

STUDENT CHECKLISTS FOR REVISION PLANNING HOW TO PREPARE FOR YOUR GCSE EXAMINATIONS

See how you might learn best by using lots of different techniques.

1. Use school resources and websites to gather revision information, along with a range of textbooks.
 - a. Ask your teacher if you have any problems.
2. Organise your files and resources.
3. Put a revision timetable up on a wall and use it.
4. Make sure you stay healthy - eat healthy meals and snacks.
5. Ensure you take regular exercise and plenty of sleep.
6. Go to revision classes offered by your teachers and ask if you need extra support.
7. Make sure you have a quiet, well-lit, dedicated study area at a table or desk.
8. Switch off mobile, radio, TV etc.
9. Ask people not to disturb you until your revision period has finished.
10. Have all your books/revision notes and resources ready for revising.

Suggested timings:

- 20 minutes revising
 - 5 minutes testing
 - 5 minutes resting
11. Make sure you take regular breaks and get some fresh air.
 12. Include every subject in your revision planning.
 13. Make a list of all the topics to revise for each subject.
 14. Highlight those parts of your work you are not sure of and give them more time.
 15. Ensure that there is enough time to go through each topic several times.
 16. Leave sometime during the final week of revision to cover the most difficult topics again.
 17. Divide each topic into manageable parts

PARENTS GUIDE TO SUPPORTING YOUR CHILD DURING GCSE EXAMINATIONS (including Mocks)

- Students will have a mock or real examination timetable.
- Ensure that they know which mock/real examination they have on each day. Is it in the morning or the afternoon?
- Check that they know what equipment they should have for each mock/real examination.

1. ANY ISSUES DURING THE EXAMINATIONS

- ILLNESS - Contact the school and make an appointment with your GP.
- PASTORAL ISSUES - Contact the Year team for support.
- SUBJECT CONCERNS – Speak to the member of staff and refer to the guidance given.

2. HOW CAN I HELP MY CHILD?

- Ask if they need help on regular occasions. Gentle reminders work best.
- Stay calm. Teenagers' takings exams can get tunnel vision, so rows can be commonplace at a stressful time. Anger can be a cover for fear.
- You can't make them study, but you can emphasise why they need to study.
- Try to diffuse negative thoughts. Try to be realistic.
- Ensure your son/daughter gets fresh air and is eating regular healthy meals and snacks and sleeps well.

3. SUGGESTED REVISION TIMINGS

- Suggest they put aside a set period of time to revise and try to stick to this.
- Suggested timings: 20 MINUTES REVISING 5 MINUTES TESTING 5 MINUTES RESTING (repeat)
- When they return, see what they can remember from the first 20 minutes and revisit the ideas they cannot remember and move on.
- Suggest little tests to do in 2 minutes, or try mocks for an hour

4. HOW TO HELP YOUR CHILD DEAL WITH COMMON EXAMINATION ISSUES - "THERE IS SO MUCH TO LEARN"

- Have a revision calendar.
- Divide the day into three sessions(morning, afternoon and evening).
- Write on the exams and key dates.
- Focus on subject topics.
- Have variety in subjects and activities.

5. CHILD SAYS - "I CAN'T CONCENTRATE"

- Concentration levels do vary for each individual.
- Begin working for short periods.
- Introduce the ideas of rewards and goals.

6. CHILD SAYS - "THIS IS SO BORING....."

- Revision is not always fun.
- Get actively involved with the materials.
- Use a range of techniques.
- Have variety and goals.

7. CHILD SAYS - "I LIKE STUDYING IN MY BED"

- Have a quiet place without distractions.
- Insist on no TV, mobile 'phone, or computer games and no 'phone calls when revising.
- Ensure a quiet and tidy place at a table or desk.
- Ensure the room is well lit. Natural light is better than artificial light.
- Quiet music in the background.

8. CHILD SAYS - "I CAN'T REMEMBER ANYTHING"

- Try to recall information after a revision session.
- Use strategies such as charts to jog memories, post-it notes of key terms.

9. CHILD SAYS - "I DON'T UNDERSTAND"

- a. Contact the subject teacher.
- b. Use a range of resources including textbook, revision guides and notes.
- c. Examination Boards have guidance

10. TIPS FROM PARENTS

- a. "As a parent, it is never good to get caught up in arguing about revision, however frustrated you may get. Try to remain calm and be open to negotiation when it comes to free time/rewards".
 - b. "Don't try to make your child sit at a table for hours revising. It doesn't work. Encourage short timed sessions of revision".
 - c. "Encourage them to talk to you about what they have been doing. It is good for them to know that you are interested".
 - d. "Help them to stay calm. It is always about them trying to do their best, and come away knowing that they have tried their hardest".
 - e. "If you find yourself getting stressed out, step back. Ask for support from a family member. Share the worry".
 - f. "Plan a 'guilt-free' me time. This will reward revision. Let them enjoy playing on the computer game, watching TV etc."
 - g. "Organisation! Organisation! Organisation!" "Make sure they have a dedicated study area. Try to organise work by subjects. Stick the revision timetable up somewhere".
 - h. "Keep in touch with them. Encourage them every day.....don't nag!
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