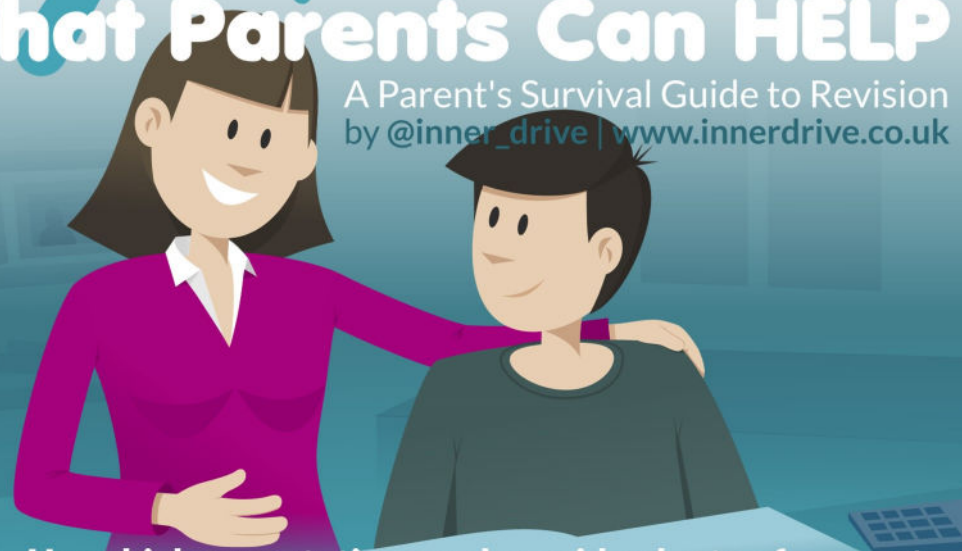


7 Ways That Parents Can HELP

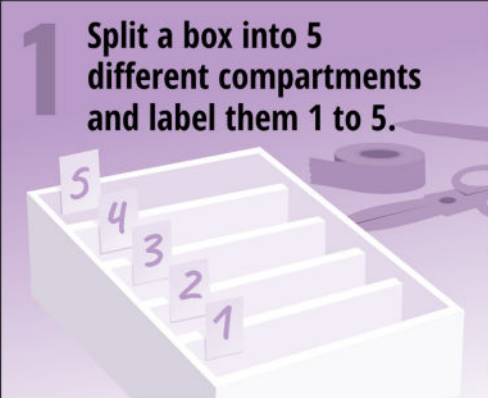
A Parent's Survival Guide to Revision
by @inner_drive | www.innerdrive.co.uk



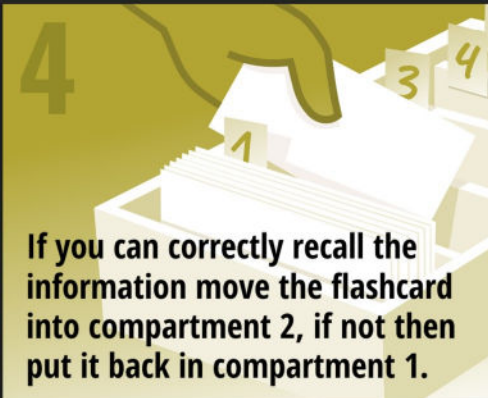
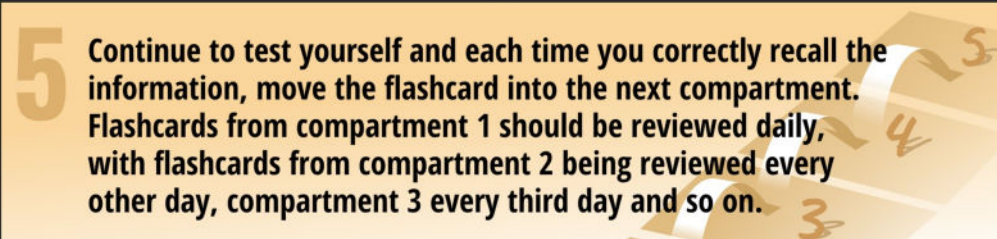
- 1 Have high expectations and provide plenty of support**
Both are needed to help your child improve, perform and develop resilience
- 2 Help them work smarter**
Not all revision techniques are equal. Spacing out their revision and quizzes are better than cramming and highlighters
- 3 Cope well with their setbacks**
There will be highs and lows. How you react to their lows will impact how many highs they have
- 4 Minimise distractions**
Provide a revision area with minimum distractions (this include mobile phones!)
- 5 Rise and dine**
Make sure they eat breakfast. It plays a big role in concentration and memory
- 6 Regular bedtimes and lots of sleep**
If they sleep right, they will think right the next day
- 7 Avoid cabin fever**
Encourage them to get fresh air each and every day

USING FLASHCARDS TO REVISE

by @inner_drive | www.innerdrive.co.uk

- 1 Split a box into 5 different compartments and label them 1 to 5.**

- 2 Place all your flashcards in compartment 1.**

- 3 Test yourself on a flashcard**

- 4 If you can correctly recall the information move the flashcard into compartment 2, if not then put it back in compartment 1.**

- 5 Continue to test yourself and each time you correctly recall the information, move the flashcard into the next compartment. Flashcards from compartment 1 should be reviewed daily, with flashcards from compartment 2 being reviewed every other day, compartment 3 every third day and so on.**

- 6 Eventually, all your flashcards will have been transferred to compartment 5 and the information they contain stored in your long-term memory.**


How Can Students Revise Effectively?

by @inner_drive | www.innerdrive.co.uk

TEST YOURSELF

Research has shown that testing yourself helps you remember significantly more than just re-reading information.

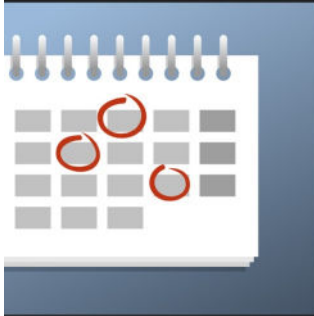
Testing yourself can also help reduce the negative effects of stress associated with exams.



USE SPACING

Spread out your learning of material across several days and revisit it.

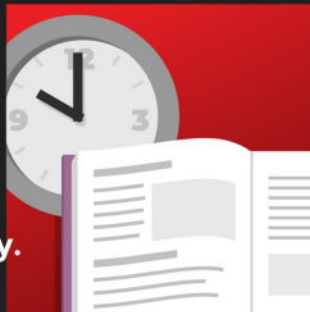
This helps transfer information to your long-term memory.



STOP PROCRASTINATING

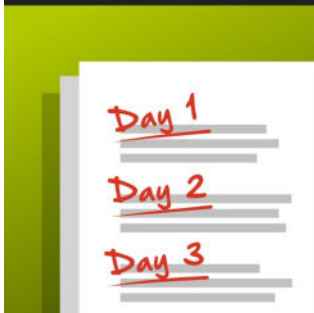
Schedule the revision of harder topics for the morning when you will be most awake.

This stops you using tiredness as an excuse for leaving the harder topics until the next day.



MANAGE YOUR TIME

Break your revision down and give yourself a certain amount of content to learn each day.



GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular bedtimes



Have inconsistent bedtimes

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting 'key' passages

Spread out their revision



Cram their revision

Keep a diary to capture negative thoughts



Dwell on worst case scenarios

Revise in a quiet environment



Revise whilst listening to music or TV

Drink water regularly



Forget to stay hydrated

Put their phone away during revision



Revise with their mobile phone next to them