



**ORMISTON SANDWELL
COMMUNITY ACADEMY**

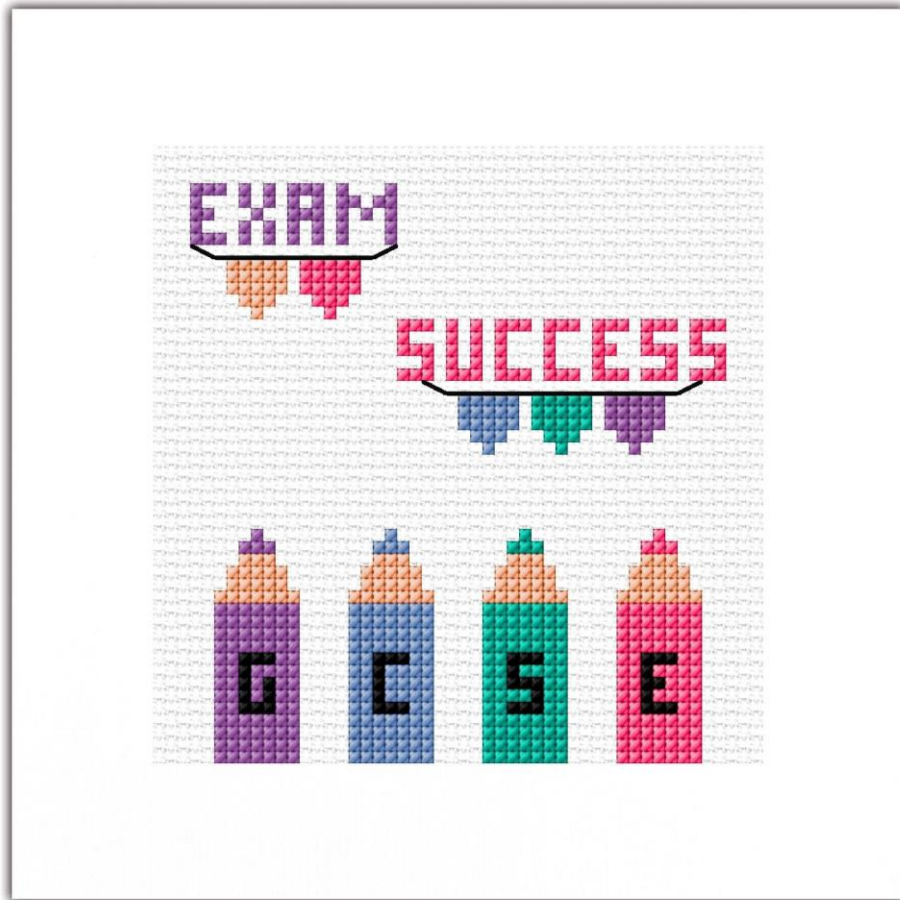
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Ormiston Academies Trust

ACHIEVING MORE TOGETHER

Parents' Guide to Year 11 Revision

Achieving the best for everyone.

GCSE Exams



Exams are undoubtedly nerve-racking for both you and your children.

You may well be wondering to what degree you should be involved and how you can support your child most effectively?

Every child will have different approaches to learning that work for them, and what works for your child might not work for their friends and vice-versa.

However, there are things that we can do as parents to help our children get the most out of their revision, and most importantly help them go on to achieve the grades they deserve.

So, with that in mind, here are our tips on how parents can help their children to revise effectively.



Revision Timetables

It is important when constructing a revision timetable to consider the following issues:

- Be realistic - you will know how much your child can be put in on a single day, so build up their stamina over time
- Short and sweet - sessions should only be for 30 - 40 minutes with 10 minute breaks.
- Introduce variety - encourage them to schedule a range of subjects across each day - it stops any one day being a 'nightmare revision day'.

Revision timetable - Easter holiday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Maths Fractions and algebra	Geography Revise case studies	Science exam paper 1 - timed conditions (2hr)	Family breakfast	Art Coursework	English Make notes on main text	
9am	Geography Volcanoes	Drums lesson			French Vocab revision Maths Simultaneous equations	Drums lesson	
10am	History Essay question French Vocab revision			Science revision day with friends	Maths Simultaneous equations		
11am	Maths Algebra	History Read through Unit 2 notes	Time off		Geography Revise coastal defences	English Make notes on main text	
LUNCH	LUNCH	LUNCH	LUNCH		LUNCH	LUNCH	
2pm	Science Physics Art Coursework	Art Coursework	Football and swim lesson		Geography exam paper 1 - timed conditions (90 mins)	Science Biology	
3pm	Science Chemistry	Art Coursework				History Key dates	
4pm	Unplanned revision	English Complete an essay question			Dinner and cinema	Unplanned revision	
5pm	Gym	Time off		Gym			
6pm	Time off	Time off		Time off			
Evening	English Look through unit 1 notes	Maths formulas French Vocab revision		History Make flash cards on unit 2			



Review and Reward

- Review - Have they put in slots to review the learning of the day?
- Rewards - Build in rewards for their efforts.

At first, the big picture may look and feel totally overwhelming to your child. Be as positive and as supportive as you can in helping them to prioritise their workload.

But they also need to be aware of the fact that revision takes time and for a few months, the social life may have to give a bit. This can be alleviated slightly, if their friends schedule time out sessions in tandem



The Right Space

Make sure your child has a quiet space to work, with no distractions.

The right revision space is really important.

If this is not always possible in busy homes make use of the Library and Year 11 Study area here at OSCA.



The Right Space at Home

- Help your child get set up so that the place where they are going to study provides the right environment for effective revision.
- Declutter - an untidy desk or room presents too many distractions and opportunities to do something other than study.
- Make sure that the things that normally distract them, TV, phones, books, games etc are tidied away so that they don't present a temptation to do something else.
- Think comfortable - make sure they have somewhere comfortable to sit so that they can focus on their work.
- They are likely to be sat for long periods so find a seat and desk arrangement that doesn't strain their back.
- Ambience - make sure that there is enough light in the room - if it's too dark they may find that they are squinting at their books and notes which can be exhausting. Too bright and this can tire the eyes causing headaches.
- Natural light whenever possible is the best option. Noise - it's also important to get the noise levels right. Some people will find that they need background noise to get any work done while others will benefit from perfect silence.



Revision Techniques

Everyone will have a style of revision that works best for them, but whatever strategy your child uses, it's important that they actively revise. Here are a few tried and tested approaches for them to consider:

- Past papers - just ploughing through past papers on their own is rarely a useful strategy. However, using them as a framework for study can work really well.
 - We have past papers in school, or they can be downloaded from exam board websites.
- Teach someone else - you can't teach something until you know it well yourself. When they finish learning some content get them to teach it to you or a sibling.
- Revision cards - these force us to distil what we need to know into bite-sized chunks. Technology provides various options, in addition to the traditional physical cards, but whatever your child chooses to use, it is the process of thinking how to condense the information and actually writing it down which is the important part of the process.
- Revision notes - have revision notes everywhere! If there are quotes, or formulae for example that they need to remember, then have them on post-it notes around the house.



Healthy Habits

- Eating well - it reduces overall stress on the body and can also make a person feel good about themselves, so keep the kitchen cupboard stocked with food. When the going gets tough children really appreciate a cup of tea, a plate of biscuits or their favourite meal.
- Encourage breaks - encourage them to take regular breaks in between revision sessions. Exercise and fresh air are a really good way of recharging their batteries and provides a way of releasing a great deal of the muscle tension which stress produces.
- Make time to relax - it is also important that they do something when they have finished studying for the evening to help them relax such as catching up with friends on social media, watching videos/ TV, reading, listening to music, gaming etc
- Don't forget sleep - having a good night's sleep is vital when studying hard, so having a regular time when they switch off the lights and go to sleep is important.
- Encourage them to relax in the last hour before bed and not to be doing revision during this time as it will make it harder for them to switch off.



Five Rules of Successful Revision Support

1. Work Together with OSCA – we want the same thing for your child.
2. Take an interest in all subjects just by asking questions.
3. Ensure they have a dedicated place to work.
4. Encourage a routine.
5. Spot ineffective revision and help make it effective.



Final Tips

- Most important of all, help your child to keep everything in perspective.
- Remind them that the better they prepare and the more confident they feel in their subject knowledge the less stressed they will feel when the exams start.
- Whatever happens, stay positive.



