

# Revision:



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## Tips for Parents and Carers

# All Students are different....

- ▶ Different goals
- ▶ Different ways of learning
- ▶ Try ideas that appeal; if your ideas work, stick with them
- ▶ Key ingredients for a revision session:
- ▶ Revise, Test, Rest

# Building the Right Mindset.....

- ▶ Focus on strengths; goals; learning life skills
- ▶ Accept it's a Tough Time!



**Be aware of negative thoughts; problem-talk - swap this for time spent revising**

Keep expec

# Making it Manageable - get organised!

- ▶ **Get a feel for what's involved -**
- ▶ Try 15 minutes a day Revise Test; Have a weekly To Do List of what to revise-test each day
- ▶ **Accept help** - know who can give the help you need
- ▶ Create a study space; keep it tidy
- ▶ **Make a weekly timetable** of the subjects you will revise
- ▶ **Display the timetable where it can't be ignored** or forgotten about
- ▶ **Keep a To Do List** - start a new topic, learn go over flash cards, do an exam question
- ▶ **On low motivation days** - do something - eg Poster reading/Flash Cards

# Making it Manageable:

- ▶ Make sure your child has all the notes, folders, revision texts that school provides
- ▶ Keep these in order
- ▶ Motivation: start with best subjects and/or interleave subjects - small tasks for each subject - little and often
- ▶ What your child needs for the future might be enough for motivation

# Children with Memory problems and other learning difficulties

- ▶ Start early and use Little and Often approach
- ▶ Time Table and To Do List
- ▶ Always have a daily revision plan - know what to do next after taking a break
- ▶ Flash Card practice - high repetition
- ▶ Videos eg Muppets A Christmas Carol; Wall posters; quizzes
- ▶ Revision always involves Saying, Reading, Writing

# Strategies: Learn, Retain, Rehearse

- ▶ School Revision Resources
- ▶ Flash Cards
- ▶ Read, Say, Write
- ▶ Make Posters - keep them on walls for quick reads and self-testing
- ▶ Sing formulae/quotations
- ▶ Record and listen to own voice

# Learn, Retain, Rehearse

- ▶ Revise in different places
- ▶ Pair up for testing: quizzes, flashcards
- ▶ The Spacing Effect
- ▶ Practice Papers; Insight Papers





# Well-being .....

Exercise, eat well, drink water, sleep, see friends

Respect your child's independence - stay interested even if they want to limit your involvement

Expect tension and friction

Stress is normal but watch for unusual levels and possible 'burn out'

Regular revision and time-balance between recreation and revision can help your child feel in control

# Start the Conversation



- ▶ How can I help?
- ▶ Study space set up and help keep routines
- ▶ Equipment - pens, sticky notes, timer...
- ▶ Make Flash Cards, Posters
- ▶ Read, Write for your child
- ▶ Set up Time Table, To Do List together, Day plan
- ▶ Test, Quiz

# Set sensible conditions

- ▶ Regular time for devices off; lights off at bedtime: some flexibility at weekends
- ▶ No revising in front of screens
- ▶ Encourage silence when memorising and testing - background music will not help your child in that phase
- ▶ Music should not be loud - try to select with your child eg no lyrics
- ▶ When watching revision videos or reading on-line, shut down social media, mute alerts/notifications
- ▶ Encourage attendance to school's revision sessions

# Mind Set Resources - BBC Bitesize GCSE Revision

- ▶ How to get organised
- ▶ Top Revision Tips
- ▶ How to use past exam papers
- ▶ Recognising Different Question Types
- ▶ Get into the Examiner's mindset
- ▶ <https://www.bbc.co.uk/bitesize/articles/zh4dmbk#zw3cwsg>

# Making Flash Cards

## HOW TO MAKE A GOOD FLASH CARD 🤔

- ✓ Two-sided flashcards are good; one side for the **title** and the other for the **content**.
- ✓ Try to include between five and ten points on each card.
- ✓ Keep them **colourful!** You could **highlight** or underline key words, use **images, doodles, photos** and even **colour code** cards for each subject.
- ✓ **CAPITAL letters** are encouraged as these take slightly longer to write and can aid memory.
- ✓ Create from memory, and then check it's correct and add to the detail by using your **exercise book, textbook and revision guide**.