

A Parent's Guide to effective revision



Courage Commitment Compassion

What we will cover?

- How does learning happen?
- Effective revision strategies
- The Dos and Don'ts of revision
- Structuring revision
- Supporting your child before and during the exam period
- Where to get help and information

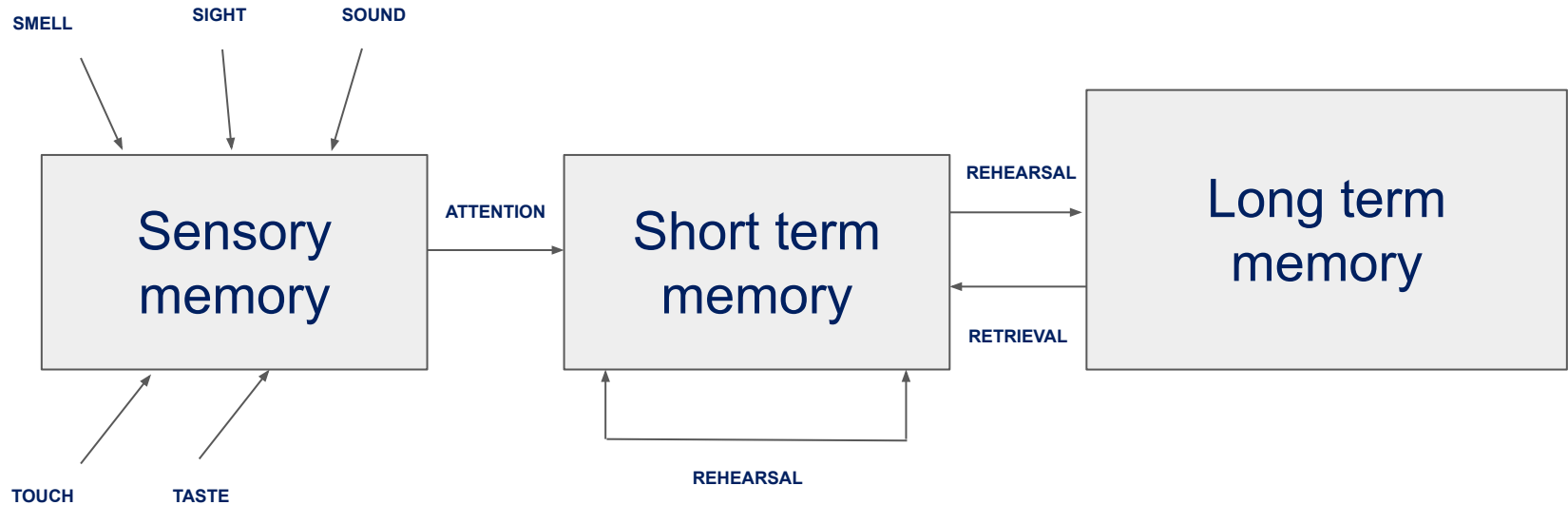


*Learning is a change in long
term memory*



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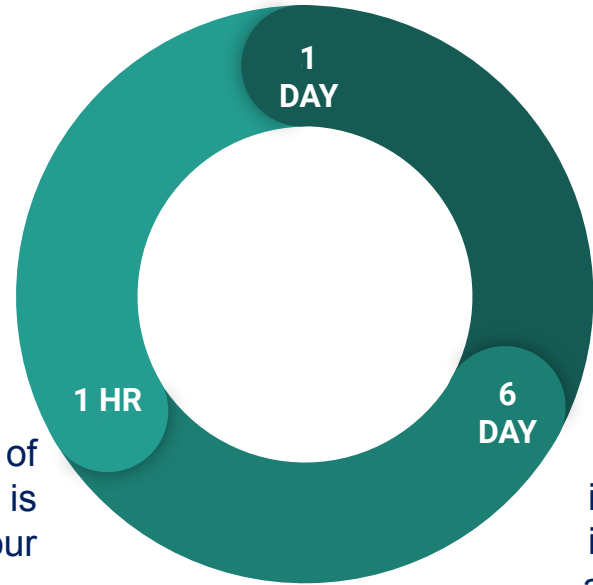
How learning happens



Practice makes permanent

- As soon as we learn something new, we start to forget it. This is known as a the '**forgetting curve**'.
- It is only through repeated revision of new material that we strengthen our retrieval from long term memory.

Roughly 56% of information is forgotten in one hour



Roughly 66% of information is forgotten after one day

Roughly 75% of information is forgotten after 6 days



Effective revision strategies



Memory dumps

1. Blank sheet of **paper**.
2. **5 minutes** to recall everything on a topic.
3. Completed independently **from memory** without notes.
4. Instant **feedback** from notes, textbook, specification.
5. Identify **gaps in knowledge** and focus revision on these areas.



Revision cards

- Flashcards are an excellent revision tool when used effectively.
- They should ***not be used*** to write lots of notes.
- They ***should be used*** to test knowledge, e.g. keywords on one side and definitions on the other.

ATTRITION

The action of rock fragments colliding into each other causing them to become smaller and rounder over time.



The Leitner method

- A great way to use flashcards is by prioritising them so that you focus on topics that you find more challenging.
- This method is called the Leitner method - you can find lots of [videos on YouTube](#) showing you how to do this.
- Correctly answered flashcards are moved up boxes (or piles) and are revisited less often, while incorrect questions move down boxes and are practiced more often.



Practice exam questions

- Get use to the structure and language used in an exam.
- Work on time management.
- Understand the allocation of marks and the markscheme.
- Good way to practice writing.
- Helps to identify gaps in knowledge.



The Dos and Don'ts of revision



The Dos and Don'ts

- Do **practice** regularly.
- Do **space** your practice.
- Do **test** your memory.
- Do get **feedback**.
- Do revise in **quiet** surroundings.
- Do take regular **breaks**.
- Do **eat** and **sleep** well.

- Don't **cram** the night before.
- Don't **passively** read and highlight notes.
- Don't just **rewrite** notes.
- Don't revise with a **phone**.



Structuring revision



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Weekday revision timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
4 - 5pm	English	Maths	Science	English	Maths
5 - 6pm	Break	Break	Break	Break	Break
6 - 7pm	History/ Geography	Languages	History/ Geography	Languages	Science
7 - 8pm	Option 1	Option 2	Option 1	Option 2	Free choice
8 - 9pm	Break	Break	Break	Break	Break



Weekend revision timetable

	Saturday	Sunday
10 - 11am	English	English
11 - 12am	Maths	Maths
12 - 1pm	Science	Science
1 - 2pm	Break	Break
3 - 4pm	History/ Geography	Option 1
4 - 5pm	Languages	Option 2

Weekday timetable = 15 hours
Weekend timetable = 10 hours

Weekly total revision = 25 hours

Over the next 4 weeks

100 hours



Supporting your child



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Supporting your child

- Encourage them to revise regularly.
- Remind them of using effective revision strategies.
- Ask them questions.
- Be positive and praise their efforts.
- Monitor their mobile phone use.
- Support them to eat and sleep well.
- Encourage them to use the school library.

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.learninascientists.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.

