# How to support your child to revise

Research shows that parental involvement in their child's education has a significant positive effect on their academic success, so what you do now can make a big difference in the years to come. Here are some tips to support your child in the run up to their exams and you do not need to be an expert to do it.

## **Monitor Learning**

Be around and take an interest in their revision, encourage them to break up revision into manageable chunks and take regular breaks in between revision sessions.

#### **Create a good learning environment**

Make sure your child has a calm, well-lit, quiet place to work with no distractions. Things to consider are: noise level, lighting, ability to store resources, not being disturbed by family members or their mobile phone! Keep books, resources, notebooks, flashcards and stationery tidy and easily accessible. Keep the space well organised and clutter free.

# **Keep them healthy**

Encourage them to be active, get out in the fresh air, eat healthy foods and snacks, keep hydrated and get lots of sleep.

### **Explore different Revision Techniques with them**

**Flashcards** – write down key questions on one side and the answers on the back. Encourage them to self-test regularly or offer to test them – revising with someone else can make it more enjoyable.

**Mind maps / Concept Maps** – creating a diagram with ideas, key words and images around a central topic.

**Brain dump** – write as much as possible about a topic, go back to notes and highlight the areas that need revisiting.

**Complete past exam papers** and use the mark schemes to check answers.

Use revision Guides and Apps.

A good variety of techniques will keep your child interested and motivated.

For more revision tips, see the preparing and revising for exams videos on the Parents' section of our school website.

#### Get into a good routine

Encourage your child to create a revision timetable, pinpointing the key times and subjects to revise and help them stick to it. It is important to start revision early – studying over a long period of time can be very effective. Revising little and often (30-45 mins) and taking short breaks is better than very long sessions.

# Help your child to stay motivated and keep everything in perspective

Remind your child that the better they prepare, the more confident they will feel in their subject knowledge and the less stressed they will feel when the exams start. Encourage a positive mind-set, give lots of praise and build in incentives or rewards.

