



Supporting your child: The countdown to GCSE's  
Preparing for your Pre-Public Exam's

# Our aims

- To share ways we can work together to help your child achieve their very best this year
- To share information about how you can support your child in managing their work load, revision, and exam preparation



Working in partnership with parents  
You do really make all the difference:

*“parental support is eight times more important in determining a child’s academic success than social class”*

Times Educational Supplement

Queen Elizabeth  
High School



# The most common frustrations for parents..

He always leaves everything to the last minute

Its completely different from when I was at school

Which website should we use?

Surely she shouldn't be going out again when she's got exams coming up

I can't stand the arguments and stress when I tell them exams are important and try to make them work.



# Things they often say...

I will be fine in this subject I did well in my mocks

I don't need this subject next year so I am not going to make it a priority in revision

The subject is too hard to revise at home, so I am just going to do it at school

None of my friends are revising yet

I've done loads of revision of been in my room for hours

There's no point revising we haven't finished the course yet!

# How can you make a difference, your roles..

- Entertainment officer
- Project manager
- Go-between- for your child and the school
- Sounding board and advisor
- Study buddy
- Provider of the tools for HW and revision
- Attendance officer



# The importance of good attendance

## Days off school add up to lost learning

**Days off school add up to lost learning**

175 NON SCHOOL DAYS A YEAR 175 days to spend on family time, visits, holidays, shopping, household jobs and other appointments					
190 DAYS FOR YOUR CHILD'S EDUCATION EACH YEAR	10 days absence  180 DAYS OF EDUCATION	19 days absence  171 DAYS OF EDUCATION	29 days absence A term missed  161 DAYS OF EDUCATION	38 days absence  152 DAYS OF EDUCATION	47 days absence  143 DAYS OF EDUCATION
<b>100%</b>	<b>95%</b>	<b>90%</b>	<b>85%</b>	<b>80%</b>	<b>75%</b>
<b>Good</b> Best chance of success. Gets your child off to a flying start		<b>Worrying</b> Less chance of success. Makes it harder to make progress		<b>Serious Concern</b> Not fair on your child Court action!	

Research suggest that 17 days missed school equates to a GCSE grade



# Planning revision

- A disciplined positive attitude is a must. Success is 80% attitude and 20% skill.
- Parents and child – sit down with a calendar and work out how you are going to divide revision over the time left
- Vary the subjects each day, and ensure that you plan a topic or subject matter to do
- Stick to the timetable
- Work on your child's areas for improvement but don't forget what they are good at
- Make a revision timetable
- Download a [revision timetable template](#) and create your own revision plan.



# Tips for revision planning

- Break revision into 20 minute burst (Max. an hour) and make the plan as specific as possible e.g. revise the terms of the Treaty of Versailles rather than revise History!
- Revision guides are very useful
- Make sure your child has all the essential books, materials and equipment



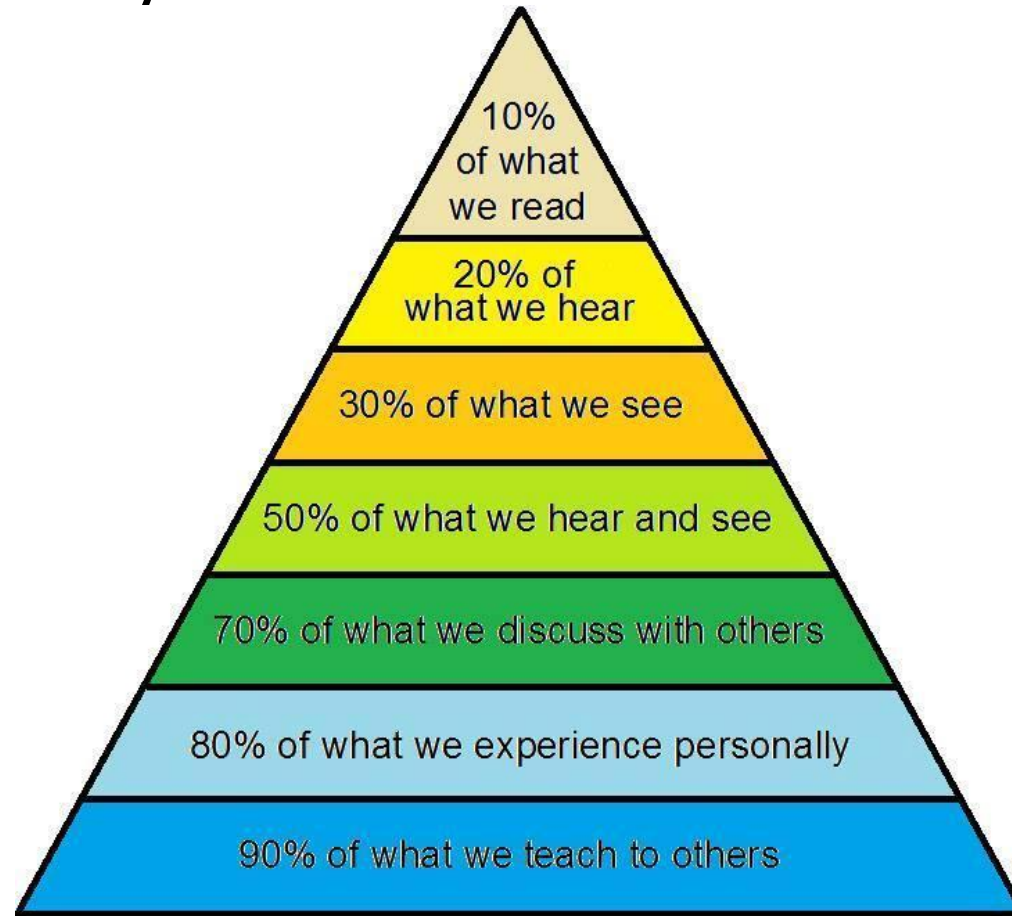


- Social Life
- Exercise
- Distractions
- Use spare time wisely
- The key is to study activity
- Past Papers

# Why it isn't too early to start revising

- The aim is to get the information into their long term memory not their short term memory
- That is why we need to start now rather than cramming it all in at the end. Small chunks!
- Sleep is also essential to consolidate the memories sleep deprivation shuts down brains inbox of new facts blocking brains capacity for new learning
- Revision is a process that takes time and repetition
- Practise, practise, practise

# Revise effectively



# Mind Maps

**Mind maps** can be a great way to identify connections between ideas. They don't need to be dull, you can use colours and images, which will help to aid memory. You may also find drawing diagrams useful to remember processes or cycles



# Flash Cards

- **Flash cards** allow you to practice summarizing information and can help you identify any gaps in your learning. You can use them in a variety of different ways:
- Condense notes about a specific topic on to a card
- Write a term on one side and a definition the other
- Write a question on one side and answer on the other
- You can include colours and images to improve your memory, they can also be used you want to be tested by your household. You can use an app like Study Blue to create flashcards.

# Study Groups

Explaining topics to other people can often aid your own memory and understanding, revising as a group can also give you an opportunity to quiz and test each other and share example answers



# Rhymes or stories or mnemonics

- Use songs, rhymes or stories to learn facts - e.g. 'Horace fell down a well and started laughing' - Horace Wells was an American dentist and one of the first to routinely use nitrous oxide (laughing gas) on his patients.
- Mnemonics can also be a helpful way to memorise facts. Use the first letter of a series of words to create a phrase that is easy to remember. For example, Richard Of York Gave Battle In Vain (colours of the rainbow in order: Red, Orange, Yellow, Green, Blue, Indigo, Violet)





# Practise Questions

- If you can access past papers or practice questions, working through these is a great way to test your knowledge. Practise planning the framework for your answers. Use lists to compare points for and against a statement. Try writing plans and full answers to past exam questions with and without your revision notes.
- You can find past examination papers on the past exam papers website



# Record your notes

If you find that you learn better by listening to things, use your phone to record yourself reading out short parts of your notes.

You can listen back to your recordings at any time, making it easy to find more short revision slots.



# Post it Notes

Post-it notes allow you to summarise information and are a great way to remember key details.

Use colours to identify themes and stick them around your house - but move them regularly so you don't get used to having them in a specific place.



# Reflecting

Read your essays and other assignments to get yourself in the right frame of mind. Reflect on your feedback, both the positive points and those you need to improve. Repeat the former; try to change the latter.



## Tips to keep students going

- **Focus your reading**  
You don't need to read all the books on your reading list from cover to cover. Try to be selective and focus your reading. If you have problems remembering what you've read or are easily distracted, check [Reading strategies](#) for advice.
- **Set clear goals**  
Remember to break down your assignments into smaller tasks and set deadlines for each one.
- **Good location**  
Find a place to study where you won't be interrupted. You may find it easier to concentrate in the library or a quiet spot on campus than at home.
- **Sounds can help**  
Depending on the type of work you are doing, classical music, movie or game soundtracks, or ambient sounds (rain, waves, coffee shop etc.) might make you more productive - see [Sounds to Help you Work Harder](#).
- **Find the best time**  
Work out when in the day you concentrate best. If you work most effectively in the morning, try organising your time so you study early in the day and take breaks or socialise later on.
- **Take breaks**  
Study in short bursts and then take a break.
- **Avoid digital distractions**  
You can use apps to restrict access to websites that may tempt you away from your work. If you are distracted by emails or text messages, turn off your phone or put it in another room while you spend a couple of hours studying. Then give yourself half an hour for calls and emails
- **Give yourself incentives**  
Arrange something to look forward to after your study session, even if it's just a small treat. It will help to motivate you and avoid distractions.
- **Start with the interesting bit**  
If you're struggling to concentrate, start with the most enjoyable task or one that will get you thinking about your assignment. Write down some questions, e.g. what do I want to get out of this reading? You could jot down some ideas for an essay plan.

