

Helping your child through exams

Assisting with revision

The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that will make them feel in control of their work.

Creating a revision timetable

- Work out a revision timetable for the exam period
- Break revision time into small chunks – 30-minute sessions with short breaks at the end of each session often work well
- When creating a timetable, support your child to focus on their priority subjects. Ask your child to identify the subjects and then topics which they find the hardest

Making sure they have all the resources they need

- Ask your child if they have all the revision guides, topic lists and past papers they need
- Buy new stationery, highlighters and pens to make revision more interesting
- Encourage your child to use flash cards, post-it notes or other active revision methods
- Contact Thornhill Community Academy if your child needs any revision materials

Supporting with the revision process

- Go through subject notes with your child
- Listen while they revise a topic
- Time your child's attempts at practice papers
- Quiz your child on the topic they are revising

Provide all round support

- Try to provide your child with a quiet and calm place to revise away from any distractions
- Ensure that other people in the house, younger siblings in particular understand the importance of their revision time
- Understand that your child may be feeling under pressure, be as understanding as possible
- Encourage your child to eat a healthy diet
- Encourage your child to take breaks from revision, get some fresh air and have a change of scenery
- Make sure your child knows you're interested in their work and that you'll be proud of the outcomes

Before an exam

- It's important to get a good night's sleep before an exam, so discourage your child from staying up late to cram
- Encourage your child to eat breakfast the morning of their exam