



PPE / GCSE Revision: How can parents help?

6 ideas to get you started

- ❖ Take a few moments to think about what your role might be during the revision period and how you might be able to help support your child
- ❖ Have a discussion with your child and talk about what will be involved during the revision period and what your role will be. Discuss routines and ensure this is done early before any bad habits are formed.
- ❖ Always be upbeat and respond positively when they ask you to help. Find out exactly how you can help. Listen to your child and if you can't help them be honest but explain you will find out how you can help – you will need to follow through this promise; contact the school if you do need advice or help
- ❖ Sometimes your help is not needed; be prepared when you're told this is not needed and don't feel disheartened.
- ❖ Try to attend any parents' consultation evenings and read any exam related information that may be sent, browse the examination page on our website
- ❖ If in doubt contact your child's form tutor or Deputy Head.

Help With Motivation

Take an interest

- ✓ Ask about their plans for revision, how they feel things are going, what is working well and what problems they are having.
- ✓ Look for opportunities to praise their efforts.
- ✓ Encourage them to believe in themselves by reminding them what they have done in the past.

Target grades

- ✓ Talk to your child about their grades.
- ✓ Discuss if any of these grades are difficult to achieve and ask how you, the school and the child can help them, achieve this.
- ✓ Ask which subjects they enjoy/dislike.
- ✓ Have realistic expectation of what they are likely to achieve.

Incentives and rewards

- ✓ Before offering incentives, think about whether this will increase the effort your child puts in.
- ✓ If you go down this route, discuss with your child what incentives they would like and reason with them. We would all love a brand new iPhone but explain to your child they need to be realistic.
- ✓ You could offer incentives based on their results, on particular achieving subjects or based on the amount of effort they have put in.
- ✓ You know your child the best, reward them how you feel fit.

Help With Revision

The purpose of revision is to reinforce what students already know and to find out and then learn what they don't know. Pupils have different methods/techniques that work for them and this might vary from subject to subject.

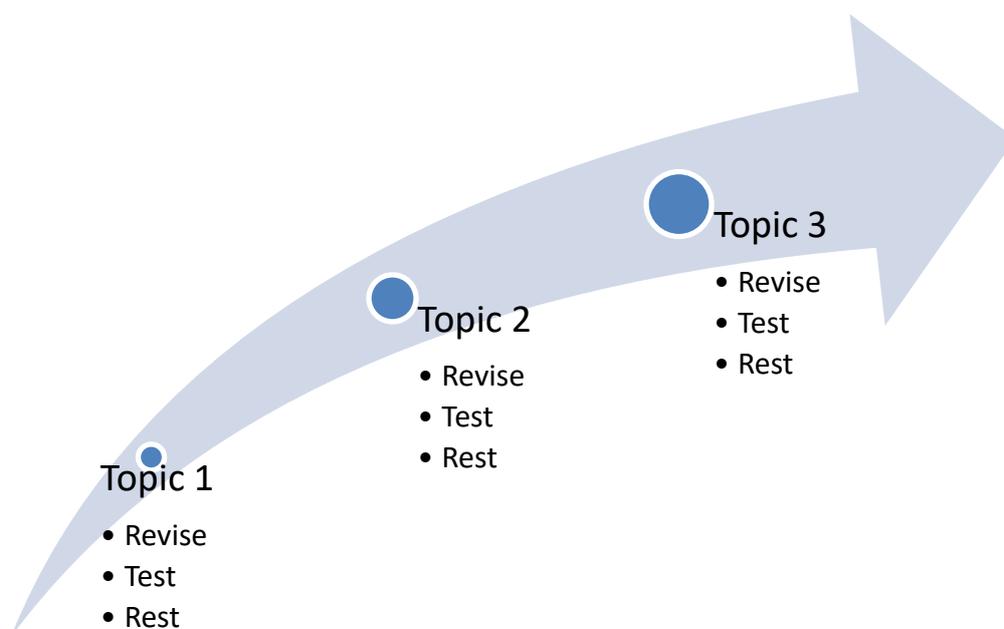
Key Points

- ❖ There is no escaping the fact that revision for exams involves many hours of personal study.
- ❖ Their final grade will not only depend on how many hours revision they do but also how they use their time.
- ❖ Revision plans are very individual and will usually involve some form of routines and timetable – ensure your child sticks to a timetable.

What to revise?

- ✓ Ask your child to find out from their teachers what they need to review.
- ✓ Request a list of topics from the school/subjects.
- ✓ Encourage your child to spend revision time on subjects they struggle with.
- ✓ Get them to check that all their class notes are up to date
- ✓ If they are unsure about any topics, encourage them to speak to their subject teachers for help or attend any catch-up session.
- ✓ Help by pinning up a timetable in a prominent place at home.
- ✓ Allow your child some free time – this should be planned on their revision timetable.
- ✓ Encourage your child to try different revision techniques.

Help With Revision Session



An effective revision session follows this pattern (revise, test and rest). An example would be 40 minutes revision, 10 minutes testing, 10 minutes resting or 20 minutes revising, 5 minutes testing and 5 minutes rest.

Resources

- ✓ Ensure your child has the basic equipment such as pens, pencils, ruler, calculator and a clear pencil case for the exams, more information can be found in the candidate handbook.
- ✓ Other useful stationary include highlighters, flash cards, coloured pens, folders, folder dividers and sticky notes.
- ✓ Ask them if they need any subject specific study or revision guides.

Working Environment

- ✓ Ask your child if they have a suitable working environment at home and ask how you could improve things.
- ✓ Make sure siblings and anyone else in the house are aware that they need to be considerate during revision times.
- ✓ If it becomes difficult to find a suitable place at home, your child can work in the quiet spaces during break, lunch and after school.
- ✓ Ensure your child takes regular breaks and recaps topics they have already revised.
- ✓ NO TV! Insist that your child does not watch TV while revising. Research has showed that watching TV does not help with revision.
- ✓ If your child constantly checks their social media on their phone/laptop we would encourage you to discuss this with your child and work out a way they can revise without distraction.

Revision Classes and Guides

- ✓ Encourage your child to attend the revision sessions that occurs in school.
- ✓ Suggest that if they have any problems with a topic they speak to their teacher during these revision sessions.
- ✓ Ask your child if there are any revision guides that would help them. Contact the school if you need any more details about revision guides.
- ✓ Ask the subject teacher at parents evening how you can help.

The Reluctant Student

- ✓ Maintain an active interest.
- ✓ Encourage them to go along to revision sessions. Contact the school if you're unsure when they are.
- ✓ Have the exam timetable to hand and discuss what exams your child has that day.
- ✓ Offer to do some testing with your child.
- ✓ Suggest your child works in short intervals.

Exam Stress

What to expect?

- ✓ It is normal for pupils to be stressed
- ✓ Make sure you are available to listen to your child and talk through any concerns
- ✓ Expect to encounter mild swings in their moods.
- ✓ If things aren't going well in a particular subject then arrange a meeting with the subject teacher to discuss this or email into the school.
- ✓ Look out for signs of unhealthy levels of stress and if they are not coping contact the school or visit the GP.

Revision Planning

- ✓ Help with a revision timetable which includes breaks and extracurricular activities.
- ✓ Encourage your child to get out the house for some rest.
- ✓ Don't nag too much about domestic tasks such as tidying their room.

Healthy Body, Healthy Mind

- ✓ Provide your child with a variety of healthy meals.
- ✓ Encourage exercise.
- ✓ Encourage your child to drink plenty of water.

Sitting Exams

Night Before

- ✓ Ensure your child has all of the equipment including a clear pencil case. Your child should know what equipment they need for that particular day.
- ✓ Make extra allowance for the fact that they may behave differently and could possibly be more moody or short tempered.

Day of the Exam

- ✓ Avoid last minute advice.
- ✓ Encourage them to have a good breakfast.
- ✓ At this point there's very little you can do – they're on their own.

After Each Exam

- ✓ Try not to ask them how it went – allow them to approach you when they are ready. If they haven't mentioned anything after a period of time you could show some interest and ask how their day has been.
- ✓ Try to keep everything as normal.

And Finally....

- ✓ Continue showing interest throughout.
- ✓ Grit your teeth for one final push!
- ✓ Then it's time to reward **yourself** with a treat!