

A Parent's Guide to Revision



Have a plan

Each child is different but during term time your child should be setting aside **approximately 2 hours per night** to revise and more during the school holidays.

Divide revision sessions into 40 - 50 minute sessions with a 5 - 10 minute break.

Know what to revise

Knowing what to revise is essential. Your child should know what topics are included in the **exam board specification**. They should know **what they need to improve** on so they can focus their time on what they find more difficult.

Use the right resources

Your child should be using the following resources to revise:

- Exercise books and textbooks
- Revision guides
- Flashcards
- Quizzes and mini tests
- Practice exam questions

Use the right strategies

Passively reading materials and highlighting notes is **not** a good revision strategy. Your child should be **testing their memory** through quizzes, tests and exam questions.

Find out more about effective revision strategies from www.learningscientists.org/videos

Revise *smarter*

Many students confuse how hard they are working with how well they are working. Revising smarter means:

- Spending more time on difficult topics
- Regularly testing memory and getting feedback

Build resilience

Revising smarter will feel more difficult. Your child may say "I can't" or "I won't".

Remind your child that their best is good enough. Encourage them, be positive and praise their effort.

Other top tips ...

- Remove distractions. Find a quiet place to study and turn off the phone!
- Make it a habit. Revise each day to make it easier and less daunting.
- Get a good night's sleep. Sleep is needed to improve memory and reduce stress.
- Eat well and exercise. This will reduce stress, improve memory and increase wellbeing.