



# Revision: what, how, when?

The revision period is arguably one of the hardest times your children will face.

*"That is a step on which I must fall down, or else o'er leap. For in my way it lies." (Macbeth Act 1 Scene 4)*

- For some, the chance to prove themselves in a series of final performances: the opportunity to show off the knowledge and skills that their years of learning have taught them.
- For some, the end of one thing, and the start of something new. Something they know they just have to get through as well as they can before their new beginnings...begin!
- For some – and for all of the reasons above – this is a time which fills them with fear, dread, a sense of potential failure.

*Achieving excellence together*

We feel that the support your child needs to achieve excellence is in us all working together.



# The Secret to Exam Success

- Plan early
- Assessment – initial and continuous
- Focus on strengths and weaknesses
- Strategy
  - order and organise topics and subjects strategically
  - Match your revision tasks to your intended outcome
- Be strict yet flexible

*On the next slide, I have detailed how we would approach this with students, please use this to help you to guide your children through the process.*

*Achieving excellence together*



## PLAN EARLY

It goes without saying that a well organized revision timetable is the place to start. What many people fail to recognise is the planning and hard work which goes in to making a useful and usable timetable.

### ASSESSMENT (1)

Your starting point: what do you know and know how to do? What do you not know or know how to do? You don't want to dedicate time to something you already know. Personalise your revision timetable to meet your needs.

### FOCUS ON STRENGTH AND WEAKNESSES

Once identified (PLCs are vital for this) make sure that your revision timetable reflects this. Think carefully about the time dedicated to each subject: the biggest areas of weakness should be given the most time.

### ASSESSMENT (2)

The impact of your revision: what is sticking? What needs more work? Does your revision timetable need to be changed to accommodate this?

**BE STRICT BUT FLEXIBLE**

### STRATEGY (1)

Order and organize topics strategically – what will be studied when? Think about when you are the most focused? How much time does each topic/ element need? Do you want to switch between very different subjects in order to give your brain a 'rest'? What do you need to know – can you group subjects? Is it important to become confident with some mathematical processes before you return to revising a Science unit reliant on formula and mathematical skills?

### STRATEGY (2)

**How** can you revise? What activities can you complete to get you actively involved in recapping and relearning? Can you match the strategy or approach to the outcome. For example, if you need to learn terminology and definitions, spending time creating a card match up which you do for 5 minutes a day would be far more effective than reading a revision guide.



Below are some websites you might find useful to use with your children when planning their revision.

**Approaches to learning facts:**

<https://www.telegraph.co.uk/education/educationadvice/9826494/Revision-techniques-How-to-learn-boring-facts.html>

**Advice on how to create a revision timetable:** <https://tutorful.co.uk/guides/the-ultimate-revision-guide/how-to-create-a-revision-timetable>

**A website which helps you to build your own revision timetable:**  
<https://getrevising.co.uk/planner>



# Wellbeing

Equal to the importance of students being well-prepared for the exams, is them looking after themselves in terms of both their physical and mental wellbeing.

- **Organisation and preparation:** support your child in making and sticking to a realistic and manageable programme of revision.
  - Plan in regular, short breaks – revision in 20-30 minutes chunks is ideal;
  - Plan in rewards – social time, activities outside in the fresh air, favourite TV programmes etc.
- **Workspace:** If possible, provide an area which your child can work in which is separate from their place of rest so that when they go to relax, they can really switch off and unwind.
- **Lifestyle:** Encourage your child to eat regularly, and healthily (to fuel their brain) [BBC Food Guide](#); to get adequate sleep [Why Sleep is so Important for Revision](#).

*Achieving excellence together*



Below are some websites you might find useful to support your child further and encourage healthy habits around revision.

**Stay Focussed:** *an app that helps you stop looking at your smartphone constantly, so you can be more present and focused. It works in a very simple way: you can 'plant a seed', and it will grow to become a tree as long as your screen stays off.* [https://download.cnet.com/StayFocusd/3000-33362\\_4-75219653.html](https://download.cnet.com/StayFocusd/3000-33362_4-75219653.html)

**Habitica:** *helps with productivity and gives out rewards. Habitica makes it simple to have fun while accomplishing goals.*

*Input your Habits, your Daily goals, and your To-Do list, and then create a custom avatar. Check off tasks to level up your avatar and unlock features such as armor, pets, skills, and even quests! Fight monsters with friends to keep each other accountable, and use your gold on in-game rewards, like equipment, or custom awards, like watching an episode of your favorite TV show. Flexible, social, and fun, Habitica is the perfect way to motivate yourself to accomplish anything.* <https://habitica.com/static/home>

**Further Advice on Healthy Habits:** <https://young.scot/information/learning/looking-after-yourself-during-exam-time/>

*Achieving excellence together*