

TIPS TO HELP YOUR CHILD REVISE EFFECTIVELY

- Ensure your child has somewhere to study.
- Encourage your child to keep their books and notes organised.
- Make sure your child eats properly and drinks plenty of water. The brain works better when the body is fed and watered!
- Sessions should last no longer than half an hour/40mins, and then a short break before starting another subject.
- No more than two subjects a night.
- Plan to revise specific topics in each subject, not everything at once.
- Start each session by tackling the most difficult bits first.
- Revisit each subject several times.
- Encourage your child to use the revision methods they have been taught - mind maps, brief notes, pictures, spider diagrams. Just reading things through doesn't usually work! The more they process information, the more likely it is to stick!
- Televisions and loud music do not help revision, but quiet background music might.
- Working with a friend can help because it allows them to test each other and talk about the work.
- Check how your child is doing by letting him/her explain something to you. If you can understand the explanation, then your child will be able to produce a good answer in the exam.
- Try to be positive and reassuring to build confidence.

WHEN THE ACTUAL EXAMS ARRIVE

- Make sure your child attends school.
- Place the exam timetable in a prominent place at home e.g fridge door, bedroom door, wardrobe etc.
- Check whether the exam is in the morning or afternoon. Morning exams start at 9 am prompt, afternoon exams start at 1 pm prompt.
- Give your child time for revision before and between exams, by not asking them to do too much babysitting or housework. (When they are over, they can make up for it!)
- Encourage the rest of the family to give them space and peace while they work.
- Emphasise the need for plenty of sleep, especially the night before an exam.
- Don't let your child work themselves into a state of exhaustion - encourage him/her to take regular breaks.
- Ask your child to put his/her social life on hold. They can celebrate with their friends when it is all over!

ON THE DAY OF AN EXAM...

- Ensure your child gets up on time and is in school before the bell goes at 8.45am
- Ensure your child is well prepared and ready for the exam:
 1. Pens (black) and sharpened pencils
 2. A rubber and a ruler
 - 3 A small bottle of water (minus the label!) can be useful in the exam if it is very hot
- Mobile phones should be handed in before each exam or better still left at home.

Don't forget to wish your child good luck!