

We are aware that many of our parents are keen to proactively support their child with revision so we have created the list below with some suggested tips for supporting your child when preparing for exams.

These are top tips that have proved successful in previous years:

When to revise:

- **Encourage them to plan their revision carefully** so that they know when they are going to sit down and revise, and when they are going to have free time. It is actually really important to plan in social time and time to relax so that students don't burn out. It also helps to have things that they are looking forward to so that they can pace themselves and keep a work-life balance.
- **Make sure that all subjects are covered**, rather than just the ones that your son or daughter finds easier. The more prepared a student is, the less stressful the exams are. Not preparing can seem like an easy option but it isn't a long term solution and heightens stress levels. This in turn makes the experience worse and becomes a vicious circle.
- **Leave plenty of time before an exam to do revision** as memory is more effective the more a topic is revisited - revising well in advance is really important. Last minute revision isn't really revision, it's panicking. Stress is counterproductive to memory so it really is a marathon not a sprint
- **Eating and drinking and sleeping well is really important** for revision so encourage your son or daughter to avoid revising when tired or hungry and thirsty. Even if it is subconscious, their brain will be worrying about these things rather than efficiently committing knowledge to memory. Revising late at night is also significantly less productive than in the morning after breakfast as sleep and fatigue directly affect working memory and processing speeds

How long to revise for:

- **Revision timetables should be realistic**, otherwise they won't be stuck to.
- **It is much better to revise for short productive chunks** as opposed to hours at a time. Generally speaking, a typical 15 or 16 year old can concentrate effectively for about 15 minutes at a time. After that, they should break up the revision with a drink or moving around or changing the topic or the type of revision

How to revise:

- **Students need to have a comfortable space without distraction** or interruptions in order to revise effectively. Some students prefer to have some music on, some need absolute silence - working out their preference is important and is personal to different people
- **Make sure that students have the equipment** that they need when revising
- **Encourage them to communicate with their subject teachers** about their progress and revision plans - if they aren't sure, then they can ask for help
- **Encourage them to read the student Wildern Weekly** to keep up to date with Year 11 news and revision tips or messages from their teachers
- **Watch out for 'busy' revision** where students spend ages making resources look nice rather than making them useful - avoid this as it isn't really quality time
- **Encourage your son or daughter to be active in their revision** - when students have been learning content, it is really important to apply that content to an activity that measures how well they know and understand it. This could mean that they spend time revising information from a mindmap or flashcards and then apply it to an exam question

How can you help?

- **Anxiety around exams is normal – please do talk through worries with your child**
- **Be involved with the revision.** This could include testing your child on key words or asking them to talk through and explain what they have revised or why they have included certain information in an exam answer as this helps to commit the information to memory
- **Be there to listen and remind them to look after themselves**, including how they manage their time