do not neglect past papers and practice essays
- Attend revision lessons



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Practical support during exams

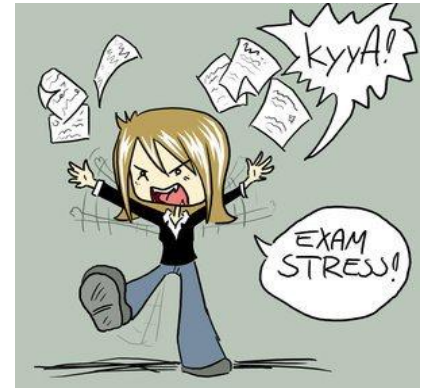


- Be aware of time and location of every exam
- Provide a high energy breakfast
- Make sure they have all the equipment they need
- Supply medication and ensure they take it



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Emotional Support



- All the practical help will be a great source of emotional support too
- Monitor stress levels
- Try to keep a good equilibrium in the family. Avoid confrontation and be tolerant



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PROCRASTINATION

“I’ll start tomorrow . . .”

- The biggest enemy of revision!
- Reasons for putting off revision include feeling overwhelmed and not recognising the importance of the exams
- Getting started is the hardest bit. Once they get going, they will settle into a pattern and be able to build on their achievements



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Ways to increase motivation:

- Reassure, encourage and praise
- Recognise success, however small
- Remind them why they are studying
- Help them to plan manageable revision sessions
- Encourage positive thinking and visualise success



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If things go wrong during revision:

- Work with them to keep on task
- Suggest trying a different subject or topic
- Remind them they can't be perfect in everything
- If there are real barriers or areas of uncertainty, seek help from school



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If things go wrong in an exam:

- Listen and reassure
- Avoid negative influences
- Refer to a teacher for reassurance



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