



Trinity High School & SIXTH FORM CENTRE

GCSE
and

Revision
preparing

for

Mock and Summer GCSE Exams

Making a difference ... a parents' guide to helping your child succeed

WHAT CAN YOU DO?

- Be realistic – not only in your expectations of your child, but also in the fact that GCSEs are important, and life still goes on
- It's important that you encourage without too much pressure. Your child should be happy. Too much stress will cause failure
- Be interested in YOUR child's progress and praise success!
- DON'T PANIC! You are not alone. Contact school and talk to us
- Avoid offering bribes or presents conditional on high grades. It's better to encourage them to work for their own satisfaction
- Encourage the rest of the family to be considerate
- Give them a quiet, secure place to work, with space for display
- Try simple things like asking your child to tell you five things they have learnt through the day ... every day, as a recap of revision in school

HEALTH TIPS

Exams and Revision are hard work.

- The right FUEL: plenty of fresh fruit and vegetables, Bananas and blueberries are brilliant for brains!
- Avoid caffeine, it makes stress worse and it dehydrates their brains, just drink LOTS of water it rehydrates the brain and makes it work better. DO NOT DRINK ENERGY DRINKS
- Regular exercise, even if it's just a brisk walk
- A good night's sleep – avoid staying up late to revise as you won't sleep and then the brain won't function as well the next day

REVISION ORGANISATION

1. Ask if they have all the notes and texts that they need for their exam? Get them to talk to their teacher if they are missing any
2. Organise Year 10 notes early in the academic year

3. Check they have a revision timetable and all exams are written in and any important “family” commitments. (Before Easter, your son/daughter will receive a personalised examination timetable which includes the dates and times of their written examinations in May and June)
4. Use the timetable to plan their revision. Help plan if they want you to. Having the timetable displayed in their room is a good idea as it will help them to stick to the plan
5. Each “waking part” of the day should be divided into 3
6. On a school day 1 portion for school, 1 portion for relaxation and 1 portion for REVISION
7. On a non- school day blank out 2 for revision and 1 for relaxation
8. Revision is easier in the morning after a good night’s sleep
9. Plan for ½ hour sessions at a time. Too long and it just won’t go in

WHAT DO WE KNOW?

- We need to have regular breaks in our study to aid concentration
- Long term memory is best aided by constant review of our revision
- When planning revision plan it in small chunks for each subject and review them regularly. Reviewing 48 hours later, a week then a month later and then prior to the exam

CREATING THE RIGHT REVISION ENVIRONMENT

- Quiet, comfortable, work environment
- It is their environment so music is OK (Music – no lyrics, 60-80 beats per minute) and so is standing on their head if it works!
- Revising with the TV or radio on is not a good idea
- Provide them with things they need to organise themselves, box files, folders, paper, high lighters, coloured pens, post its, access to computers/ internet for revision

HOW TO REVISE

Know which type of learning suits your child best, some of us prefer to learn in one or two of these ways. Maximise effectiveness by recognising their preferred learning style.

- AUDITORY – they learn better through hearing sounds and voices: e.g. reading their notes on to an audio tape
- VISUAL – they learn best through seeing pictures, diagrams, moving images and colour: e.g. with the use of mind maps
- KINESTHETIC – they learn better through doing moving and touching.: e.g. a variety of activities, and keeping on the move whilst learning

Reading is not generally enough. Making brief notes in either words or pictures helps them to remember. Please refer to the how to revise link on the website for further, more detailed information.

Research evidence shows that parental involvement can improve performance

Always remember the 'P' plan.....

Perfect Preparation
Prevents
Poor Performance!

Remember.....

DURING EXAMS

- Make sure they have a good night's sleep
- Ensure they have all the equipment they need – BLACK pens, pencils, rubber, ruler, sometimes a calculator and a protractor
- Find out where and when (know the start time of every exam that day) their exams are
- Wish them well and tell them they worked hard and that they can only do their best
- Avoid post mortems – there is no point going over what's happened in an exam, trying to second guess how they have done or over analysing what is now in the past. It is far better to focus energy and concentration into the next exam ---- Look forward to each day not back at the last.

We are here to help! BEFORE, DURING and AFTER! Phone or e-mail school if you need help, your links for Year 11 are as follows:

Mrs Stephenson	Head of Year 11	stephensons@trinityhigh.net
Miss Jordan	Year 11 Achievement Coordinator	jordanl@trinityhigh.net

Results are due in August, details to follow, however, if you aren't going to be here you will need to leave a stamped addressed envelope so that results can be sent to you direct.

AND WHEN IT'S ALL OVER.....

CELEBRATE !

