



**BRITISH VIETNAMESE  
INTERNATIONAL  
SCHOOL**  
HO CHI MINH CITY  
A NORD ANGLIA EDUCATION SCHOOL

# How to support your children before and during exams



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# Working together... Helping your child with revision

**BVIS Secondary School's  
tips, ideas and techniques to  
help you support your child  
to make good progress**



# Ruth Kelly, ex-Education Secretary



# What is Revision?

I've read all my notes and I can't remember any of it...!

It means actively looking back over your work on an ongoing basis to;

1. To remind you of things you might have forgotten
2. Make links to other learning so you have the bigger picture
3. To reinforce your learning – so it stays remembered
4. To show you what you don't know
5. Check that you have understood everything





## Why encourage your child to revise?

1. It can reduce panic – gives them control and confidence
1. It means exams reflect what they can do, not what they didn't bother to do – show what you know!
3. It can help them to identify problem areas.



## Where to start? When to do it?

- Help them work out how much time they have, being realistic.
- Get them to take into account their ideal time of day to work – work out when they will revise.
- Break it down to make it seem manageable. 'Revising for iGCSEs' sounds like too much hard work. 'Revising key terms on erosion' is do-





## What and how ? ! ? !

Does your child know what they need to know...

- What will actually be tested in the exam?
- On what day is the exam?
- When does the exam start and how long does it last?



**'Othello' was for English Coursework, not the exam, so I can put aside my notes...**



Do they have the notes and material they need?

- exercise books, textbooks, folders that contain the information they need.
- Most revision guides have key information already summarised



**If there are any gaps, encourage them to ask their subject teacher...**





# How can I help with Revision?

Helping with revision will encourage your child to develop positive attitudes to learning:

- encourage them to revise by **TASK** rather than **TIME**.
- encourage them to see the 'big picture' by creating a time or 'task' - table



## A week in my life

Eat...sleep...socialise...relax...work...play

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Day time ('till 5)							
5-8							
8-11							

# An example of a long term revision timetable

Week commencing	Subjects and topics	Day to revise them	Time to revise them
	e.g. English – Short Stories	Monday	8-9pm







· Ask your child specific questions, for example, not *'What did you do in business studies today?'*, rather, look at a page in their book and use it to ask questions e.g. *'What is capital investment?'*, *'How would you define aggressive marketing?'*

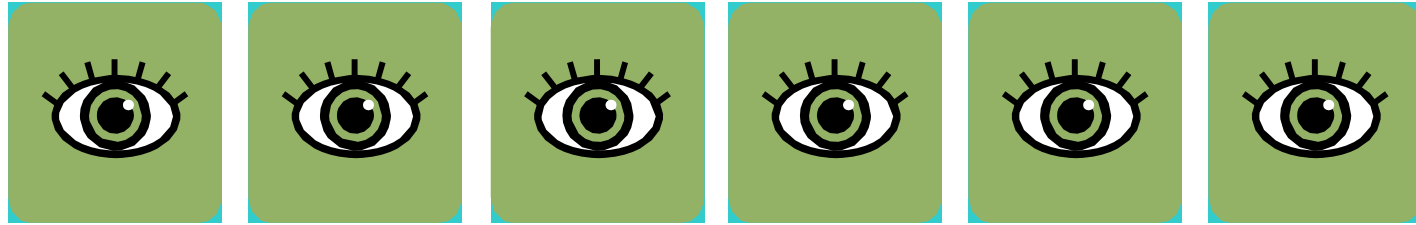


## We learn:

- 10% of what we read
- 20% of what we hear
- 30% of what we see
- 40% of what we see and hear
- 70% of what is discussed
- 95% of what we teach to someone else



**This means that the best method of learning is having to explain or teach a topic to someone else.**

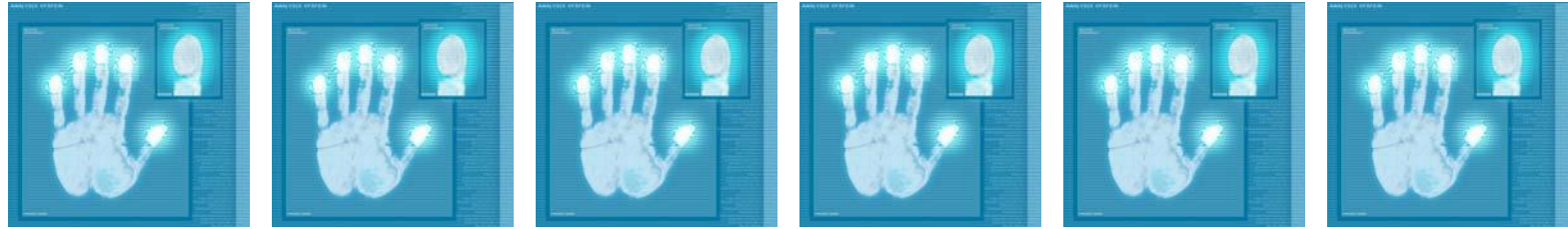


## Revision Techniques

- Use post its and stick on wall
- Summarise notes
- Highlight or circle important information
- Use a traffic light system to indicate progress in learning and action points
- Draw diagrams, pictures, mind maps, collage
- Keywords displayed around the room



- Make up mnemonics, rhymes
- Create a podcast and listen
- Test yourself or friends
- Be the teacher – teach someone else something you're revising
- Raps, rhyme, chants and verse, dramatic readings
- Music for energising, relaxing visualising and reviewing.



- Make your own PowerPoint
- Create your own revision cards
- Act topics out!
- Play a revision game on BBC Bitesize/use SAM learning
- Design and build activities
- Gestures or movements to demonstrate a concept

**For more information and examples of how to create the above techniques please contact your school.**



# Examples of Revision Strategies

## \*TECHNIQUE:\*

### Making study cards

- Take key information from the highlighted text, make yourself a study card on that topic - You only need 20% of the words
- Use coloured pens/ highlighters/ pictures
- MAKE IT MEMORABLE!
- *Just MAKING that card is revision and is helping your brain to revise.*

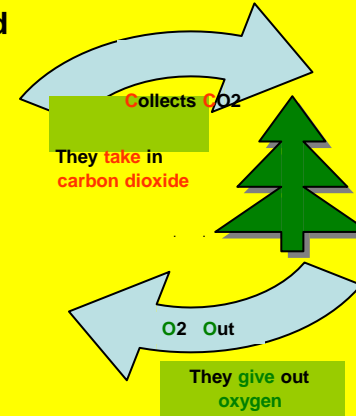
### Study card example

Key facts -

plants: Need  
food



and light.



Plants need:

Nitrogen  
Hydrogen  
Oxygen  
Carbon



Never  
Hide  
Our  
Car

## \*TECHNIQUE:\*

### Making mnemonics

Mnemonics that you probably already know:

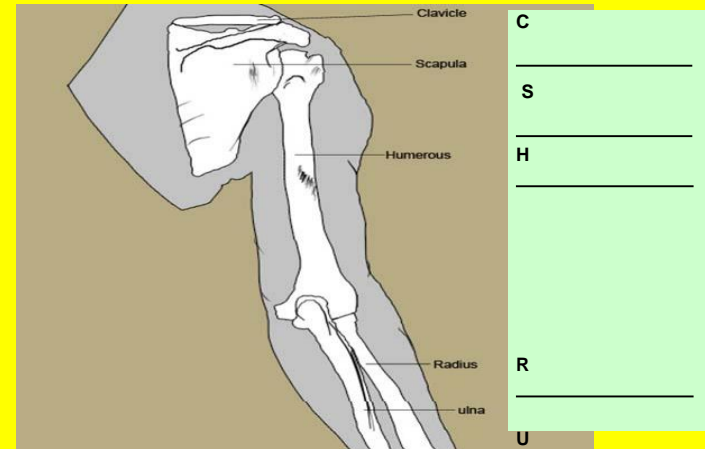
Never Eat Shredded Wheat  
(North, East, South, West on a compass)

\*Richard Of York Gave Battle In Vain (Red, Orange, Yellow, Green, Blue, Indigo, Violet colours of the rainbow)

Why and How?!

- Mnemonics give your brain a 'hook' to hang a memory on.
- You use the first letter of each word that you need to remember to make up a memorable catchphrase
- Try to make up a mnemonic to help you remember all the bones of the arm in order

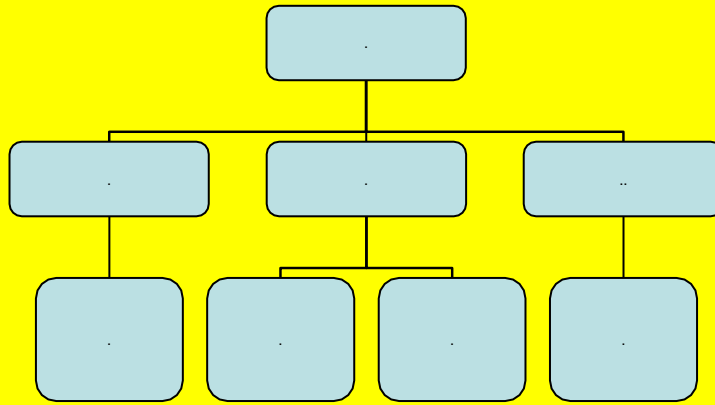
### The sections of the arm – use a mnemonic to learn them



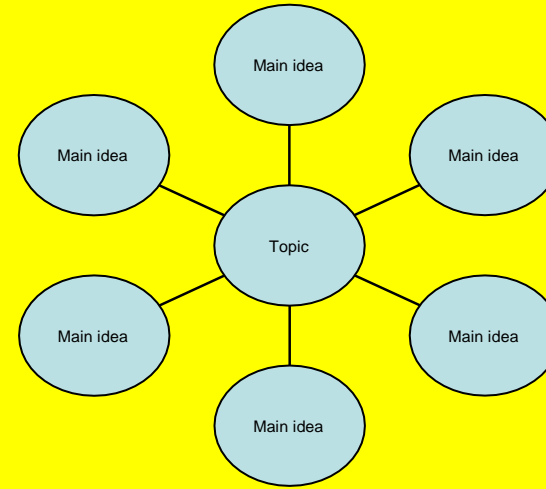
How about using 'CRUSH'?



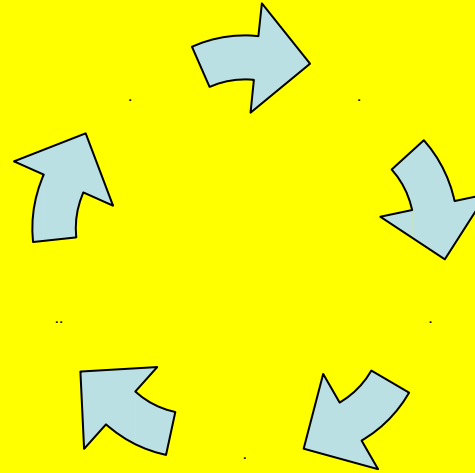
### Useful to show hierarchy



### Useful to summarise main ideas

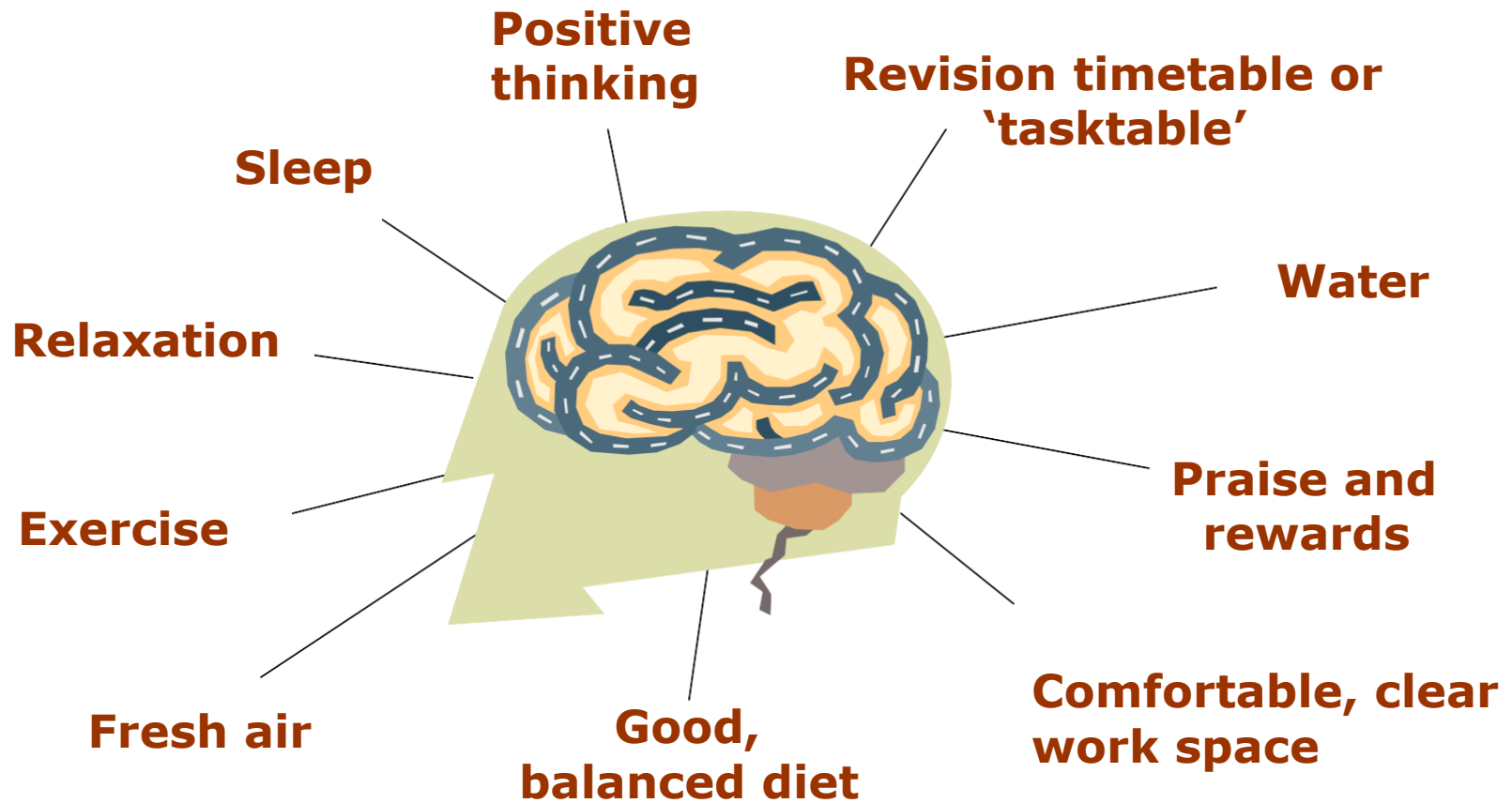


### Useful for showing processes



# Ten Top Tips

## ... For keeping your Amazing Brain Happy





## Help provide the right resources for your child to revise actively:

- post-it notes
- pen, ruler, paper, scissors & glue
- internet access if you have it
- dictionary
- highlighter pens
- coloured pens
- revision guides, revision CDs and podcasts.



## Help your child by asking the right questions:

- When is your exam...?
- What are you likely to be tested on...?
- What do you need to take on the day...?
- What strategies are helping you most..?
- You've been studying...What can you teach me...?
- What support do you need...?







## Stress Free Support



- Be positive about your child's attempts. Make an appointment with school if you are concerned about their progress.
- It's a good idea if your child has a break and something to eat before starting revision.
- Be patient! Help your child to become an independent learner. Explain how to look up information or find a word in a dictionary rather than simply giving them the answer in order to get the task finished.
- Don't let working together become a chore. Make it a special time that you can both enjoy.
- Turn off the television while revision is underway, but do let your child work to music if they find it helpful.
- Agree a place and a time for help - listening while you do another chore can work too.





- It doesn't need to be a marathon session; little and often is usually best.
- Recognise your own emotional state - if you are tense or worrying about something else, it might not be a good time to work with your child.
- Don't be afraid to STOP if it isn't going well. Try to agree what the difficulty is and when to come back together later.
- ALWAYS end with praise (they'll feel good, you'll feel good) It should be enjoyable... for both of you!

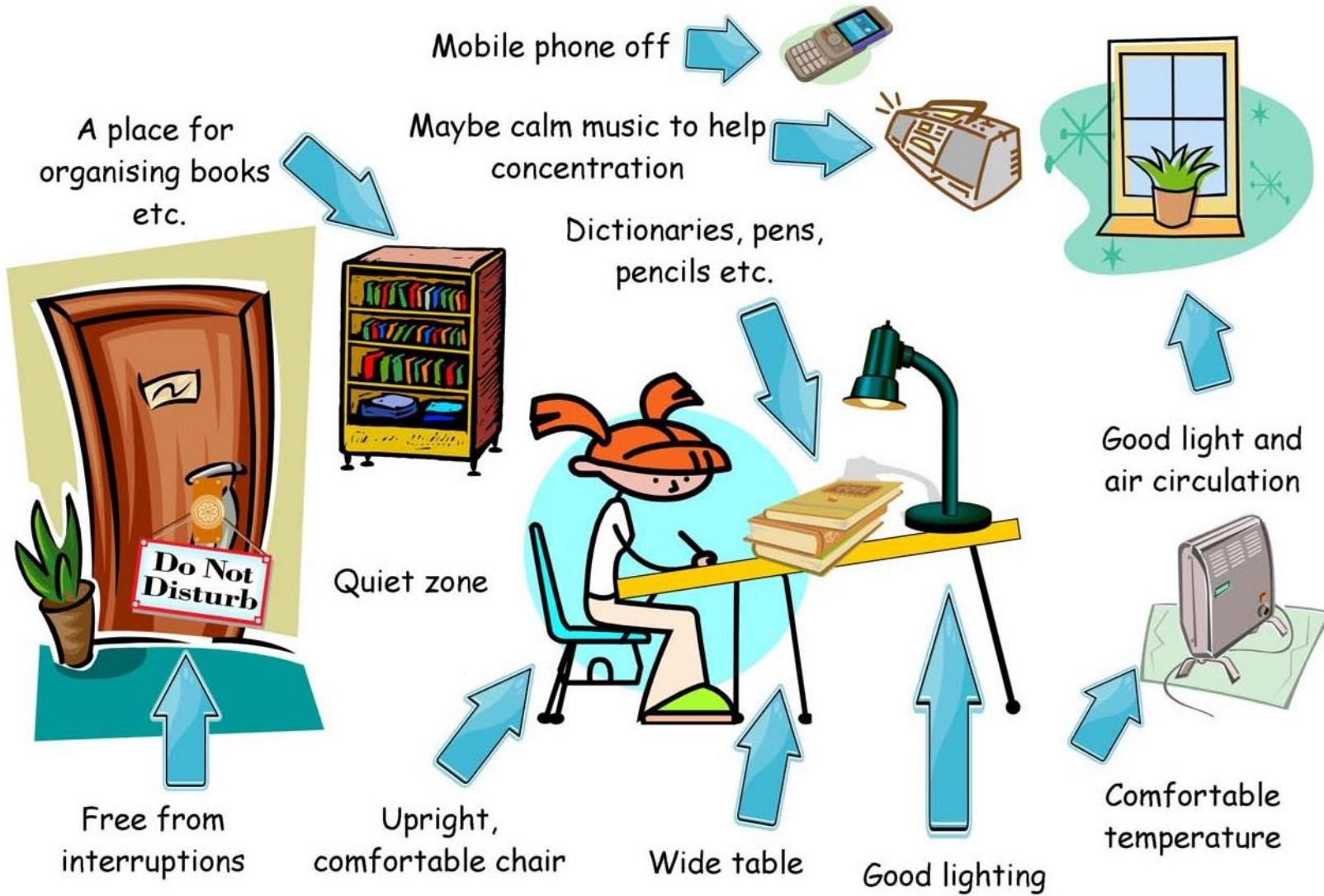
**'That's a hard thing to explain. Well done.'**

**'Be proud that you didn't give up when you were stuck...'**

**'You're really good at ...'**

# Hints for an Ideal Revision Area

providing some of these will go a long way to helping your child...



## Useful Websites:

<http://www.bbc.co.uk/education/levels/z98jmp3>

- GCSE revision in every subject

<http://www.mumsnet.com/education/exam-survival-tips>

- How to support your child to study - even when they don't want to!

[http://www.huffingtonpost.co.uk/2014/04/27/exam-revision-tips-for-kids-and-parents\\_n\\_7390198.html](http://www.huffingtonpost.co.uk/2014/04/27/exam-revision-tips-for-kids-and-parents_n_7390198.html)

- Revision tips for students - and their parents!

<https://www.examtime.com/gcse/resources/revision-timetable/>

- How to write an effective revision timetable





## Four home truths for the die hard shirker



1. Revision is your job, not your parents' or your teachers'.



2. It is dull and hard work. It was bloody hard work and dull for your parents and it will be for you. Suck it in and get on with it.



3. The worse you are at a subject, the more effort you need to put into it. There are no short cuts. This is a fact. Live with it.



4. The more work you do, the better you will do in your exams. And potentially the easier the rest of your life will be.



Full stop, end of story. Trust me on this one.