

Ten tips for supporting your child with their revision



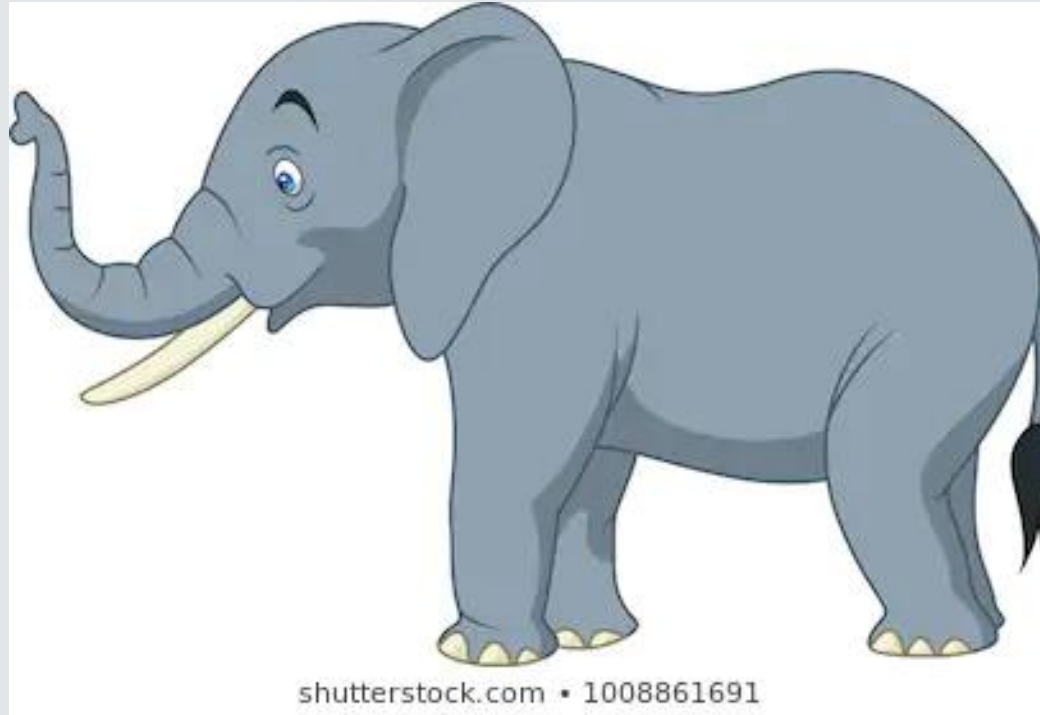
**In September
2020, we
launched the
'Lazy Learners'
programme in the
Senior School...**

Our aim is to support pupils through ten sessions, delivered by tutors during form time each week, to introduce and explain a range of revision strategies which they can put into practice this term.

The strategies are suitable for all subjects and pupils can collect evidence of their participation in this project for a certificate which they will store in their Progress and Achievement folders and can use in their personal statements for sixth form applications.

Tip number 1: Eat the Frog





**Tip Number 2:
Small bites of
the elephant**

Tip Number 3: A room of one's own

Things to consider:

Height and type of chair/ desk

Is there enough light?

What are the distractions?





Tip Number 4: Revision cards, highlighters and stationery

- Use orange, green and blue
- Pupils are encouraged to think about if they need to skim or scan a text first.
- Highlighting is not proof of understanding

Tip Number 5: revision timetable



Revision or homework on one task should typically last for only 45 minutes



Aim to stop revising by 9pm to allow for time to unwind before sleeping.



Ensure that there is enough time for priority activities which will help with levels of motivation throughout the revision period



Rewards and punishments?

Tip Number 6: Flashcards and forgetting

- Your child has been learning about how different aspects of memory work and how to best store information when they want to recall it quickly.
- Flashcards are a time-consuming but very effective way of practising what you know.
- You can help your child by offering to test them.
- Posters of vocabulary on the fridge or back of the bathroom door are also very effective for exposure to the information.





Tip Number 7: Timed practice

- Many of the homework and revision tasks for older children focus on developing exam technique.
- This often involves asking them to complete timed exam practice papers at home, or to plan and prepare for these.
- If your child struggles to complete a paper in the time allowed, why not split the time into two or three sections and allow a break in between? It can be harder to do this at home all in one go, as the conditions are not the same as an exam hall.

Tip Number 8: Revision guides and what to do with them

Pupils are encouraged to use the Cornell note-taking method when making their own notes.

Monitor your child – are they using their revision guides actively?



Tip Number 9: How much help?

Focus on your child's potential and try to avoid comparisons

Tip Number 10: Exam anxiety

3 Bs: Bananas, blueberries and bed!

Exercise

How much screen time

Limit revision the night before a big exam and go to bed early.



Further resources and websites

If your child is worried or anxious about exams, please encourage them to speak to their form tutor, followed by their Head of Pastoral Care.

Samaritans

https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/exam-stress-coping-strategies/?gclid=Cj0KCQiAhZT9BRDmARIsAN2E-J0O9ydrDw5q0F5d-637ieVs9EjDW20IfsnPvfGTb1aPcxt9WqPyaN8aAlSvEALw_wcB

116 123 Call us free, day or night, 365 days a year

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Young Minds

https://youngminds.org.uk/resources/school-resources/wellbeing-tips-for-secondary-students-during-exams/?gclid=Cj0KCQiAhZT9BRDmARIsAN2E-J0QfZkuOkmZAGpuYnplsYNPhL0SANFJ1C33ep5r7ZwRS7oPeyRPJmgaAmYFEALw_wcB

Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

Mind

https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/dealing-with-pressure/?gclid=Cj0KCQiAhZT9BRDmARIsAN2E-J3QMtTkIJGJVDZxEBVsJ5hlvxwzFaxRq7s11GLDVbe4Xz0rYwzsWagaAu4fEALw_wcB

Call Mind Infoline

[0300 123 3393](tel:03001233393)

NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>