



# Top Ten Tips for supporting your child with revision

- 1 Remind your child to 'Be the best they can be'**

Praise effort at school and with homework. Remind your child that their actions will determine their future, encouraging them to stick to their timetable and stay motivated.
- 2 Show a positive interest in school and homework**

Discuss with your child what they have been learning, test them when they ask you, offer to revise with them. This helps them to feel supported through this challenging time.
- 3 Encourage healthy habits**

Eating well, drinking water, getting enough sleep and taking regular exercise all promote a healthy mind and body which is needed for revision and exams. 8-10 hours of sleep can help your child to de-stress and keep everything in perspective
- 4 Create an effective working environment at home**

A quiet, well-lit place to work with no distractions is best for concentration. Whether that's a family study room, the dining room table, or a desk set up in the bedroom, the continuity of working in one space can help channel the revision mindset when at home.
- 5 Encourage attendance at revision classes**

Revision classes take place afterschool in a wide range of subjects. Encourage your child to attend these extra sessions to aid their recall and exam technique.
- 6 Help them to create a realistic timetable**

Encourage your child to use their timetable they have produced in school and balance 'fun stuff' with revision. Remind them that being organised with revision will help to make it manageable and effective.
- 7 Project manage the revision**

With hours of revision time scheduled on their timetable it is important to keep on top of your child's timing. Encourage them to stay motivated with things to look forward to after a period of revision.
- 8 Remove distractions**

Remove mobile phones and other potential distractions whilst your child is revising. If they are using the internet, check regularly to ensure they stay focused.
- 9 Get support from school when you need it**

You are not meant to be the expert so if your child is finding revision challenging, get in touch with their tutor, subject teacher or Head of Year to ask for advice.
- 10 Be understanding**

Revising for exams can be a stressful time for your child and it is vital for you to be respectful of this pressured time. Revision apps and online resources are a great way to get assistance on a whole range of subjects and techniques.