



Exam Preparation - The Role of Parents



The Role of Parents



All-round Support

- Stress-free home life
 - removing any additional stressful things for the revision period / making allowances for moodiness
- Siblings
 - ensuring they are aware of the stresses and pressures that their brother / sister is facing at the moment
- Diet
 - the importance of a healthy, balanced diet and drinking plenty of water
- Sleep
 - relaxing before bed, getting to bed at a reasonable hour and getting up at a sensible hour (even during study leave!)
- Agreements
 - over the use of mobile phones / computers etc.

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The Revision Programme

- How to draw one up
 - planning in the exam dates and working backwards
- Agreement
 - about what will be done, when and how often
- Make it public
 - display the revision plan so everyone knows what's happening and when – it makes it easier to stick to
- Mix it up
 - don't do all your favourite subjects at the same time – you'll only have to do all those you don't together, which will be much harder!
- Break it down
 - 'Chunk' all your revision – it will seem much more manageable
- Be realistic
 - Work out when you are going to take breaks / how much you will do each day – plan properly and this will seem much more reasonable

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Where and How?

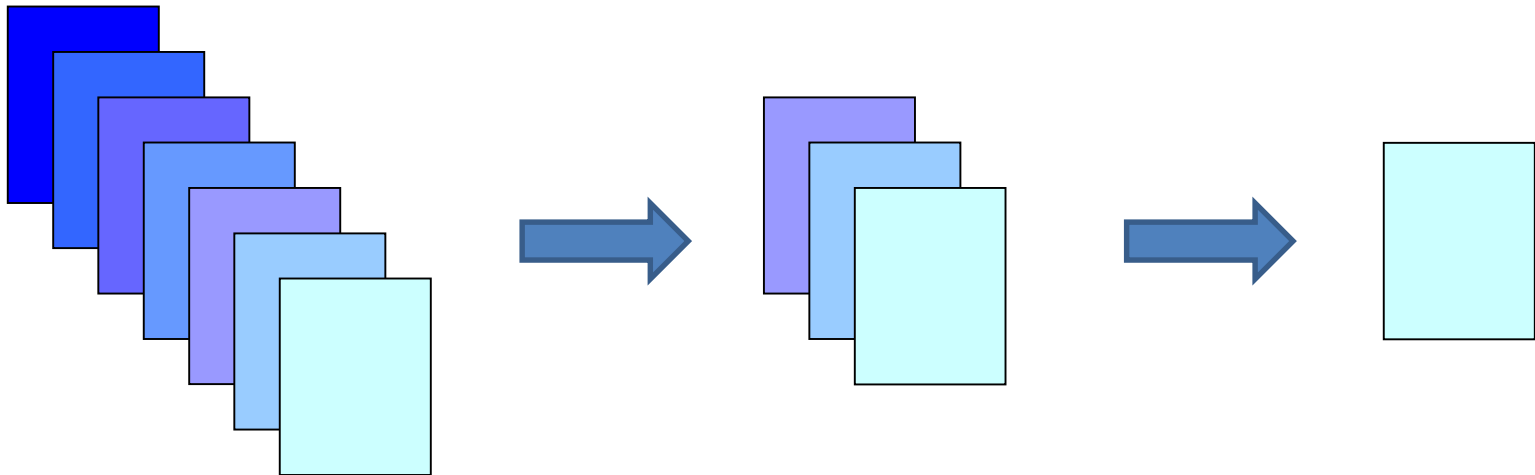
- The work space
 - where do you revise?
 - you spend exams sitting in a hall on a hard chair at a desk – it's worth some of your revision being sat at a desk in similar conditions
 - remove external distractions – phones, computers etc. – talking to mates about revision on Facebook isn't revising!
 - Give yourself breaks – 50 minutes on and 10 minutes off, or 25 minutes on and 5 minutes off

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Types of Revision

- Making Notes
 - making notes and gradually reducing them down

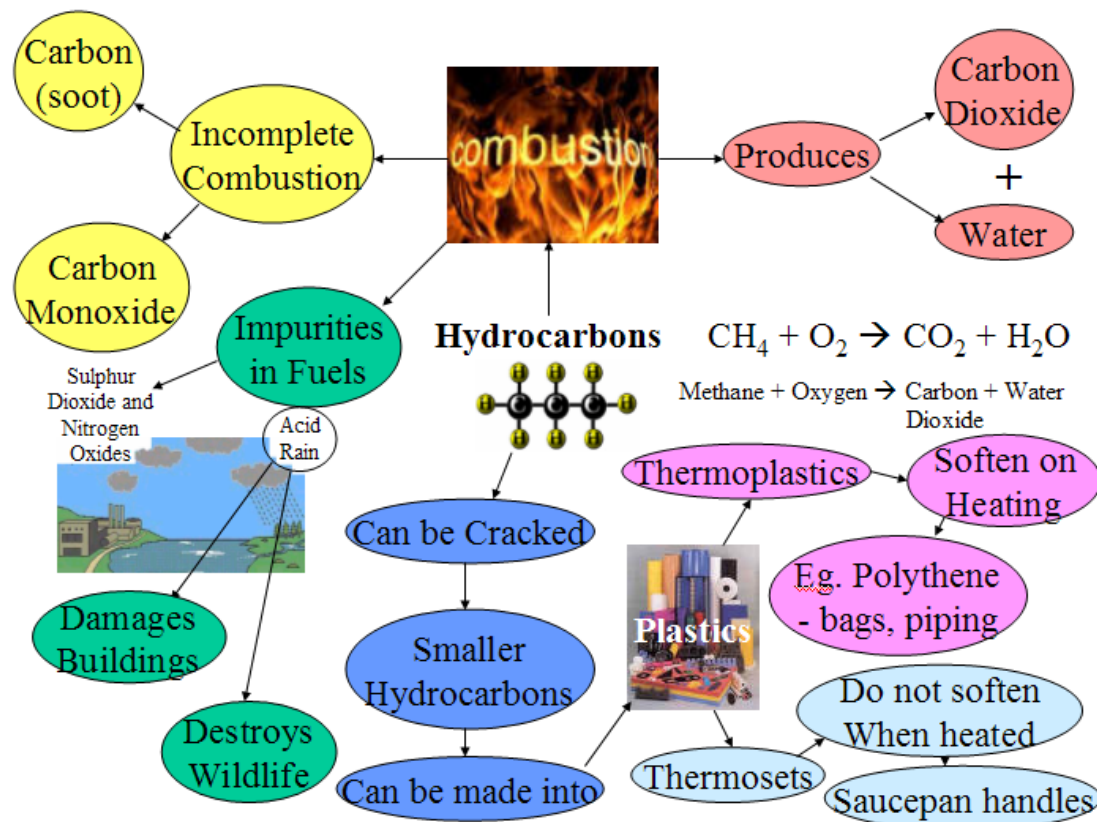


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Types of Revision

- Mind Maps



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Types of Revision

- Revision Playback
 - recording your notes and saving them as an mp3 file and then listening to them

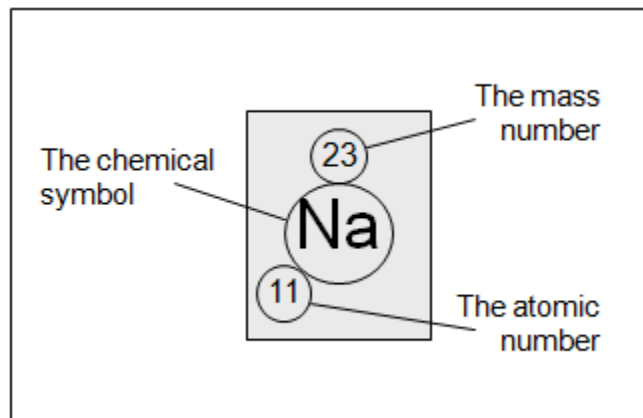


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Types of Revision

- Cue Cards
 - diagrams / questions on one side and notes / answers on the back



The chemical symbol - tells us what element it is

The atomic number =
the number of protons (+) in the atom
as well as the number of electrons (-) orbiting
the nucleus

The mass number =
the number of protons + the number of neutrons

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Types of Revision

- Tabloid Headlines
 - using silly sentences to help remember lists of information

Remembering the Electromagnetic Spectrum

Gamma Rays

X-rays

Ultra-violet

Visible

Infra-red

Microwaves

Radio waves

Golden

Xylophone

Under

Vegetables

Impersonates

Musical

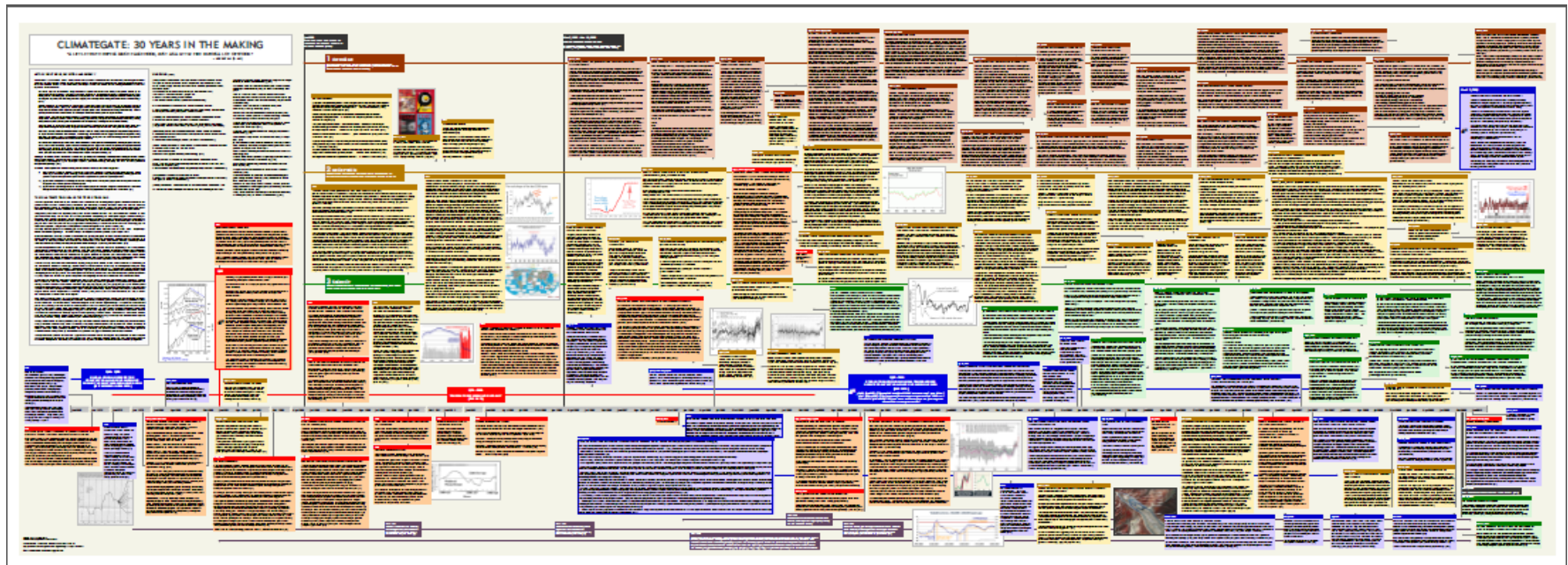
Radishes

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Types of Revision

- Posters
 - Everywhere!



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Final Preparation

- The night before:
 - Food and water
 - hearty, healthy meal and drinking plenty of water
 - Revision
 - last bits that you need to clarify / check you know
 - Equipment
 - get it all ready the night before
 - Relax
 - have some 'downtime' before going to bed
 - Bed
 - don't leave it too late or stay up all night revising – it won't help and may start to hinder your exam preparation

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Final Preparation

- The morning of the exam:
 - Food and water
 - Have some! You can take water in to the exam with you. A hydrated brain works best
 - Revision?!
 - Any last minute things? Don't overdo it!
 - Arriving prepared
 - Arrive in plenty of time and make sure you know where to go

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What if it goes wrong!?

- Prior to the exams
 - speak to you son / daughter's Head of Community
- During the exams
 - providing reassurance and support, trying not too nag
- After a bad exam
 - listen to your son / daughter, let them get it off their chest but don't dwell on it; move on – you can't change what's done but there are other exams to prepare for