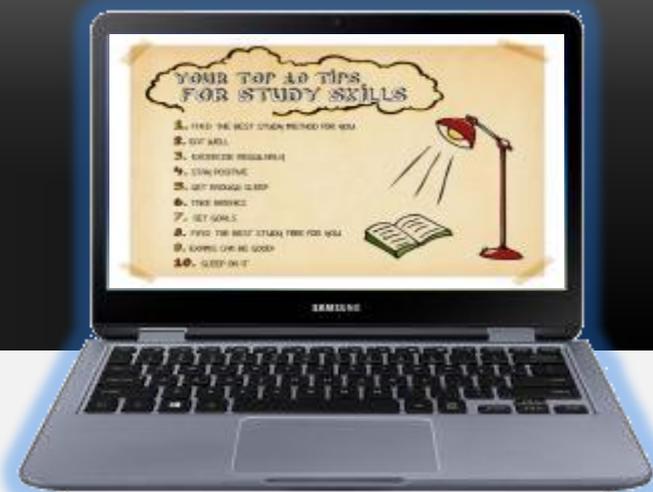


# ReVISION



## Revision Tip of the Week

IF YOU STUDY TO  
**REMEMBER,**  
YOU WILL FORGET,  
IF YOU STUDY TO  
UNDERSTAND,  
YOU WILL  
**REMEMBER!**

KNOWLEDGE IS  
**POWER,**  
BUT  
ENTHUSIASM PULLS  
THE  
**SWITCH!**

FOR EVERY  
**MINUTE**  
SPENT ORGANISING,  
AN HOUR IS  
**EARNED!**

AN ORGANISED  
**SPACE**  
CREATES CLARITY  
AND  
CLARITY ATTRACTS  
**SUCCESS!**

# IT'S **All** IN THE **STATS**



What revision method helps improve long-term memory

by **10%**

and

recall of lists

by **32%?**





# 7 Involving Parents / Carers

Exams are stressful for **YOU!**

But...they are also stressful for those around you at home!

Parents / Carers want to know what they can do to help, worry that you are not doing enough, worry that you are doing too much, worry that the house isn't quiet enough!

Print out this week's Revision Tip PowerPoint for when your parents / carers when they ask that all important question:

**“What can I do to help you?”**



# 7 Involving Parents / Carers

## 1: Print a Revision Timetable

Get a copy of the exam timetable and put it somewhere visible. Knowing the days and times of the exams can help you make sure you child gets to the exams on time or get an early night for morning exams!



## 2: Reward Short-Term Goals

Promising the **BIG** treat at the end of the exam is a big carrot on a very long stick! Give rewards for short-term goals eg after x-hours of revision treat them – it doesn't have to be anything costly – run them a nice hot bubble bath, take the dog for a walk, an hour of TV, Facetime with friends, coffee and cake?



## 3: Get Them Equipped

Buy new stationery – pens, pencils, rubbers, highlighters, post-it notes, scientific calculator, protractor, ruler, pencil sharpener, compass etc! School will remind you to send your child in with their correct equipment for the big exams but they need to bring the standard equipment to every exam!



# 7 Involving Parents / Carers

## 4: Provide the Environment

Help your child to revise in a variety of environments. Take them out for a coffee and read a book whilst they revise, take them on a weekend away and schedule revision time and relaxation time, let them have the lounge and you go upstairs! Provide the right lighting, temperature and conditions to make them comfortable in their revision environment.



## 5: Help with Timing

Lots and lots of students worry that they will run out of time in the exam. Help by being the time-keeper when you child is doing past papers or individual questions. Remember this is part of the learning, they may need more time to start with and build up to that exact time!



## 6: Encourage Exercise

Physical exercise releases endorphins which help to lift our mood! Make sure their revision timetable builds in time for exercise – going to the gym, for a walk, playing netball/football will all help when things are getting tough!



# 7 Involving Parents / Carers

## 7: Provide a Good Diet

Make sure your child has a balanced diet during the exam period, especially breakfast on the morning of an exam! Provide snacks for them to have just before the exam. Provide brain food and slow release energy foods ie oily fish, eggs, dark leafy greens, peanut butter, green tea, fresh fruit etc. Do some research and find some recipes to provide that varied diet? Make sure they keep hydrated too!!



## 8: Make Time for a Chat

Make sure you make time so your child can tell you about their day! Help them to not dwell on the errors or mistakes they think they have made – keep it positive! Help them focus on the next day with simple prompts like “what have you got next?”, “Do you need any help with...?”



## 9: Sort a Revision File

Trawling through the Internet to find and print past papers or questions takes a lot of time! Help you child out by doing this for them. Get a list of their exams and produce a file with the syllabus and past papers with the mark schemes so they can pick and mix from it.



# 7 Involving Parents / Carers

## 10: Set a Bed-Time Routine

A good night's sleep is important every night but more so during the exam period. Help your child get to bed on time – there's always a temptation to keep on revising for another ½ hour! Help that bed-time routine by having supper ready at the right time and encouraging them to stop!



## 11: Avoid Nagging

You may see it as giving encouragement, your child might see it as “nagging”. Does it matter that their room is untidy, do they really need to do their chores (unless it's a positive break), do they need to walk the dog or clean out the guinea pigs? Avoid any unnecessary distractions for this short window in their lives.



## 12: Make a Revision Playlist

Research says that background music gets better results than background noise when revising! Music releases dopamine which helps us to see rewards and take actions to move towards them! Help your child create a suitable revision playlist. Avoid rock / rap, add quiet calming music to block out annoying background noise from inside and outside your home.





- Share this PowerPoint with your parents
- Work with them so they can help and support you!

