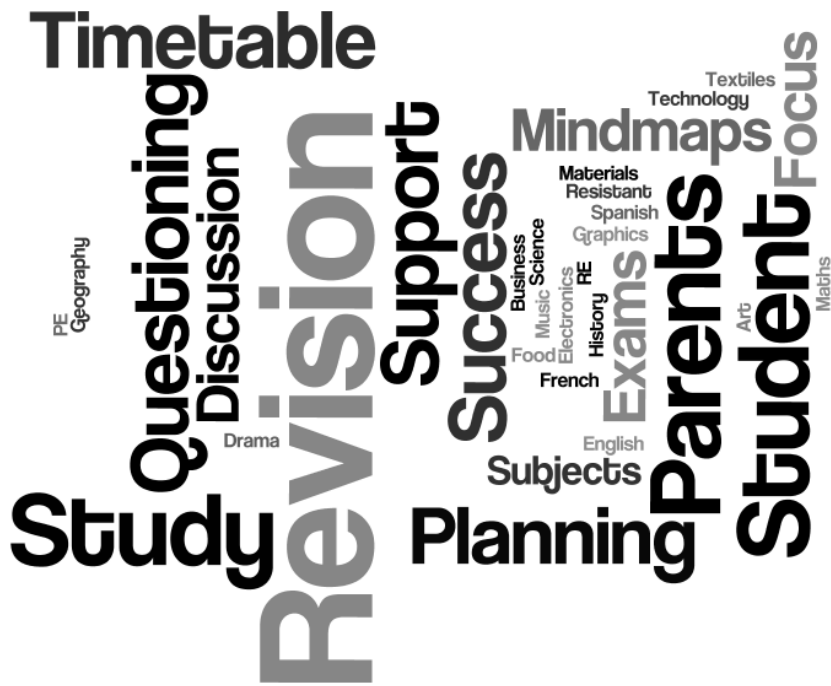




The
Cardinal Wiseman
 Catholic School

**PARENTS & CARERS: How to help your year 11
 child study effectively and confidently for the
 exams**



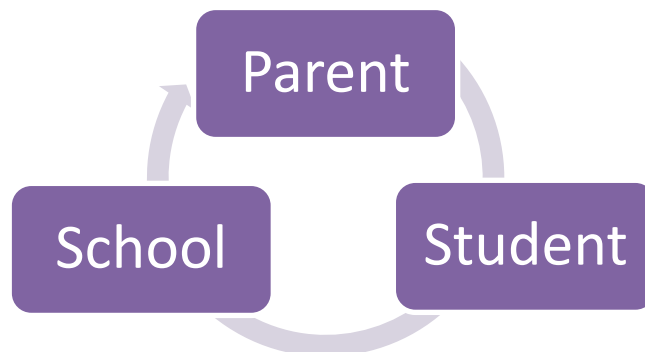


Parental engagement and involvement in your child's learning is extremely important in determining your child's academic success. This doesn't mean that you have to be an expert on each subject or give up your other demanding responsibilities; you just need to support your child with their revision, attendance to school and exam preparation during year 11.

Why encourage your child to revise?

- You can help to reduce anxiety and increase their confidence levels
- You can encourage them to remain focused 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. Your child's success in their exams is a team effort which involves you, the school and your child working together to help them achieve their potential.





Supporting your child with their MOTIVATION to prepare well for their exams

Students find it easier to stay motivated if they are able to focus on their goals following their final GCSE and Btec exams, so discussions with your child about their short term and long term goals are vital to support them throughout the year.

Here are some possible discussion points:

- What would they like to do next year?
- Do they want to apply for A Levels, training, apprenticeships?
- Do they want to remain at the Cardinal Wiseman Sixth form or visit other educational establishments?
- Are they interested in studying at University or other further education establishments?
- Are they already thinking about a particular future career?
- Discuss with your child the grades that are needed to support them with their goals
- Remind your child that it might not feel like it at the moment, but this year is an exciting time for the year 11 students as they start to make decisions about their future and can look forward to taking far more control of their areas of study or training





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 steadily 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.

- Revising for the GCSE and Btec exams does require many hours of independent study, far more than the students will have experienced in previous years and it is vital that they plan their time appropriately and have all the correct resources and books to work from.
- 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 Sharepoint. *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 immense and overwhelming. Instead, break down the subjects and topics for each week – for example, 'Revising key terms for Geographic land forms' is much more achievable and less intimidating.



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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

If your son or daughter is struggling with a particular subject or subjects, it is quite common for them to focus on the subjects which they find easier to study for. To counteract this, please encourage your child to identify the topics within each subject which they are struggling with; these are the areas in which they need to increase their focus – the more times your child studies these topics, the more confident they will become.

Topic to

Thursday		
Friday		
Saturday		
Sunday		



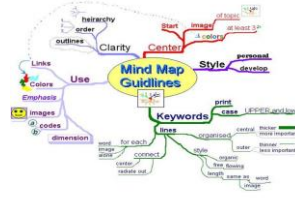


Subject HIT LIST!

	Tricky topic 1	Tricky topic 2	Tricky topic 3
Maths			
English Language			
English Lit			
Chemistry			
Biology			
Physics			
RE			
Hist / Geog/ Option			
MFL / Option			
Option			

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

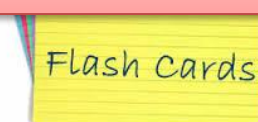


The Home environment plays a key role in effective learning and revision:

- **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 focused on the task at hand
- Many of our students spend their spare time in the evenings outside the home with their friends or engaging in clubs – these should now be reduced in the run up to the exams so that they can achieve a good balance of study and relaxation
- 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
- Continue to offer words of encouragement and motivation throughout this whole period, even when emotions are running high.....

****Plan for 40 minute sessions or an hour at most – any longer and it is likely that nothing more will sink in. The brain needs a break to refresh – please encourage your child to take regular breaks in order to keep their concentration levels high****

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 3.25 pm – 4.30 pm everyday

EFFECTIVE REVISION MUST BE:

ACTIVE!

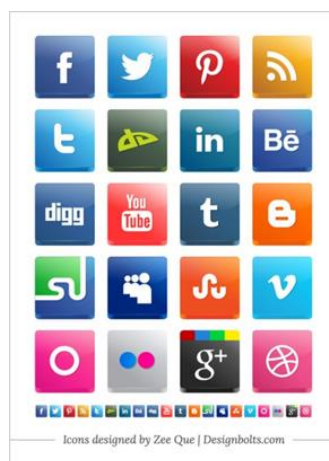




- Students must work with a pen and paper, look for key points, test themselves, quiz each other in pairs, talk out loud, record themselves etc.
- Never just sit down and read for a set period. Focus on tasks, not time. *If students just read notes they'll only retain about 10% of the information*

ORGANISED!

- Have an overview of the topics in each subject.
- Have a plan for what needs covering this week and this month.
- Always ask yourself at the start of a study session "what do I want to have completed in this session?"



Your child is far more likely to retain information if they experience it **at least 3 different times and in 3 different ways**. On the next few pages are a number of different revision methods.....

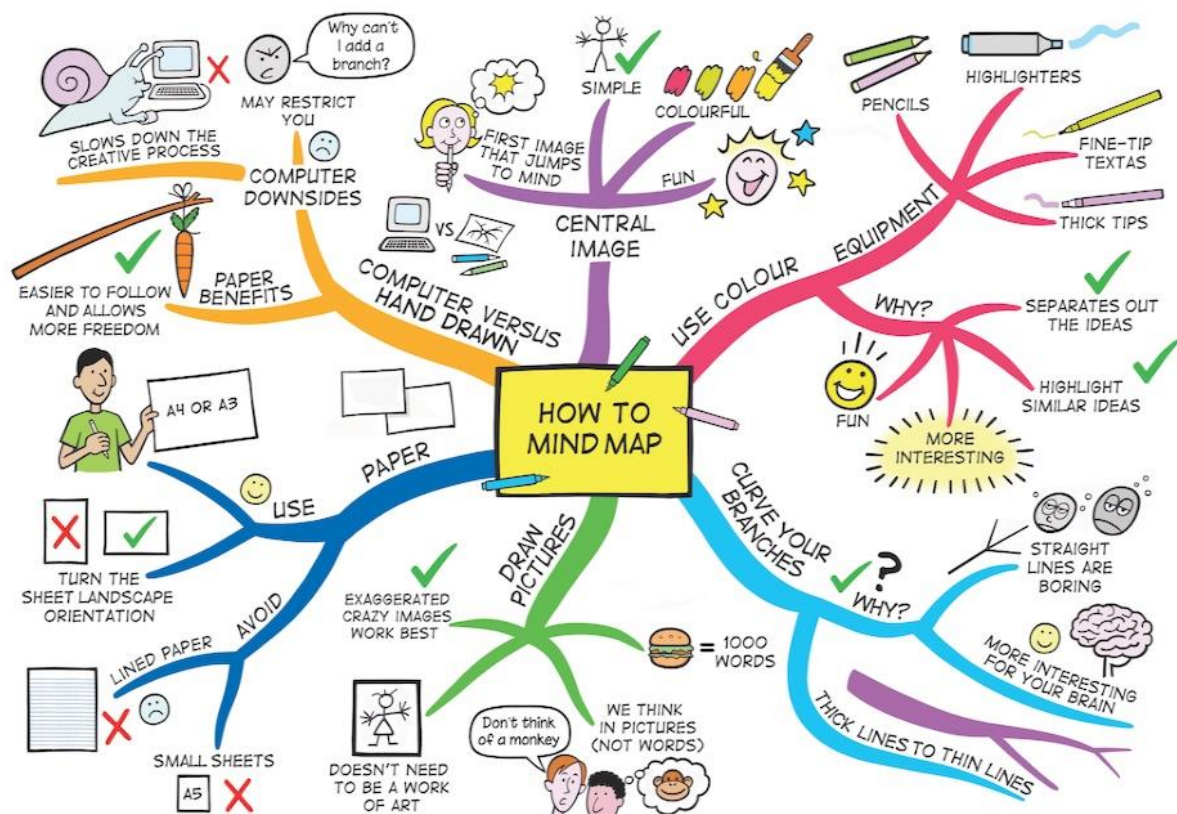




REVISION TECHNIQUES FOR DIFFERENT LEARNING STYLES

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





Exam Days:

Make sure that your child knows:

- What day the exam is on and what time it starts
- The length of the exam
- 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 and a ruler (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 less interest.

Thank you for all of your work supporting your child and the school during this important year.





AND FINALLY.....

- ***Do keep reminding your child that this will all pass – the exams will not go on forever and once they are finished they will have nearly 3 months over the summer months to enjoy themselves with no study or work pressures.***
- ***If your child is struggling with the workload or experiencing negative levels of stress, which is affecting their well-being, tell them to stop studying and to take a break. Please contact the school via info@wiseman.ealing.sch.uk so that we can provide some support for your child***



