



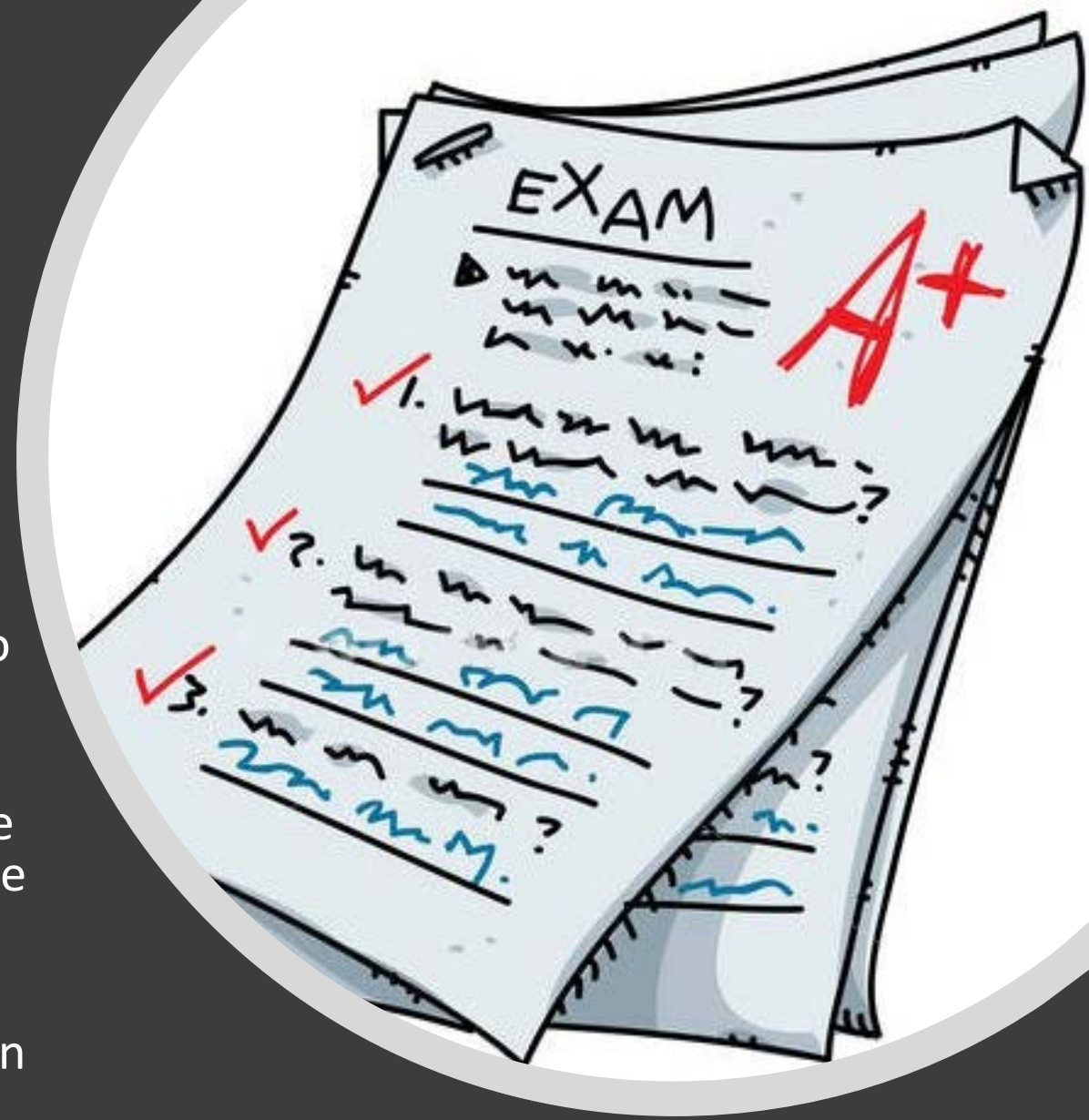
Make it stick

Supporting your child as they approach their GCSE
exam period.

Ms Abbott-Jones and Ms Spencer

2. Practice Papers

- Practice papers are a great way of finding out what to expect in the real exams.
- The questions may be of similar style and marks so students can then practice the amount they need to write or do to gain those marks beforehand.
- Your child will have been provided with the information they need to access the correct practice papers for the exam board and specification they are studying.
- These can be found on Fronter, and Exam board websites, all subjects have provided these in revision pack.



3. Mind Maps

- Mind maps are a great way of students putting down what they know and seeing gaps and areas that they need to work on.
- As students write, they will take the information in, along with using it when finished to revise from.
- Encourage your child to display these mind maps in places that they will see them as a visual reminder of the information they need for their exams.



4. Study Cards

- Easy and fun to use – students should write a piece of information or a fact per card.
- Use colours and pictures.
- Quick to flick through for quick bursts of revision.
- We encourage students to create these for subjects where there are lots of definitions or equations or facts to be learned.
- These are a great way for you to sit down and test your children about what they have remembered – they will provide you with the knowledge that you need to check what they are remembering!



5. Posters

- Use to put a lot of information on including lots of room for diagrams and pictures.
- Good for bedroom or any wall to look at as your children relax, for that visual reminder.
- Good to see things in big scale.

* We have asked students to check with parents about where to stick things so that your décor is not compromised by blue-tac!



6. Recordings

- Record good quotes, facts or pieces of information to listen to.
- Really great to listen to on the train, bus, at home or even exercising.
- Handy because you can be on the go as well as listening.



7. Group Study

- Group study is definitely a good way to revise, studying together helps students to test each other, and makes learning feel collaborative.
- If your child has a good group of friends, that you don't mind inviting over, and providing a common space for the sessions to happen, this can be a really nice way of supporting their study.
- Snacks help!!



8. Read, Repeat & Remember

- We have advised students to read things that they need to remember, repeat them and see if they can remember without a prompt.
- This is a really good way of self-checking how much your children know and how much they are remembering.
- Especially good for quotes or equations that they need to remember.
- Ask your child for their flash cards, and test them!

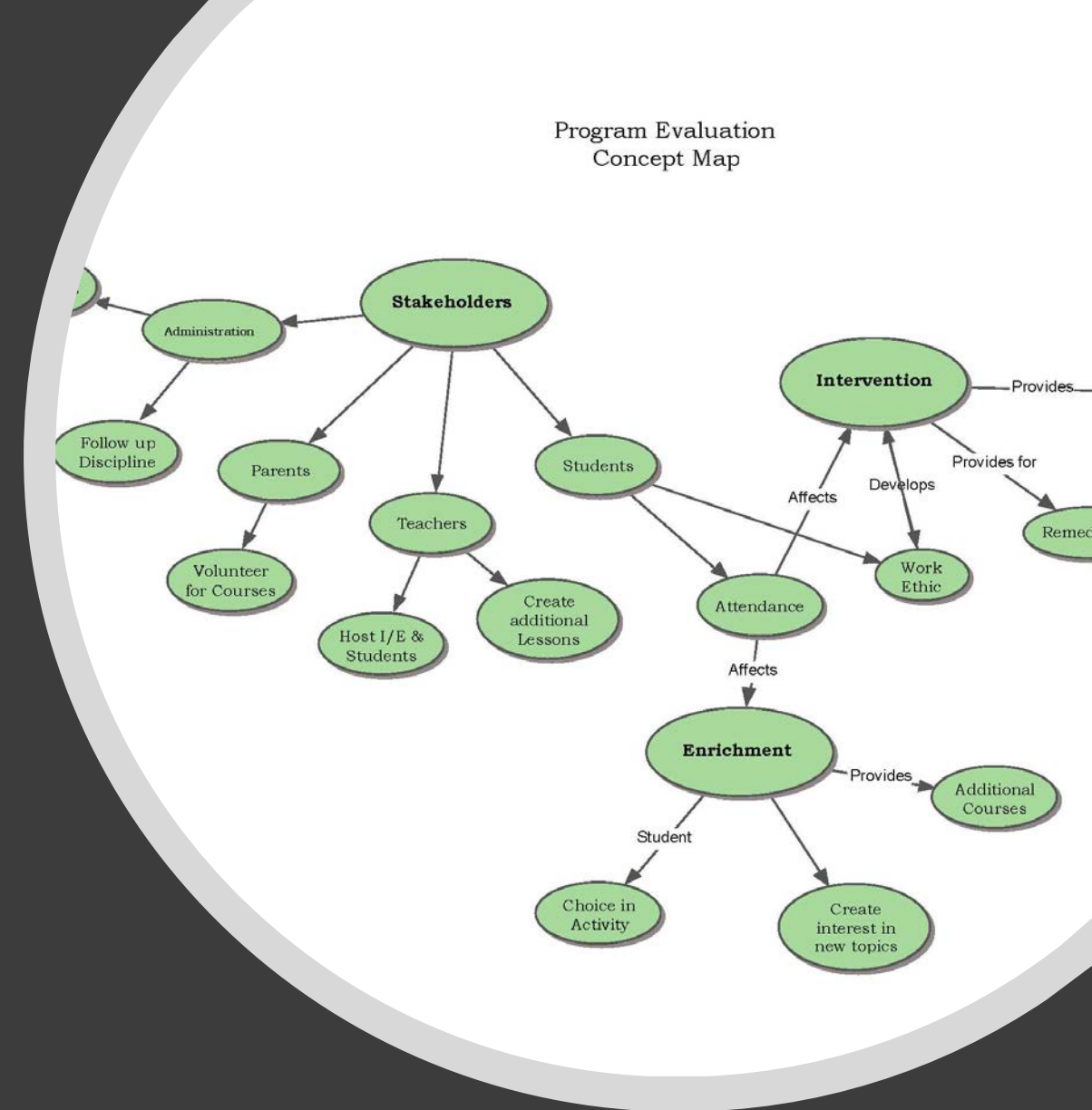



9. Explain to People who Don't Know

- By asking your child to teach you what they have been working on or revising, you can then find out how much they know and understand.
- Explaining something to someone else, really helps students to embed the knowledge.

10. Concept Maps

- Concept maps are great for seeing the order or process of something.
- Can also be used slightly like a hierarchy to see how things fall into place.
- They help student's form an idea of what different things come together to create something else.





General tips to support
wellbeing

1. Time of the Day

- Talk to your child about what time of the day they find best to focus. For some students it might be as soon as they wake up, for others it might be later in the day.
- If your children are studying at night, ensure that the time they are going to bed isn't going to be detrimental to their brain functioning the next day.



2. Breaks

- The point of a study break is to rejuvenate and relax the mind, ready to continue; this is really important!
- If your child is checking social media at this time, make sure it is limited.
- Exercising during this time helps the body to unwind and relieve stress.
- Make sure your children stick to planned break times!



3. Diet & Sleep

- Both of these are a big contribution to effective studying – helps the brain keep motivated and healthy!
- Student's need a solid nights sleep, studying before bed is helpful sometimes as the brain consolidates information as you sleep, helping you to remember it, but studying at the expense of sleep is counterproductive.
- Make sure that your child is eating good meals and healthy snacks, keeping the brain healthy and nourished. Staying hydrated is really key too!

4. Pacing Revision

- Don't try and cram, this doesn't work, just confuses you and your brain!
- Write detailed plans of topics/modules/texts etc. so you know what you need to study.
- Make sure you have plenty of time to finish something.
- Make sure you revise different subjects rather than stick to one to give your brain a change.



5. Active Learning

- Active learning is a better way to get the information in.
- Rather than just read notes, students should try highlighting and analysing.
- Students should ask themselves, what have I learnt? What could I improve on? Where am I struggling?
- Recapping the study session in your head will help.



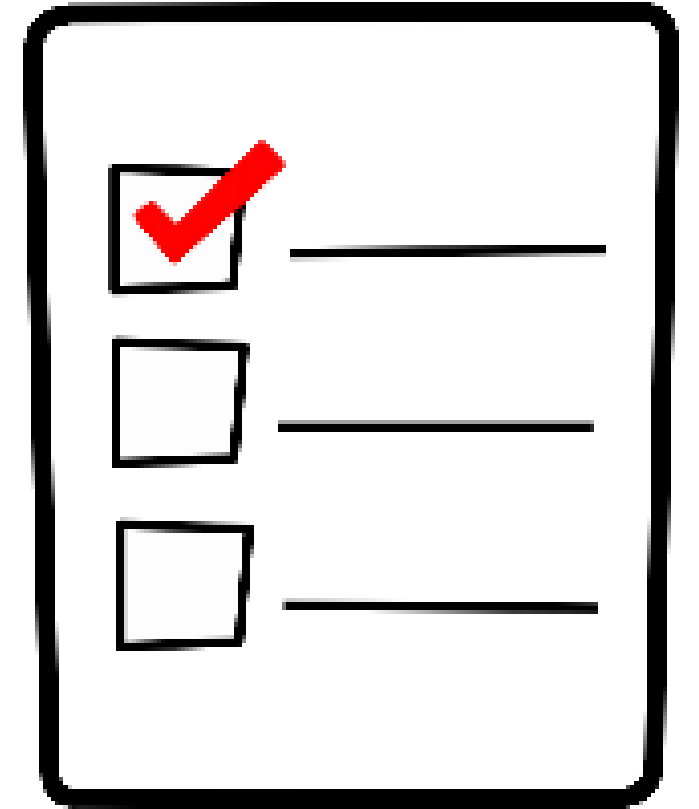
6. Quiet Area

- Quiet areas mean less distractions and less distractions mean less interrupted revision, which is always a good thing!!
- A nice, well lit area to work, will help students to keep focused.
- Be realistic about what can be provided at home – if school or the local library is best, be comfortable with your children accessing this – talk to them about what they are distracted by and help to limit those distractions.



7. Struggling Areas

- Talk to your child about where they are struggling and how they are targeting their revision to address this.
- Ensure that your child includes these in their revision timetable.



8. Make sure your child has down time

- It's so, so important that students have chill out time. Time to do a hobby, see friends, watch TV.
- It doesn't have to be 24/7 revision, that isn't good for students either.
- Try and ensure your child does a mixture of both everyday in the lead up to exams, and plan this into their study timetable.



Useful Applications

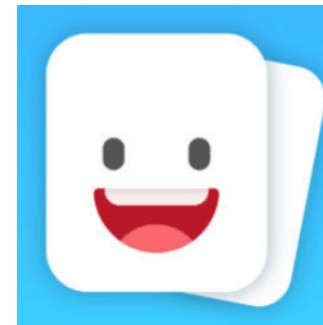
Exam Countdown (iOS, free)



Duolingo



Tinycards



Quizlet



Blocking social media

[Flipd](#)

- Flipd allows you to lock your phone for a set period of time, and once you do, there's no going back. Even restarting your phone won't disable the app, so it's impossible for you to cheat! Flipd can even be used to remotely "flip off" one user from another user's device, which is helpful for teams that want to keep one another on point.



Easter

- 17 days
- Revision schedule
- Revision packs – printed copies/Fronter/Edmodo
- Practice papers
- Easter revision sessions