

Exam & Revision Planning

There are many ways in which you can help your child plan their exam revision:

- **Obtain a printed copy of your child's exam timetable.** Having your own copy will avoid any surprises before and during the exam period. Timetables are available on the exam board websites.
- **Help them plan out a revision schedule.** Encourage your child to outline their revision timetable in the form of the written plan. This will also give them the opportunity to take responsibility and learn to prioritise their work.

Start the conversation by asking, *'Have you planned your revision, do you need any help with your plan? How can I support you?'*

- **Plan realistically.** There are limits to how much work can effectively be done in a day. Relaxation and leisure activities are important for keeping students healthy and well-balanced.
- **Timing revision sessions.** We recommend that pupils aim to revise a particular subject for around 2 hours in order for them to keep focused, but also to allow enough time to really get to grips with a particular topic. Ideally, focus on no more than 2 subjects on a school night and 4-6 subjects over the weekend, which will help you revise effectively.
- **Plan for breaks.** Your child needs regular breaks to maximise their productivity. Ideally, regular 5-10 minutes breaks plus longer ones for meal times should keep the level of productivity high. A revision timetable could also include 'treat breaks' to punctuate the learning process and keep the students motivated.
- **Boundaries.** Although we understand parents want their children to succeed, continual questioning about revision can sometimes be viewed as interfering and may have a negative effect.
- **Establishing specific location to revise.** Having a study place is important as having specific locations where your child can sit down and focus solely on their revision is essential to their concentration and thus productivity.
- **Find a good study space.** Finding the right study space where students can sit down and focus solely on their revision is essential for their concentration, productivity and to reduce exam anxiety.
 - Somewhere quiet. Whether it is a local library, a quiet room or some other study room, your child needs a space to study away from distractions.
 - Avoid the bedroom. Revising in their bedrooms may not be the most productive place to study.
 - Take breaks outside of study spaces.

2. Revision Techniques

Before your child can start revising, consider the many revision techniques available and which ones may suit them the best. Do they make good use of textbooks? Would they prefer worksheets? Do they like taking mock tests? Do they value online support?

Your child needs to try and assess from past experience which revision techniques work best for them. They will vary from student to student depending on the subjects and the learning materials they have been provided with. Here are some questions which may help each student decide which method works best for them:

- Does he/she prefer studying through visual aids such as graphs, diagrams, and charts?
- Does your child learn best through interacting and discussions?
- Do they tend to work well going through their notes and textbooks?
- Does your child prefer revising by going over questions and answers completed in class, quizzing themselves and practicing mock exams?

Actively engaging with the material through memory techniques rather than just reading notes is the most effective strategy.

Some subjects might require additional effort if they are not as confident with the syllabus,

- **Keep criticism at bay**

As hard as it is to resist, nagging teenagers will only increase their stress levels and cause tension at home. Instead, exercise patience and acknowledge that frayed nerves and untidy rooms are to be expected around revision time,

- **Keep your cash**

Offering incentives such as money in exchange for good results can seem like a sure-fire way of ensuring your child hits the books, but this may incite unnecessary pressure to attain certain grades.

- **Trust your child**

While it may be tempting to micro-manage your child's revision routine, believe that when they say they want to do well, they usually mean it. Students tend to know what works best for them, so offer them encouragement and support - instead of a minute-by-minute work schedule.

- **Talk it out**

Better communication between you and your child can lower anxiety levels for the both of you. By enquiring as to why they are moody or irritable, teenagers may be inclined to discuss their worries and thereby alleviate some of their stress, and yours.

- **Don't get preoccupied with outcomes**

It's easy for students and parents to view grades as the be all and end all, but understand that each child has their own strengths and talents - whether they lie in academia or not.