



Sprowston Community



High School

GCSE Revision Advice for Parents 2016/17



Revision guide for supporting,
preparing and succeeding in the
GCSE Exams



GCSE REVISION and EXAMINATIONS

- Students will be issued an individual **examination timetable**. They will also be offered revision opportunities after school as a part of the **revision timetable**. We will **email** and **text** you this information weekly. Please support and encourage students to attend these regularly.
- Ensure that they know **which examination** they have on **each day** during the exam period. Is it in the morning or the afternoon?
- Check that they know **what equipment** they should have for each examination, as well as where they will be seated (on Exam notice board).

HOW CAN I HELP MY CHILD?

- Show an **interest** and ask what they have been doing or if they need help, on regular occasions.
- Stay calm. Teenagers taking exams can get tunnel vision, and it will be a **stressful time**. Anger can be a cover for fear.
- You can't make them revise, but you can emphasise **why they need to revise**.
- Support the need for a **calm, quiet working area**.
- Try to **diffuse negative thoughts**, whilst being practical and realistic.
- Ensure your son/daughter gets some **fresh air** and/or **exercise** and is **eating regular healthy meals** and snacks. They will also need to **drink plenty of water** and get a **good amount of sleep**.

SUGGESTED REVISION TIMINGS

- Suggest they put aside a **set period of time to revise** and try to stick to this as a **routine**. A revision calendar or timetable often helps.
- Suggested timings:
30 mins REVISING
10 mins TESTING
10 mins RESTING
- This is best at a time during the day before they are too tired, or even first thing in the morning.



“There is so much to learn”

- Have a revision timetable.
- Divide the day into three sessions (morning, afternoon and evening).
- Write on the exams and key dates.
- Focus on subject topics. Chunk subjects into manageable sections.
- Have variety in subjects and activities.

“I can't concentrate”

- Concentration levels do vary for each individual.
- Begin working for short periods. Turn off and remove potential distractions.
- Introduce the idea of rewards and goals.

“This is so boring.....”

- Revision is not fun, however it is necessary and can be managed.
- Get actively involved with the materials.
- Use a range of techniques.
- Have variety and goals.

“I like studying in bed”

- Have a quiet place without distractions.
- Insist on no TV, radio, iPod, mobile phone, or computer games and no 'phone calls when revising.
- Ensure a quiet and tidy place, at a table or desk.
- Ensure the room is well lit. Natural light is better than artificial light.
- Quiet music in the background can be useful.

“I can't remember anything”

- This is a panic cry.
- Try to recall information after a revision session with them.
- Use strategies such as charts to jog memories, post-it notes of key terms.

“I don't understand”

- Use a range of resources including textbook, revision guides and notes.
- Examination Boards have guidance.
- Contact the subject teacher.

TIPS FROM PARENTS



“As a parent, it is never good to get caught up in arguing about revision, however frustrated you may get. Try to remain calm and be open to negotiation when it comes to free time/rewards”.

“Don’t try to make your child sit at a table for hours revising. It doesn’t work. Encourage short timed sessions of revision.”

“Encourage them to talk to you about what they have been doing. It is good for them to know that you are interested”.

“Help them to stay calm. It is always about them trying to do their best, and come away knowing that they have tried their hardest”.

“If you find yourself getting stressed out, step back. Ask for support from a family member. Share the worry”.

“Plan a ‘guilt-free’ me time. This will reward revision. Let them enjoy playing on the computer game, watching TV etc.”

“Organisation! Organisation! Organisation!”

“Make sure they have a dedicated study area. Try to organise work by subjects. Stick the revision timetable up somewhere”.

“Keep in touch with them. Encourage them every day.....don’t nag!”