



Supporting Your Child Through Year 11

Preparing your child for exams

Getting Started

Ask your child to:

- Plan a timetable that allows for a minimum of 30 minutes revision time daily
- Check they have all the resources they need
- Eat a balanced diet at regular intervals and go to bed at a reasonable time, ensuring devices/technology are switched off in advance for uninterrupted rest

Tips for Parents #1

Ensure your child plans a timetable that includes all subjects

Ensure your child has a list of topics within each subject

Ensure your child sticks to their timetable and follows their plan

Tips for Parents #2

Retrieval Practice

- Deliberately recalling information forces us to pull our knowledge “out” and examine what we know
- The act of recalling information strengthen the long term memory. If we do not recall information we simply forget it
- Regular Retrieval Practice is key

Ask your child to do a “brain dump”... write or tell you everything they know on a particular topic

Ask your child to tell you 3 things they learnt today and do this on a daily basis

Tips for Parents #3

Getting the Revision Strategy Right

- Just re-reading notes does not help a student remember new information. It needs to be more than this
- Ask your child which technique they are going to use to do 'revision'
- Cramming right at the last minute does not help a student learn the large amount of content they need to know for all subjects so make sure the timetable includes all subjects equally

Encourage your child to try out different revision techniques:

- Retrieval Practice
- Attempt exam questions and use mark schemes

Tips for Parents #4

Revision Example 1: The “Sandwich” Method

- Easy to follow steps, can be completed in 15 minutes. Helps to retain learnt information in long term memory
- **Step 1** - Start with 4-5 questions (revision guide summary questions are a good place to start). Answer all to the best of your ability
- **Step 2** - Read the chapter making a mind map or flash cards as you go. Look for the information you will need to answer those 4-5 questions
- **Step 3** - Put all notes and books aside attempt the questions again

Encourage your child to break each subject down into smaller pieces

Encourage your child to focus on the topics you do not know. It is easy for your child to revise what they are confident in

Tips for Parents #5

Revision Example 2: Habit Stacking

- Attaching revision to something they already do every day that habit is more likely to stick as it is part of a pre-existing routine
- For example, 30 minutes as soon as they come home from school
- 30 minutes before or after dinner or at a after-school Revision Club
- 30 minutes before the start of a TV programme they want to watch

Encourage your child to build positive habits and have a set time, place and duration that revision occurs

Starting now means your child will have a stronger knowledge and understanding of content

Hold your child to account when it is revision time

Tips for Parents #6

Study Spaces

It's important your child has a calm, quiet, relaxed space to study in, free from distraction. Where possible:

- Have a designated study place in a well-lit area and looking away from windows – this will help get students in the correct mindset for study
- Make sure your child has everything they need for their study session, including a drink. This way, they will not need to take any unnecessary breaks

Ask your child to hand over their phone for the duration of their revision session

If your child struggles to study at home, take advantage of the after-school revision clubs/sessions