



THOMAS MILLS HIGH SCHOOL

Helping your child to
revise for their exams -
some key tips




The programme for the evening

- 7.00pm - Revision tips for parents to best help their children
- 7.30pm - Parent Partnership "How parents can avoid getting too stressed themselves!"
- 7.45pm - Refreshments and an opportunity for informal discussion with staff
- 8.00pm - Concluding remarks and questions
- 8.15pm - Departure



Before we get started!

- Keep things in perspective ... there is life after GCSEs!
- Have realistic expectations
- Too much stress can be counter-productive
- Exercise, sleep and fuel are important
- Revision in the mornings tends to be better than late at night



What is the school already doing?

- Revision techniques – study skills
- Organising a revision timetable
- Exam technique
- Past papers
- Checking knowledge and understanding and then plugging gaps
- Use of revision guides



Getting the fundamentals right

- A comfortable place to work
- The right equipment - highlighters, post-it notes, paper, folders etc
- A sensible revision timetable, taking account of the schedule of exams
- Little and often over a long period of time is better than cramming close to the exam - **start revision early**
- Personal, active and regularly reviewed



TOP REVISION TIPS FOR THE CHILDREN

- **Condense information:** first to one side of A4 then onto a post card
- **Highlight** key words and phrases
- **Record** key information and quotes onto PC /MP3 player or tape and play them back
- **Talk** - read notes and recall key points out loud
- **Test** progress regularly
- **Past questions and papers** - in real time



MEMORY TECHNIQUES

- **ACRONYMS**

Eg. SPORT (Specificity, Progression, Overload, Reversibility, Tedium)

- **Mnemonics**

Eg. Richard Of York Gave Battle in Vain



Good websites can make revision active

- www.gcseguide.co.uk
- www.gcse.com
- www.bbc.co.uk/gcsebitesize
- www.s-school.co.uk



During the revision process

- Little and often
- Regular breaks
- Food and water
- Do something different
- Go for a walk
- Good sleep pattern



During the exams

- Do not listen to those who claim they are doing no revision ..they are probably exaggerating their lack of work!
- Check the exam timetable for dates and times
- Adjust revision focus for later subjects
- Serious problems? - get them to pop in and talk to a teacher



Frequently asked questions

- How long should my child revise for?
- How do I stop my son/daughter from spending all his/her time on Facebook?
- My son/daughter spends all his time on his/her Play Station - what can I do?
- My son /daughter likes to work independently. How can I help him/her?