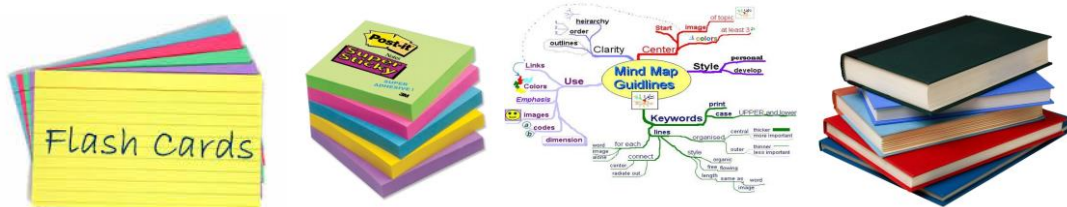




The
Cardinal Wiseman
Catholic School

**PARENTS & CARERS: How to help your yr 10 child
prepare and revise for their exams**





Parental engagement and involvement in their child’s learning is extremely important in determining their child’s academic success. This doesn’t mean that you have to be an expert on each subject or give up your other demanding responsibilities; you just need to support your child with revision, attendance and exam preparation.

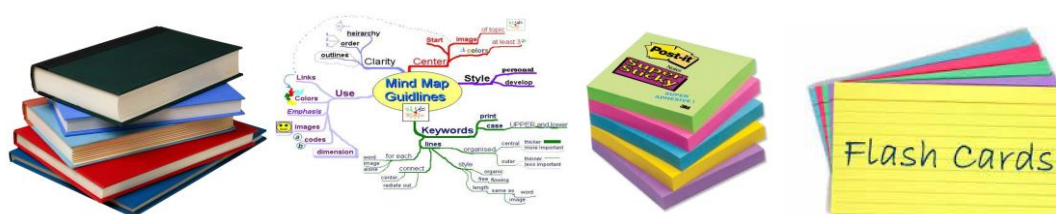
Why encourage your child to revise?

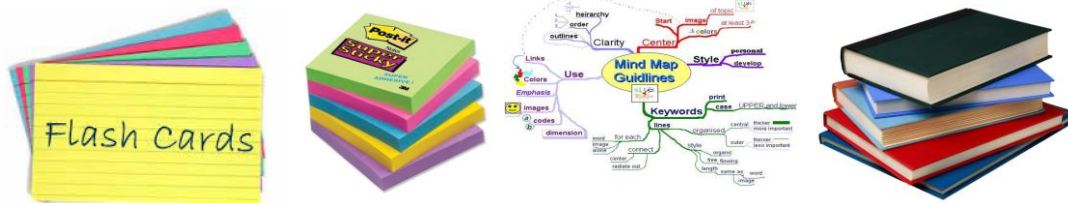
- You can help to reduce panic and increase their confidence levels
- You can encourage them to remain focussed and work more effectively
- You can help them identify strengths and problem areas
- You can help them manage their time more effectively

Your support, encouragement and interest can make a spectacular difference to your child’s motivation and ability to cope with the academic and organisational demands of the exam period.

Along with this booklet, you have also been provided with the following :

- A blank copy of the Revision Timetable
- Information on Revision Materials for each subject





What is Revision?

It means actively looking back over your work on an ongoing basis to:

- To reinforce your learning – so it stays remembered
- To remind you of things you might have forgotten
- To show what you don't know
- To check that you have understood everything

It is vital that the students are working and revising methodically and consistently from now until the end of the exams in order to perform at their best. 'Cramming' their revision in the last few days is very ineffective and few students perform well having left their revision to the last minute.

The students have been given a considerable amount of revision materials for each subject area; some are hard copies, which have been given to the students, and many more are on Frog. *If you have any problems accessing the materials, please email your child's teacher or Head of Year.*





REVISION TIMETABLE

'Revising for GCSEs' can sound too immense and overwhelming. Instead, break down the subjects and topics for each week – 'Revising key terms for Geography land forms' is much more achievable.

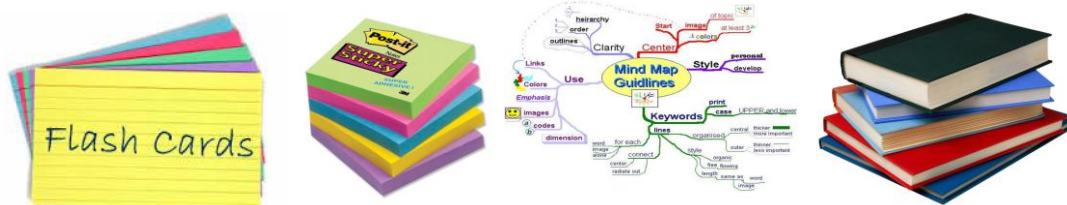
Help your child plan out their revision timetable for the week ahead:

- Break down the subjects and topics for each week; no more than two a day on weekdays
- Help them identify their strengths and weaknesses for each topic for every subject
- The timetable should pay particular focus to the topics in which they feel less confident

	Subject and Specific Topic to Revise	Subject and Specific Topic to Revise
Monday	e.g. Maths: revise Translations and Rotations	e.g. French: revise verb endings
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

The students will have copies of the blank timetable. It is also available on Frog and the website.





Help provide the right resources for your child to revise actively:

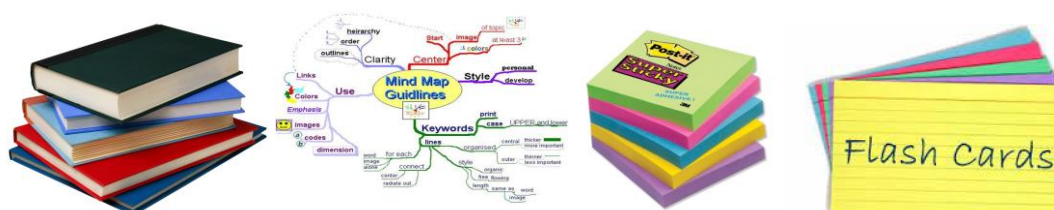
- Post-it notes
- Flash or Study cards
- Pen, ruler, paper, scissors & glue
- Internet access if you have it
- Dictionary
- Highlighter pens
- Coloured pens
- Revision guides, revision CDs and podcasts.

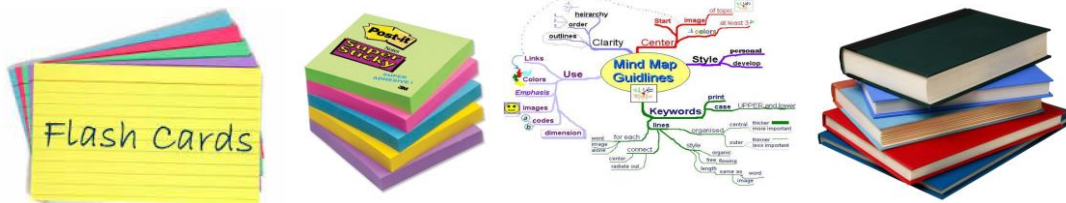


The Home environment plays a key role in effective learning and revision:

- Ensure your child has a quiet place to study/revise
- Ask them to hand over their phone whilst they are working – whilst revising, they must be absolutely focussed on the task at hand
- Many of our students are used to spending evenings outside the home with their friends or engaging in clubs – these should now be reduced in the run up to the exams
- Keep talking to your child about how they are feeling and reassure them during periods of stress or anxiety – please let us know at the school if you are struggling with these issues at home
- Offer words of encouragement and motivation

****Plan for 40 minute sessions or an hour at most – any longer and it is likely that nothing more will sink in. Encourage your child to take regular breaks****





You do not need to be a subject expert in order to ask questions and support your child with their revision:

- Let them be the teacher – ask your child to explain a particular topic to you; one of the best ways of learning is having to explain or teach a topic to someone else
- Look through their books and ask questions based on the content – you don't need to know the answers!
- Ask your child specific questions, for example, not *'What did you do in French today?'*, rather, look at a page in their book and use it to ask questions e.g. *'How would you say 'I drink water' in the future and past tense?'* *'How do you say...my name is?'*
- Ask them if they know what they will be assessed on in the exam
- Encourage your child to use a variety of revision methods and techniques. Discuss their revision methods with them and which ones work best for them

Revising with a friend:

- Many students find this works for them; it has the advantage of being able to ask each other questions and getting immediate answers as well as learning from each other

Study Area at school:

- The students have access to the computers and printer in the quiet study area (J200) from 8.00 am – 8.50 am and 3.20 pm – 4.30 pm everyday

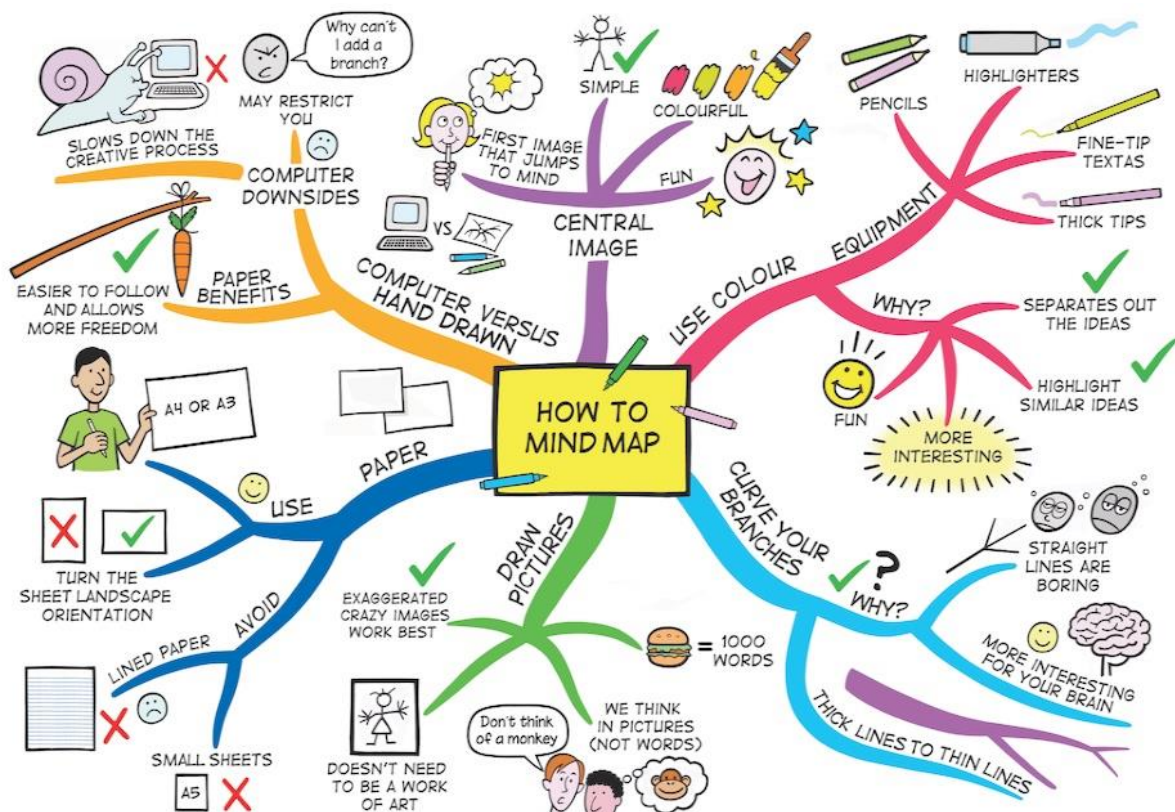


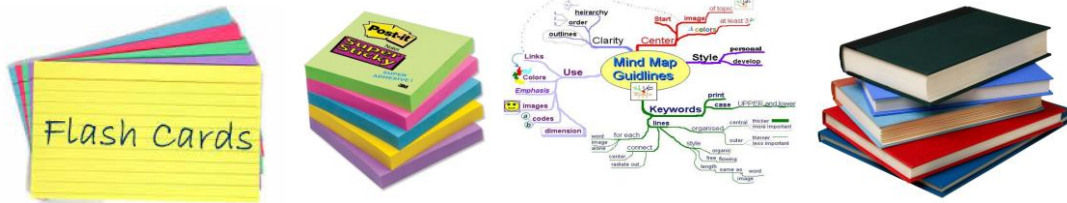


REVISION TECHNIQUES FOR DIFFERENT LEARNING STYLES

Visual: (people who learn best visually – colour, pictures, charts, diagrams)

- Use post its and stick on wall
- Summarise notes onto card
- Highlight or circle important information
- Use a traffic light system to indicate progress in learning and action
- Draw diagrams, pictures, mind maps, collage
- Keywords displayed around the room





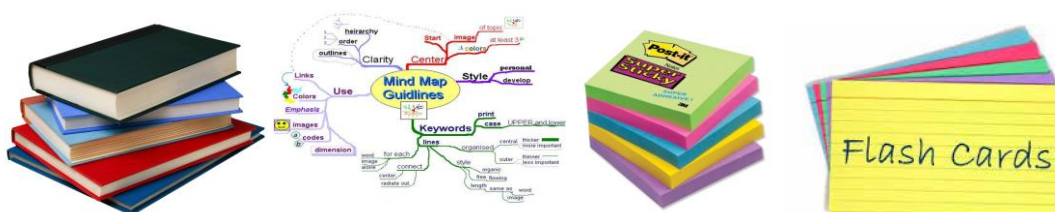
Auditory: (people who learn best through what they hear – discussion, tape recordings)

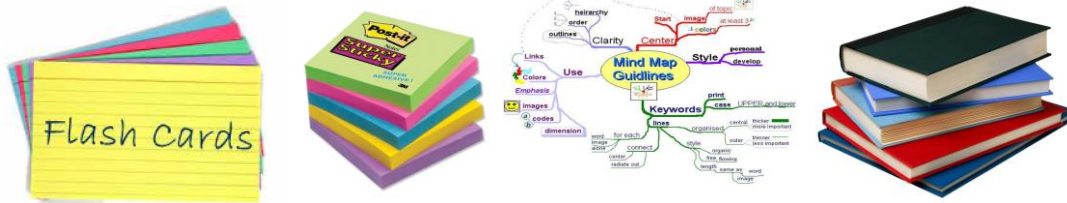
- Make up rhymes, mnemonics (an example for music is shown below)
- Create a podcast and listen
- Test yourself or friends
- Be the teacher – teach someone else something you're revising
- Raps, rhyme, chants and verse, dramatic readings
- Music for energising, relaxing visualising and reviewing.



Kinaesthetic: (people who learn best through 'doing' – practical activities, drama),

- Make your own PowerPoint
- Create your own revision cards
- Act topics out!
- Play a revision game on BBC Bitesize/use SAM learning
- Design and build activities
- Gestures or movements to demonstrate a concept





AND FINALLY.....

Make sure that your child knows:

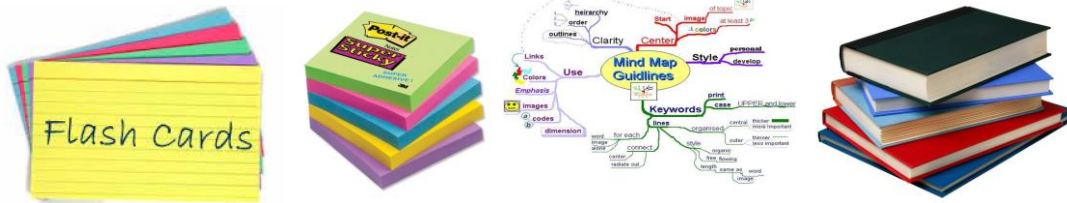
- What day the exam is on and what time it starts
- How long the exam is
- What is being tested in each exam

During the exams, try to ensure that:

- Your child gets enough sleep, especially the night before exams
- Your child is eating sensibly – especially breakfast on exam days
- Your child has all the equipment required: - pens and sharp pencils, erasers, a calculator, a protractor, a ruler and a watch (mobile phones are not allowed in the exams)

Remember, how you approach the next few months can have a real impact on your child's future. Studies show that high parental interest is linked with better exam results than for children whose parents show no interest. What will you do to give your child the best chance of achieving success?





Some Useful Websites (coursework, revision and past papers):

Bitesize bbc.co.uk/bitesize

Get revising getrevising.co.uk

S-cools-cool co.uk

Revision world revisionworld.co.uk

Study Maths studymaths.co.uk

GCSE – pod gcsepod.co.uk

My GCSE Science my-gcse.com/revision/core

GCSE Science gcse.com (revision notes for Chemistry and Physics) bbc.co.uk/schools/parents (advice on helping your child)

topmarks.co.uk (a gateway to revision sites for every subject) revisioncentre.co.uk (advice about revision)

Exam boards:

www.aqa.org.uk

www.edexcel.org.uk

www.ocr.org.uk

