

Bristol Brunel Academy

A guide to supporting revision for parents and carers



Bristol Brunel
Academy

Introduction

The examination season can be a difficult time for our children, and therefore for us as parents. This booklet has been designed to offer some tips and resources to support your child through this difficult period. If you wish to discuss anything within this booklet further, please do not hesitate to contact me at the academy.

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Top Tips!

1. Help your child to construct a revision timetable. Build in social time!
2. Ensure that they stick to their revision timetable (!)
3. Provide them a quiet space in which to work. If this is not possible, please use the academy support sessions (detailed on the website under 'homework')
4. Offer them regular snacks and water
5. Ensure they have 'down time'. Ideally this should be before bed to help them sleep.
6. Provide them with the correct equipment and resources for learning.
7. Create revision resources with them. Help test their knowledge by using flashcards, for example.
8. Time them completing practice papers

The Learning Scientists

At Bristol Brunel we are advocates of the research undertaken by the Learning Scientists (www.learningscientists.org).

Whilst there is a lot to explore on their website, we have been promoting the following techniques specifically:

Spaced Practice

This is the process of committing learning to long term memory. Returning to a topic or concept helps to secure learning, and make it easier to recall in exam situations. The following slides may be helpful in explaining the process further:

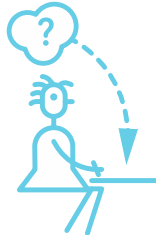
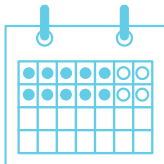


Spaced Practice

HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.

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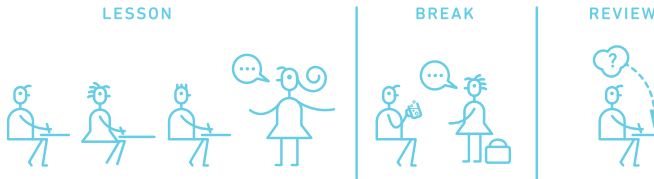




Spaced Practice

HOW TO DO IT

Review information from each class, but not immediately after class.



Spaced Practice

HOW TO DO IT

After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.



Retrieval Practice

This is the concept of using different techniques that work for individuals to recall information. The process can include making flashcards, post it notes and short test questions. This is most successful when linked with the spaced learning technique (above). Again, the following slides may be helpful:

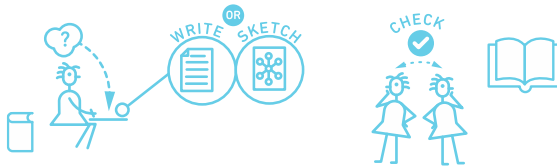


Retrieval Practice



HOW TO DO IT

Put away your class materials, and write or sketch everything you know. Be as thorough as possible. Then, check your class materials for accuracy and important points you missed.



Retrieval Practice



HOW TO DO IT

You can also make flashcards. Just make sure you practice recalling the information on them, and go beyond definitions by thinking of links between ideas.



Managing stress and anxiety

Unfortunately, stress and anxiety can become a key factor during the exam period for our children. In some cases, this can become very difficult to manage. In others, it may provide some motivation if managed well. Below is some guidance on supporting children with mild symptoms. Of course if you are at all concerned, please speak to an adult in school or your child's GP.

What is stress?

- Stress is one of the body's natural responses to something that is threatening or frightening.
- It is something that we all experience from time to time.
- Stress is not necessarily harmful: mild forms can motivate and energise you.
- However, if your stress level is too high then it can cause difficulties, including hindering your ability to prepare for and perform during your exams.

Strategies for dealing with stress in teenagers

- Set a regular sleep pattern
- Ensure that they are eating well and regularly
- Drink lots of water
- Spend some time away from exam material
- Talk with them
- Plan a revision timetable – start early

For more information in dealing with stress (from a medical perspective) visit

www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress

