

**Barnwood Park
School
2024-2025**

Tips for helping your child through their **Exam Revision**

Build the right Mindset



If you keep saying you can't succeed; people don't believe in you; no-one needs qualifications; exams should be banned....

Guess What Happens!!



Recognise negative thoughts about ability

Recognise problem-talk
Do these help you to revise?

**Give time spent on thinking about problems to
doing REVISION**

**ACCEPT THAT IT IS A TOUGH TIME!
IT's a CHALLENGE!**



However, you could develop some personal strengths and Life Skills like Time Management, making choices that support you in life, self-discipline.



Focus on the strengths, skills and knowledge that you already have – **EVERYONE CAN IMPROVE!**



Making it Manageable

Everyone has different goals eg

- **Focus on the subjects you need** – be prepared to put more time and effort into these
- **Be prepared to do lots of practice on past exam papers to get the highest grades** – practice writing answers to questions in the set time limit
- **Accept Help** – eg People helping you practice Flash Cards; School-based revision sessions, speak to teachers if you get stuck

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|  | <p>Memory problems and other learning difficulties:</p> <ul style="list-style-type: none"> • Start revision early in the academic year • Have a timetable; Have a To Do List -tick off completed tasks and list next tasks • Practice recalling facts (eg Flash cards) every day • Do revision tasks in chunks – no more than 20 minutes – build up the time from 10 minutes • Have timed breaks – drink water, exercise, get fresh air • Then back to revision – always set up the next revision task/s before taking a break • Work with a timer to encourage focus • Practise saying/singing facts aloud; writing answers to questions – don't just read • Watch videos of the topics eg Muppets A Christmas Carol – recall key points and write • See further strategies below... |
| <p>Get Organised</p>  | <p>Keep your revision pack (folders etc) in subject order</p> <p>Keep your revision space tidy</p> <p>Make a Time Table for each week showing subjects and topics you will cover – start revision at set times to avoid procrastination. Leave space in the timetable for recreation</p> <p>Pin the Timetable up; adjust so that it Works: Timetables should help with setting routine – the key to good study habits</p> <p>Have a To List eg Start a new topic, Flash Card Practice; Practise a past exam question</p> <p>Always plan your Revision task – what you will learn, break the task into timed chunks</p> <p>Before you take a break, know what you will do when you come back</p> <p>Don't zombify – spending hours in your revision space but not focusing on your task</p> <p>Take away all distractions including phone etc.</p> |
| <p>Making a Start</p> | <p>Here are some suggestions for revision practice, try them, adapt them, but stick with your own ideas if they are working</p> <p>Months before, start 15 minutes a day – to form the habit – try to set the same time each day for this with flexibility at weekends</p> <p>Practice not just reading – test for recall by saying/writing</p> |

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| | <p>Interleave subjects – small tasks for each subject: Little and Often</p> <p>Start with strongest subjects being careful not to neglect those that are challenging</p> |
| <p>Strategies to Learn, Retain, Rehearse</p>  | <p>Flash Cards (see Flash Card resources in resources section below) If you use BBC Bitesize app for Maths, English, Science -check with your teachers that the Flash Card are right for the Exam Board for your school</p> <p>Use School resources: Revision Guides and Flash Cards</p> <p>Don't just read; Read/Say aloud; Write answers</p> <p>Sing quotations/formulae</p> <p>Watch videos; write/voice record what you learned</p> <p>Make Posters of key facts – keep them on walls and cupboard doors for quick read-aloud and self-test</p> <p>Read and record your voice so that you can listen on the bus, in the car etc</p> <p>Revise in different places</p> <p>Pair up with family members/friends to get tested eg Quizzes</p> <p>Practice past papers – take one question at a time, use a timer, make a note of what you don't recall/know, add it to your To Do List</p> |
| <p>Well-being and Support</p>  | <p>Exercise, Eat Well, drink water, Rest, Observe Peer Pressure, Vary amounts of daily revision – very minimum 15 minutes</p> <p>Encourage meet-ups/contact with friends</p> <p>Study Space – quiet as possible, uncluttered</p> <p>Parents/Carers: Respect your child's independence – they may reject offers of help – but you can continue to show you are interested in their efforts</p> <p>Expect tension and friction: Talk with your child about ways they can manage stress: regular revision;</p> |

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| | <p>exercise, asking for help; time-balance between leisure activity/friends and study etc</p> <p>Stress and worry are normal – watch for unusually high levels of stress</p> |
| <p>Start the Conversation</p>  | <p>How Can I Help? As a parent, be realistic about what you can do</p> <p>Study space set up Provide equipment – pens, sticky notes, calculator, timer etc Make Flash Cards Write/read for your child Help decide what to revise each day Set up timetable or To Do List together Help set and maintain routines for revision Test/Quiz</p> <p>Re-offer the help <u>you can give</u> if your child’s motivation dips; give positive comments when your child is revising; stay interested in what they are doing.</p>  <p>All children are different – routines and revision practices for each will vary.</p> <p>Set Sensible Conditions</p> <ul style="list-style-type: none"> • Regular time for devices off, lights off at bedtime – flexible at weekends • No revising in front of Screens • Social media/phones off during revision tasks • Encourage silence when memorising and testing – background music will not help in this phase • If your child needs background music whilst reading/writing– offer to help with selection eg no lyrics; keep music low volume • When watching revision videos, suggest social media is shut down, notifications are muted • Encourage attendance to school-based revision sessions |

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RESOURCES Section:

1. Flash Card Resources

GCSE revision resources at your fingertips

Prepare for your GCSE exams with the BBC Bitesize app which contains:

- Flashcards
- Revision guides
- Quizzes

And more revision resources, all available for **free!**

The Bitesize app is the perfect revision tool for GCSE students with flashcards for GCSE maths, biology, chemistry, physics, English literature, history, geography and many other subjects across **England, Northern Ireland, Scotland and Wales.**

Download the app now and take brilliant Bitesize study guides with you everywhere you go.

[Download BBC Bitesize revision app for Android devices](#)

[Download BBC Bitesize revision app for iPhone and Apple devices](#)

[Download BBC Bitesize revision app from Amazon](#)

Video: take a look at the Bitesize app

Here's how the BBC Bitesize app works - it's easy to use!

Video Transcript

Frequently asked questions

Who is the BBC Bitesize app for?

The app is for students in England, Northern Ireland, Scotland and Wales. It contains **GCSE, National 4, National 5, Higher and TGAU** subjects including maths, science, English, history and many more.

What is a Bitesize flashcard? Can flashcards help me to revise?

Bitesize flashcards summarise the key points of a topic using text with bullet points and labelled diagrams. You can swipe between flashcards to refresh your knowledge.

Flashcards let you test yourself. They include key words or phrases which can be flipped to reveal the definition. There are also quiz cards to help you revise with multiple choice questions.

Students who prefer to revise through video recaps or audio clips will find lots of video and audio cards for easy access in the flashcard decks.

Can I save flashcards and revision guides?

It's very easy to save flashcards and revision guides in the Bitesize app.

On any deck of flashcards, tap **+ Add flashcards** at the bottom of the screen.

On any revision guide in the Bitesize app, tap **+ Add Revision Guide** at the bottom of the screen.

You can see all your saved flashcards and revision guides on the app home screen, in the **Added** tab. You can filter by **Flashcards** or **Revision** for fast access to the content you need.

Which subjects have flashcards in the Bitesize revision app?

We have created flashcards for a range of subjects. The app contains:

- Science flashcards.
- Maths flashcards.
- English flashcards.

Plus flashcards for many other subjects.

If there are no flashcards available for your subject, watch this space! We're always working on creating more flashcards. If your subject is covered on [BBC Bitesize](#), you'll be able to see **Revision**, **Test** and **Video** tabs (where they exist) in the app, just as you'd see on the website.

How do I test myself in the Bitesize revision app?

There are various ways to test yourself in the Bitesize app.

Choose a subject and topic, then tap on **revise**. Most of our revision guides contain a **test** section, which lets you test your knowledge of a topic with a multiple-choice quiz.

Lots of our revision guides include sample exam questions for subjects like biology, chemistry, physics, English literature and English language.

You can also test yourself using flashcards. There are quiz cards with multiple choice questions and cards displaying key words or phrases which can be flipped to reveal the definition.

Is the BBC Bitesize app free?

YES! The app is free to download and has **no in-app purchases**. The app is from the BBC and will be free forever.

Who has made the content in the app?

All BBC Bitesize revision guides, flashcards and quizzes are created by curriculum experts and designed to be **exam board-specific**. Our content is written by curriculum authors and checked by educational consultants to ensure it follows the National Curriculum and the appropriate exam boards.

Which devices does the Bitesize revision app work on?

The Bitesize app works on Android and Apple iOS mobile phones and tablets.

Get more revision support in 2024 and 2025

[Discover more from BBC Bitesize](#)

[The ultimate GCSE, Higher and Nationals revision collection](#)

[Join BBC Bitesize on Facebook](#)

[Get updates on Instagram](#)

[Are you a teacher? Subscribe to the free BBC Teach email service](#)

2. Revision Planner from BBC Bitesize GCSE revision

| WEEKLY REVISION PLANNER | | | | | | | | |
|-------------------------|----------------------|------------------------|--------------------|------------------------|--------------------|-----------|----------------------|------------------------|
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY | SUNDAY |
| 8:30AM-4PM | SCHOOL | SCHOOL | SCHOOL | SCHOOL | SCHOOL | 9AM-10AM | BREAKFAST/SHOWER | BREAKFAST/SHOWER |
| 4PM-5PM | HOMEWORK | TV/GAMING/SOCIAL MEDIA | HOMEWORK | TV/GAMING/SOCIAL MEDIA | HOMEWORK | 10AM-11AM | REVISION - ENGLISH | REVISION - SCIENCE |
| 5PM-6PM | DINNER | DINNER | DINNER | DINNER | DINNER | 11AM-1PM | SEEING FRIENDS/LUNCH | SPORT/LUNCH |
| 6PM-7PM | REVISION - GEOGRAPHY | HOMEWORK | REVISION - HISTORY | REVISION - FRENCH | REVISION - SCIENCE | 1PM-3PM | REVISION - MATHS | REVISION - FLASH CARDS |
| 7PM-8PM | REVISION - MATHS | REVISION - ENGLISH | FREE TIME | HOMEWORK | FREE TIME | 3PM-5PM | OUT WITH FAMILY | SPORT/TV/GAMING |
| 8PM-9PM | FREE TIME/CHILLER | FREE TIME/CHILLER | FREE TIME/CHILLER | FREE TIME/CHILLER | FREE TIME/CHILLER | 6PM-8PM | DINNER/FREE TIME | DINNER/FREE TIME |

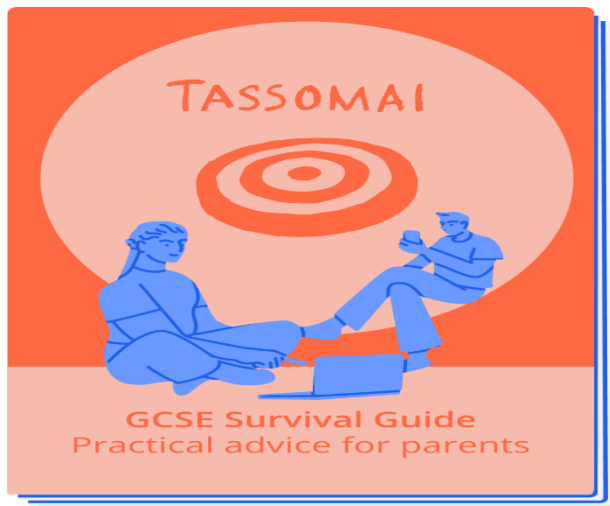
WEEKLY REVISION PLANNER

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY | SUNDAY |
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1. Make a list of all exam subjects you are taking
 2. Write in all regular non-school activity eg leisure activities, seeing friends, relaxing
 3. Write in times set aside for revision for each subject: keep a time balance between subjects; vary the subjects revised each day
 4. Display the timetable where it cannot be ignored
3. Insight Papers
- These are published by Exam Boards and detail the performance, strengths and weaknesses of cohorts of students who have taken marked exams. Insight reports look at, for example, common mistakes made by students. See the following website for more information about Insight Papers and where to obtain them. Papers and how to obtain them.
- <https://www.gcsehelp.co.uk/exam-practice-using-examiners-reports-to-improve-resultsards> – they report

Also see <https://www.bbc.co.uk/bitesize/groups/cd5exmm663et> scroll down to Inside the Examiner's Mind to see a video of examiners giving their top tips

4. Two recommended websites for students and parents/carers supporting children through GCSEs
- (a) gcsehelp.co.uk help with supporting good study habits; stress management; working on past papers
- (b) Download from <https://www.tassomai.com/gcse-survival-guide>



5. Stress Management

- (a) See Anna Freud Centre for advice on well-being during revision
<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/revision/>
- (b) <https://www.youngminds.org.uk/young-person/blog/how-to-look-after-your-mental-health-during-revision-and-exams/>