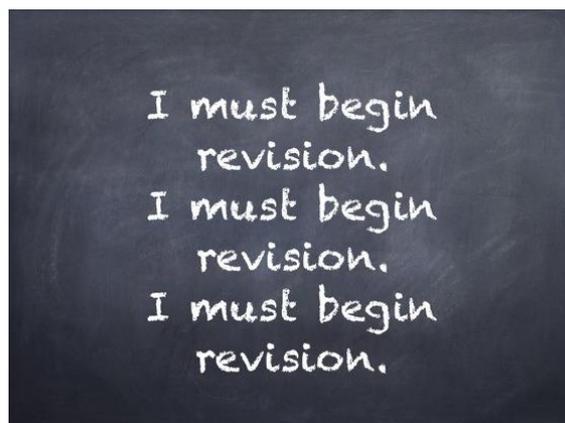




Twelve ways families can support revision



As we approach the exam period families will be wondering what the best methods are to help their children revise. Below are some tips which, based on research, are some of the best ways to help pupils to revise effectively.

Our mantra for revision is to recap and practise.

1. **Get them to self-test, a lot.**

Research shows that testing in order to recall content is the best way of getting us to think hard. Thinking about and getting the answer is much better than re-reading notes. The more we recall information the better it sticks in our long term memory. This should be in the form of quizzing themselves where possible.

2. **Past Papers**

Encourage them to redo any past exam questions without their notes. Simply trying to recall answers to mind is an effective revision technique. Afterwards, use the mark scheme and help them to identify successes and areas for further work. Past papers and mark schemes can be found on any exam boards' websites. Our exam board specifications for 2019 can be found on our website.

3. **Talk to them**

Get your child to tell you what they have learnt or are revising, then quiz them at random times: at breakfast, at the dinner table, or even in the car. Ask them questions that relate to their studies and get them to think hard about the answer. Their books should be a good source of quizzing information for you.

Get them to explain their answer. Adding reason to an answer helps them to remember. And only accept the right answer – no half marks.

Pride Through Success



Twelve ways families can support revision

4. Read around the subject

Even if the content is not in the exam, understanding the subject area better helps to build links which may be valuable for those higher grade questions. Recommended documentaries, websites, exam board resources and places of interest to visit can also be beneficial.

5. Space it out

Distribute their practice of different subjects or different areas of a subject. Research shows that spacing out practice aids memory. Cramming will help for a short period and may be useful the night before an exam but this is not the most effective for long-term memory. A revision time table can help with this.

6. Learn keywords and definitions by heart

Learning the correct definitions in some subjects will help gain a few extra marks, so long as they use them correctly. Produce memory cards with the key word and the definition on to test them regularly – use the techniques from the knowledge organisers.

7. Use memory tricks

Mnemonics, such as “Richard of York gave battle in vain” to remember the colours of the rainbow, can be a good trick to remember sequences and lists of information. Get them to invent their own. Making them funny or rude can be a great hook for memory! They can be a good way of helping to store larger chunks of information. Write them on posters and stick them up around their room or the house.

8. Go easy on the highlighters

Rereading and highlighting key points is not the best way to revise. If they are unsure on a subject this may help to learn a topic, but always get them to check with a teacher that they’ve understood properly what they’ve read.

9. Sleeping, eating and hydration

Exercise can be beneficial for the mind and body and pupils should not ignore this. Exercise and revision can lead to tiredness and learning is hard work, so the brain and body need plenty of fuel.

10. Build in breaks

Splitting up a study day in to small study and rest periods can be beneficial. Remove any distractions such as computers and other media sources, especially mobile phones. These can be a reward for studying hard. It is useful



Twelve ways families can support revision

to have a positive learning environment – a dedicated space that is clear and equipped for revising so there is no procrastinating.

11. **Start now**

The mock exams are a good indicator of where they are but with a balanced programme of study they can gain those few extra grades between now and the summer.

12. **Subject specific is best**

The nature of revision varies from subject to subject. The subject content is the most important thing for them to learn. Their job is to remember what we taught them in class. The whole purpose of revision should be to help with that.

Good luck!

Twelve ways families can support revision



Turn Off Social Media While Studying



A new survey by Stop Procrastinating shows that social media is the biggest distraction students face while studying

The leading internet blocker, Stop Procrastinating, has announced that 64% of UK students have cited online distractions such as social media as a hindrance to their productivity. Facebook, Twitter, Instagram, Snapchat, shopping websites and YouTube were among the sites that students found the most distracting.

Fear of Missing Out (FOMO)

Nearly all of the students who responded in the survey referred to a 'fear of missing out' (FOMO), which is the anxiety that people experience when they believe that important events are happening without them. The anxiety arises from a perceived decrease in 'popularity' if they're not up-to-date with the latest happenings in their social circle. Teenagers are particularly susceptible to FOMO, and 24-hour social media feeds such as Facebook and Twitter are exacerbating the problem. Students are constantly checking their social media feeds (sometimes a few hundred times per day) in order to keep up with the latest happenings.

Almost half students surveyed admitted to losing an hour each day to social media. Common Sense Media estimates the real figure (including traditional



Twelve ways families can support revision

media such as TV) is more like 9 hours per day. That's a lot of screen time, and it's affecting students' social lives, their grades and their sleep/mental health.

Over half of the respondents said they'd been stopped from writing an essay because they felt compelled to check social media at some point. Any issue that's stopping half of our students from writing essays (or concentrating for any extended period of time) needs to be addressed urgently.

Tips for distraction-free studying

- ✓ Delete all the Facebook / social media apps from your phone
- ✓ Study with your phone in aeroplane mode or give your phone to your parents!
- ✓ Ask your parents to turn off the WiFi!
- ✓ Do not take your phone to your room at night – it can undo all your good work
- ✓ Study without music. All the research says it doesn't help.
- ✓ Don't eat and study at the same time.
- ✓ Drink only water while you're studying.
- ✓ Sit upright while studying: don't study lying in bed or leaning back on the couch.
- ✓ Have a goal for each study session. Write it down and work until you've completed it (e.g. *make notes on all 6 types of acid/base chemical reactions with examples*)
- ✓ Study in a location that you never use for relaxation. Most students can't study in their bedroom because they usually relax there.