

# Tiverton High School



## THS Exam Revision Booklet

**What to expect as a parent and how to  
support your child**



Learn Together. Grow Together. Succeed Together.



## Supporting your child's

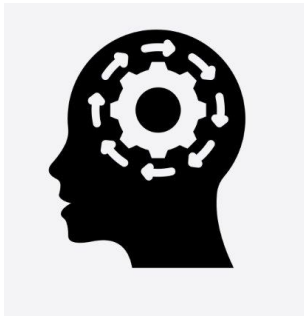


We at THS, recognise the importance of working in partnership with students and parents to secure the best possible outcomes for our students. The weeks and months ahead leading up to exams represent a crucial stage of your child's education.

GCSE exams are imminent and it is imperative that all parties work together to maximise attainment. The following pages will attempt to give you a guide in how to best support your child at home in preparing for their exams.

We want all students to be PROUD of what they achieve next August.

## Getting them into the right frame of mind



The prospect of GCSE exams is really stressful. As a result of this students may respond instinctively by 'fighting, flighting or freezing'.

- **Fight:** Students may become argumentative or aggressive
- **Flight:** Students may look to put off revision or run away from the problem
- **Freeze:** Students may panic and be unable to think straight or concentrate

If any of these instincts occur it becomes very difficult for the students to revise and concentrate. To counteract this try the following:

- **Be and remain positive:** keep focussing on the positive, emphasising belief that the student will be successful.
- **Do not join in the anxiety:** even if you feel anxious yourself, try to remain calm and positive

## Timetable Planning revision



It is really important that revision is planned.

Support your child to be SMART about their revision plans, encourage them to space the subjects and topics out and plan when not to revise too.

Encourage them to keep a record of what they have revised and what they still need to revise. It is crucial that students start early and draw up a revision plan and timetable to make sure they cover all topics in plenty of time, avoiding any last-minute panic.

Students created their revision timetables during development day so there is a plan to stick on the fridge or pin up in their bedroom so they can see which subject they want to do, when.

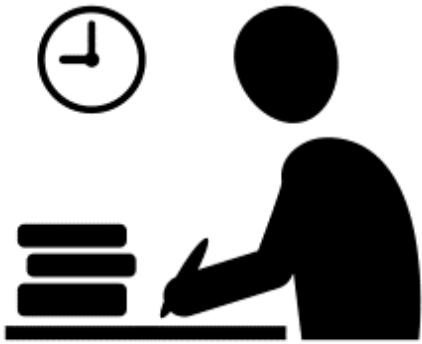
Below is a template you may use to create your own.

### Revision Planner Template

Date:	to:						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							

Subject	Colour	Subject	Colour	Subject	Colour	Subject	Colour	Subject	Colour
English Lan		Maths		Chemistry		History		Food	
English Lit		Biology		Physics		French		Graphics	

## Revision Techniques



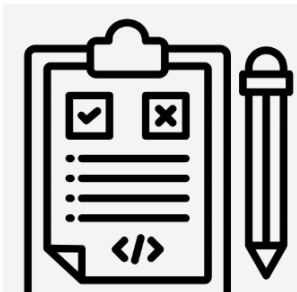
Understanding what works and what does not work takes some experimenting.

For example, re-reading notes or highlighting them will not support your child to consolidate their learning into long term memory.

However, this is the strategy that most students opt for. Instead, encourage them to test themselves on what they know, make flash cards, mind maps and develop revision notes that summarise the key components of the subjects and topics.

On the next pages you will find different ways to revise that have best impact for your child's exam preparations.

## Self Testing



An excellent way to support your child is through encouraging them to test themselves. This will support them to have to think hard about the topic. This will strengthen their memory for the topic. Below is a simple method of self-testing. There are websites that will also support self-testing and these will be signposted at the end of this booklet.

Read revision notes. They can be read quietly or out loud.



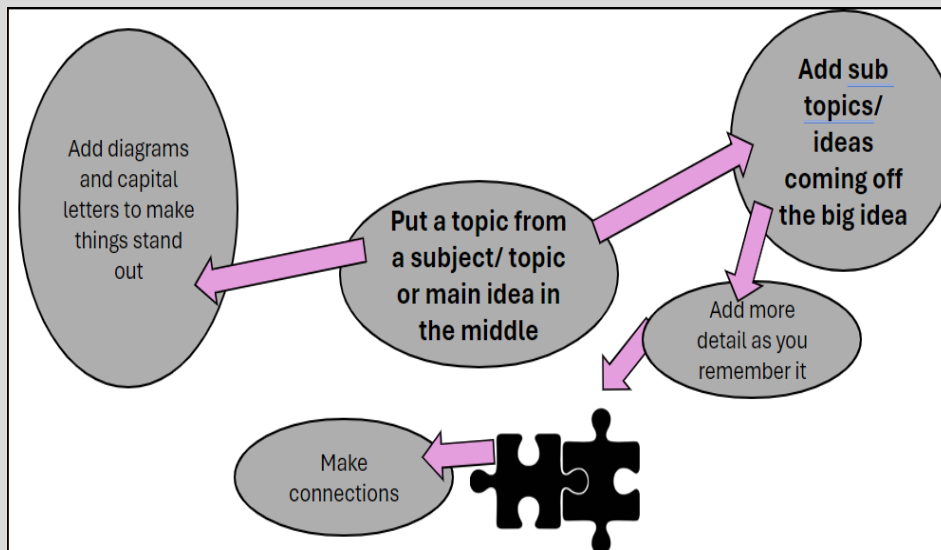
Close book/cover up notes. Encourages to think hard and retrieve knowledge



Write down what can be remembered/speak out loud. Encourages to think hard and retrieve knowledge. Can check what they understand/remember and what needs more revision.



# Mind mapping



Mind mapping is a great way for students to gather and organise their ideas, revision notes and concepts from different topics. This will support them to think hard about the topic by making links between different features. This will strengthen their memory for the topic and also develop mental visual cues to trigger memory. Above is an example of how to create a mind map.

## Flash Cards



Support your child by encouraging them to create flash cards on concepts from different topics. This will not only support them to think hard about the topic but also allow them to self test using the flash cards. This will strengthen their memory for the topic and also ascertain what they know and don't know yet. Below is an example of flash card concepts. You can buy plain packs or just cut up some paper into A6.

Read flash card  
Cover flash card  
Write down or say out loud main ideas



Put high % success rate into one pile.



And have another pile of incorrect cards

Apply flash card key information to exams/practice questions



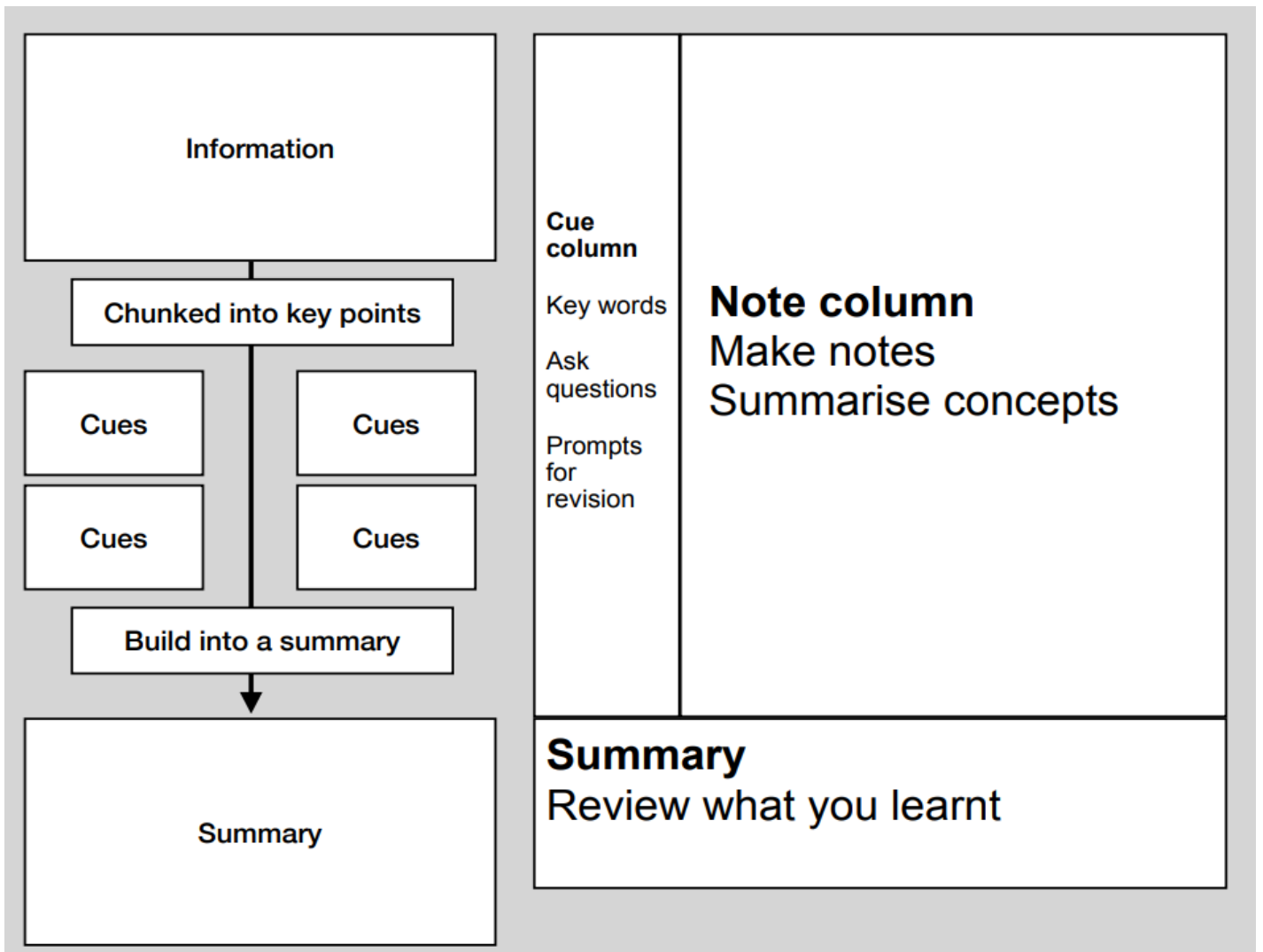
# Taking Notes



Taking notes is by far the most obvious way to study.

However, students can have great variability in note taking effectiveness. Support your child with making notes that matter.

Rather than just write down more and more information, encourage your child to make sense of them. Ask them questions, summarise them and build cues to remember them. One way to do this is through Cornell notes. Illustration below:



## Application



Understanding the content and knowledge is one thing but, it will only get your child so far.

Past papers are available through school departments, the school revision website and are also free to download online from exam board websites.

Mark schemes and examiners comments are also available which can show where students have made common mistakes

## BUGS



Practising exams and working on exam technique is absolutely vital to have optimum performance in the exams. Research has shown this to be the most effective form of revision in terms of boosting grades.

Talk to your child about the use of BUGS and get them to apply this method to their practice exam questions

**Box** around the command word

**Underline** the key words

**Go over** the question again

**Sacrifice** a line/time for planning

## Useful sites to support revision



Please see the list of useful websites to support your child's revision. As always, if your child is uncertain over anything, then encourage them to talk to their teachers or a member of the senior leadership team.

BBC Bite size, Seneca, Quizlet

## Stress



Getting overwhelmed is quite common for students leading up to exams and in the midst of exams. Mitigating against stress and anxiety is crucial to perform at optimum levels.

Talking is the best way to ease anxieties as well as the following suggestions

## Healthy eating



Keeping a healthy diet is important to having a healthy mind and body. It will help your child stay focused and have more energy.

It is easy to fall into a trap of eating 'comfort' food when your child is working in preparation for exams. But, we must encourage them to avoid succumbing to fatty and sugar foods as a staple part of their diet.

Encourage healthy foods and drinking plenty of water to keep hydrated as this will support the mind.

## Exercise

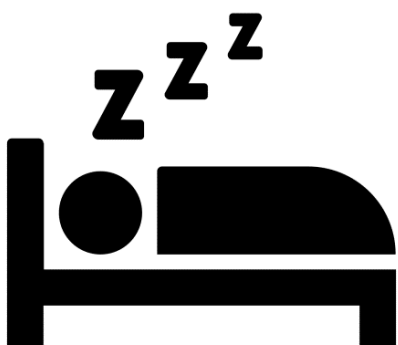


Encourage your child to stay healthy through regular exercise. Regular exercise releases endorphins.

This supports mental wellbeing and relieves stress and anxiety.

A healthy mind and healthy body can support your child to remain positive and believe in themselves

## Sleep



Sleep is so important to our development, well-being and energy. Without sleep, or without enough sleep, we find it hard to focus and have motivation.

Encourage your child to have healthy sleeping habits and routines.

Common mistakes with sleep include:

- Watching TV before bed: This leads to going to sleep later
- Mobile phones before bed: The bright light mimics daylight and stops melatonin being fully released reducing the amount of sleep you get.