



RAISING ASPIRATION, ACHIEVEMENT AND ATTAINMENT PARENT PARTNERSHIP

SUPPORTING YOUR CHILD'S LEARNING

DID YOU KNOW PARENTAL SUPPORT IS 8 TIMES MORE IMPORTANT IN DETERMINING A CHILD'S ACADEMIC SUCCESS THAN SOCIAL CLASS? JOIN THE RACE TO RAISE ASPIRATION, ACHIEVEMENT AND ATTAINMENT.



ASSISTING WITH REVISION

One of the many secrets to doing well in examinations, is staying calm – easier said than done. This really comes down to feeling in control, and you can help your child to feel this way by helping them map out revision routines. This is most effectively done by creating a timetable in a central area of the house, ticking off sessions, and constantly talking about how the revision is going. It is important that the timetable also has breaks, exercise and the activities they enjoy mapped out. All of this can help ensure that the balance between work and relaxation is good!

KEEP ACTIVE

Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is – walking, cycling, swimming, football and dancing are all effective. Activities that involve other people can be particularly helpful.



BE ORGANISED



- Be organised – know what your child is doing and what they want to achieve from their revision session.
- Be focused – avoid any distractions for them: phones, TV, siblings, etc.
- Be prepared – ensure that you keep a healthy stock of stationary in the house, particularly pens, paper, cue cards, highlighters, etc.
- Be interested – ask them questions related to what they wanted to achieve. What are their next steps?

We want our children to do well in exams and effective revision plays a crucial role. Whilst you can't revise for your child, there are lots of ways you can help them revise for themselves. Here are some ideas:

PRACTISE AND REPETITION

Give your child the chance to recite, repeat and practise what they've learnt with you. Even if you don't know the answers, the opportunity to say out loud what's in their mind can help clarify whether they have grasped the concepts or whether they are still hazy. Other ways you might be able to help is using quizzes, mind maps, white boards, multiple choice or sound bites to see what they've learned.

HOST A REVISION DAY


Revising together can also help, so encourage them to revise with friends if it's something they enjoy. This gives them a chance to test one another, swap revision notes and revise in different atmospheres.

TIMED EXAMS / QUESTIONS

Help them prepare by creating an environment that resembles the conditions they are likely to experience in the exam hall - minimise external sounds, setup a clear desk and if you can, locate a single clock to encourage your child to time manage under test conditions. Once the allocated time has come to an end, get your child to stop writing as they may be tempted to continue. If they did not finish the exam get them to reflect on the reasons why. Do they need to do more revision, improve their time management or work on their exam technique?

ACT AS THE STUDENT

Another effective revision technique is to encourage your child to speak through their subject knowledge. By taking on the role of the student, ask your child to explain a topic from one of their subjects.



REVISION STUDY METHODS

FEYNMAN TECHNIQUE	FLASH CARDS	SPACED RETRIEVAL
INTERLEAVING	ANNOTATING MODEL ANSWERS	DUAL CODING
BRAIN DUMPS	MIND MAPPING	CORNELL NOTES

