

## **Top Ten Tips on How Parents can help with GCSE revision**

### **1. Encouraging and explaining**

One of the best ways you can start is by explaining how important revision is. We would suggest you tell them how it reinforces what they have learnt, helps them to identify areas they are stronger and weaker in, helps them gain a thorough understanding of the subject and improves their confidence. No one can remember what they did over the last two years so it will help recall everything they have covered.

### **2. Starting as early as possible**

We suggest you encourage them to start revising early. Again, research shows many students underestimate how much time revision takes, and so end up anxious and stressed as they struggle to revise everything.

### **3. Using a revision timetable**

Helping them plan their revision time is also useful as many teenagers still lack full organisation skills. They have all been given a revision timetable to use, or may have their own. Taking an interest in this and helping them complete, and then stick, to their revision timetable can help them remain focused and organised. Rewarding them for completing revision sessions, through nights off and doing fun activities can also be very powerful in helping them stick to it. Cash rewards rarely work though, as they often set in student's minds that the only reason to try in exams, or revise, is if they get cash for doing so.

### **4. Taking an interest and helping out**

Discussing how their revision is going, such as which parts they find difficult and which they find easier, along with helping test them can also focus students thinking and help them improve. You don't need to be an expert either as the best forms of revision are active, with students writing out notes, flash cards and so on. This means you can use their own notes, with answers on, to test them in their subjects. Revision guides are also really useful and the college sells revision guides for many subjects, usually at prices better than you can find elsewhere. They will also be the correct revision guide for the course your son/daughter studies.

### **5. Creating a nice home revision environment**

Providing a nice area within the home environment, where they can revise, can be very useful. A clean and tidy area can help concentration levels, and during the time they are revising, unless they are using the internet, switching off Wifi and keeping their phones with yourself can aid both concentration and provide an incentive to complete revision. As they revise it is also really important for students to eat well and drink plenty of water. Dehydration has dramatic effects on reducing concentration. Please encourage them to all eat a proper breakfast on the day of any exams, as research shows students who eat breakfast perform better in exams.

## **6. Helping them get organised**

Within their study environment at home, please also encourage them to organise their notes into clear subject and topic order, as this will then allow them to prioritise revision with their exams, and be able to find everything they need to revise quickly and easily.

## **7. Encouraging them to try different active revision techniques**

Students have all been given a guide on revision hints and tips. Ways to best revise is personal to each student. Parents/carers can encourage students to judge their learning style using this guide, and try out some revision techniques to find ones that best work for them. A copy of the revision guide can be found on the school website under the Curriculum heading then GCSE Revision Guidance.

## **8. Helping them stay healthy**

Remaining healthy during their GCSE exams has been shown to have significant benefits in results. Please encourage them to eat plenty of fresh fruit and vegetables, eat good amount of protein from healthy sources such as fish, drink lots of water to stay hydrated and take daily exercise such as short walks. Sleeping well is important too and try to avoid them staying up late to cram more information, as being tired in exams has been shown to reduce performance far more than the marks they gain from cramming extra facts.

At the same time reducing the intake of sugary drinks and junk food to as low as possible and avoiding high caffeine drinks is advisable, as these are shown to often do more harm than help.

## **9. Staying positive**

All students will at times want to give up, feel they know nothing, feel they will fail everything and suffer demotivation. However, there are some signs to look out for regarding if they are feeling over-stressed. They might lose their appetite and struggle to sleep at night, they might have mood swings (yes, we know they are teenagers, but beyond normal!!), they might lose interest in things they normally enjoy and they will likely talk less and become more withdrawn. Having one to one chats with them and remaining constantly supportive and positive in how they will do, even if they don't, will have major impacts upon helping them stay positive and focused themselves. Encourage them to ask their teachers if there are parts of subjects they do not understand or are struggling with.

## **10. Knowing their exam timetable**

Finally, all students have been given their exam timetable and replacement copies are available from the exams office if they have lost it. Please get to know the dates of their exams and take an active interest in what they are doing and when. This simple act will show them you care as to how they do and will encourage them to do well.