



Helping your Child with Revision

Why Parental Support Matters in Exam Revision

Your support, encouragement and interest can make a big difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.

- Positive impact on academic success
- Reduce stress and anxiety
- Build effective study habits



Understand the Exam Requirements

Understand the Exam and Revision Goals

- Familiarise yourself with the syllabus and exam requirements
- Break down the subjects and topics
- Set clear goals and expectations for revision



Pearson
Edexcel

Create a Productive Study Environment

Set up a conducive study environment.

- Ensure there is a quiet, organised and comfortable space for them to revise in.
- Keep distractions to a minimum (phones, tv's etc).
- Ensure they have the necessary equipment (Books, stationary etc).



Help your Child to Develop a Study Plan

Revision timetable - Easter holiday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Maths Fractions and Algebra	Geography Physical sites	Science Topic paper 1 - Final questions (30 min)	French revision	Art Coursework	English Make notes on poem text	
9am	Geography Volcanoes		Science lesson		French Visual revision	Science lesson	
10am	History Essay question French Visual revision			Science revision day with plans	Maths Simultaneous equations		
11am	Maths Algebra	History read through unit 2 notes	Time off		Geography maple control debates	English Make notes on poem text	
12:00	LANCH	LANCH	LANCH	LANCH	LANCH	LANCH	
2pm	Science Physics	Art Coursework	Football and poem lesson		Geography topic paper 1 - Final questions (30 mins)	Science Biology	
3pm	Science Chemistry	Art Coursework			English Visual revision	Spanish Key dates	
4pm	Language Revision	English Complete on essay question			Science and drama	Evening off	
5pm	Open Time off			Open Time off			
6pm	Time off			Time off			
Evening	English Look through unit 1 notes	Maths Formulae French Visual revision		History Make flash cards on unit 2			

Timetable

- Encourage a realistic and flexible timetable
- Break revision into manageable chunks
30 minutes of successful revision is far more effective than studying for hours and not actually getting anywhere

It's all about Balance

- Avoid a “all work and no play” situation
- Exercise and fresh air is important for physical and mental health

Staying Healthy

- A balanced diet is important to fuel the brain
- Sleep is an important factor in learning. Develop good sleeping routines. Remove distractions such as phones

Provide Support

- Be around to support your child as much as possible
- This does not mean being their 24/7, they just need to know you are their to support their revision

Help them to Stay Motivated, on Track and Monitor their Revision Progress

Stay
positive,
work hard,
make it
happen.

Motivation

- Set achievable goals and celebrate even the smallest of victories
- Keep communication open and discuss revision regularly
- Offer rewards for completing study sessions or achieving goals.

Organisation

- Encourage them to keep revision materials organised and accessible

Stay on Track

- Use a calendar or app to track progress
- Set specific goals and review regularly

Provide Support

- Be around to support your child as much as possible
- This does not mean being there 24/7, they just need to know you are there to support their revision

Support Emotional Wellbeing

Manage Stress

The most important thing to remember is to 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 it comes to exam time.

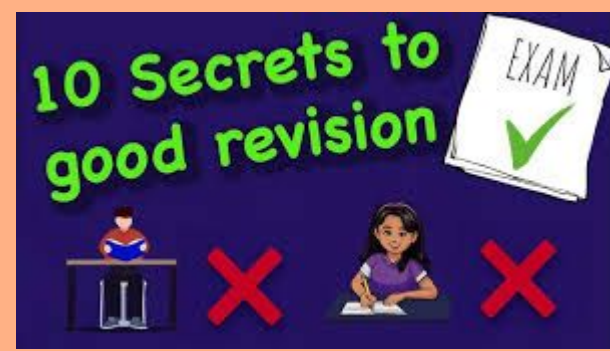
By the end of June the exams will all be over and it will be the start of a long summer holiday !



Avoiding Common Mistakes

Do's and Don'ts

- Don't overload your child's schedule. Make sure they take breaks
- Don't compare your child to others, including siblings. Remember we all learn in different ways.
- Don't ignore signs of stress or burnout
- Don't be afraid to ask for help, you and your child!



DO'S



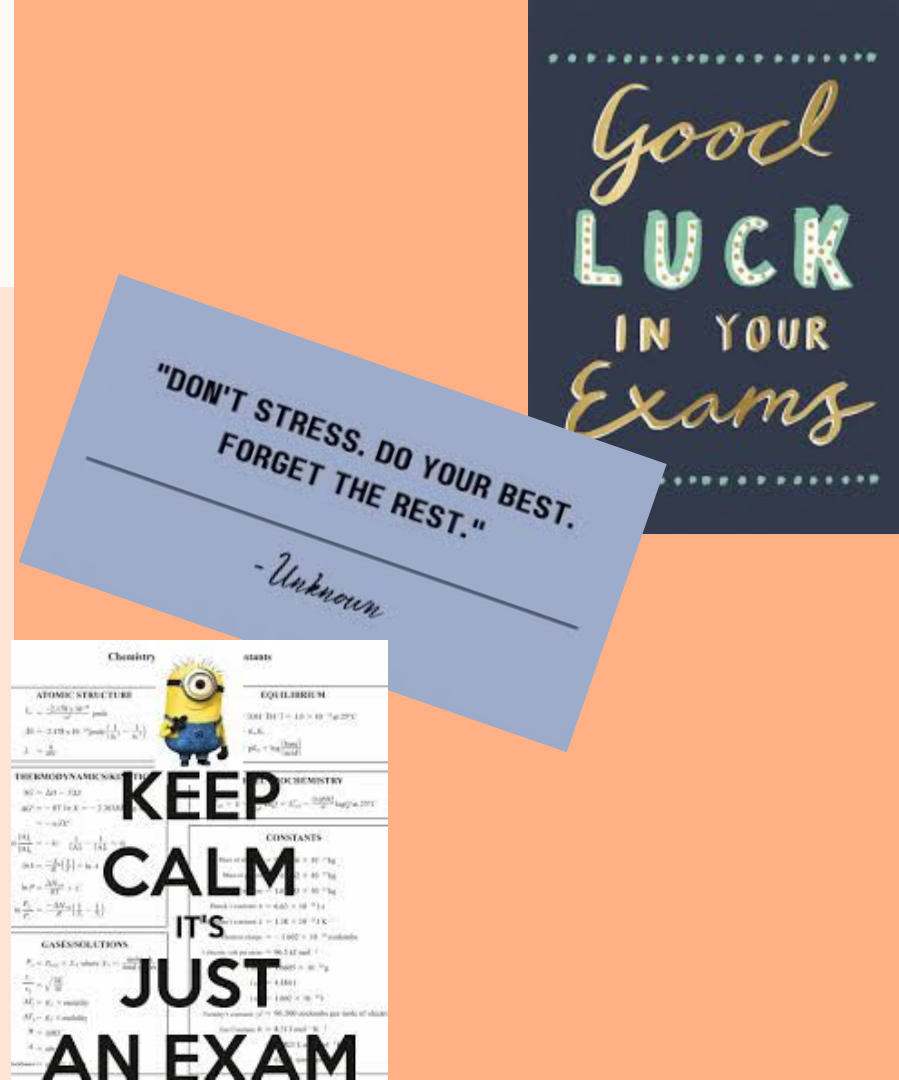
DON'TS



Final Exam Day Tips

How to Support on the Day of the Exam

- Ensure your child has everything they need ready the night before (equipment etc)
- Encourage them to get a good night's sleep the night before.
- Practise calming and breathing techniques
- Make sure that they eat a healthy breakfast
- Offer words of support and encouragement





Questions?