

Top 10 Revision tips for parents

1. Place a copy of child's individual exam timetable somewhere prominent in the house to avoid any surprises before and during the exam period
2. Help them plan out a revision schedule using a blank revision timetable, these can be produced on paper or using different apps (for example; getrevising), and encourage them to stick to it on a daily basis.
3. Be realistic, there are limits to how much work can be done effectively in one day or evening. Relaxation, physical activity and leisure time are important for keeping students healthy and well balanced. Also don't use threats. Teenagers are only too aware that if they fail they may "never get a job" – they don't need more stress.
4. Avoid cramming the night before an exam, space out revision sessions. Five one hour session spaced out over 2 weeks is better than 5 hours the night before.
5. Interleave different topics during one study session. Aim to study for 30 minutes on one topic and then switch it to a different topic for the next half hour. Using a timer may allow your child to maintain focus and work efficiently in a short space of time. Plan regular "treat" breaks after every hour to maximise productivity and keep your child motivated. Avoid promising one big prize at the end of it all, but – if you want to provide incentives – little ones along the way work very well.
6. Establish a specific location where your child can sit down and focus solely on their revision without distractions. The right "study space" is essential for concentration and will reduce exam anxiety. Ideally somewhere quiet and avoid the bedroom if possible. Remove all distractions including any smart devices, TV, phones and Music players. Music with lyrics has been proven to reduce chances of memorising facts and figures. Be around and show interest, you don't have to be at their side 24/7, but children like parents taking an interest in their revision (but not taking over).
7. Ensure your child has all of the right resources to help them revise and prepare. This could include, stationery, flashcards, highlighters and post it notes as well as class notes, revision guides, text books and past papers. Whiteboards are useful too.
8. Ensure your child is eating healthily and has a well-balanced diet. Eating at regular times helps build effective routines. It is essential that they have a healthy, energy fuelled meal before their exams such as porridge, bananas and wholegrain cereals, pasta and wholemeal sandwiches. Hydration is key to brain functioning so make sure your child carries a bottle of water with them into the exams.
9. A rested brain is a productive brain, try to discourage late night revision sessions and aim for 8-9 hours sleep every night. Sleep is fundamental to learning, as it allows memories to consolidate. Avoid caffeine or sugary drinks before bed and switch off devices at least an hour before bedtime.
10. Encourage your child to revise their weaker topics and subject first, start with the hard things and then move to the material they find easier. Ask them to teach you something they have been revising or test them using their flash cards or past paper questions. Try encouraging them to practice questions under timed conditions and talk through with them any topics they do not understand. Also, check the exam specifications and use past papers and reports from the examination websites.

Exam stress?

A Revision guide for the anxious- <http://www.bbc.co.uk/news/uk-39921799>

Advice for parents in coping with exam stress

<http://www.telegraph.co.uk/education/2016/04/26/leave-us-alone-teens-plea-to-parents-suffering-from-exams-stress/>