

Supporting your child's learning in... All subjects through revision

Any exam can cause stress and supporting your child appropriately to prepare for that exam, along with supporting their general health and well-being, is important to helping them achieve their best.

The Rose Rule...

Some children sail through exams with very little stress. In fact, some parents wish their children would get more stressed about exams! For others, even small tests cause real anxiety. There are lots of ways to help your child deal with exam stress, from practical things like providing healthy food and helping them to get organised, to actually supporting your child with revision. This simple rule covers the four things your child will need to do during exam time.

Revise and Recap

Revision needs to be active

Reading through notes will not make them stick in your child's memory. Encourage them to **make notes**, to **highlight key points and words** and to go over each topic several times. At the end of each topic, suggest they make a **short list of the main points**. These will be useful for a **quick revision session** the night before each exam. There are plenty of websites which offer revision games and activities as well as practice papers with mark schemes. Using a **variety of techniques** will help all the information sink in. **Praise your child** when they are working hard. Small rewards can be a real incentive to work.

Organisation

Work out a Revision Timetable

Produce a **revision timetable** together early on so that your child allows enough time to cover all the topics they need to revise. Ticking off each topic as it's done can help revision seem more manageable. Make sure your child is **setting realistic targets**. Trying to cram in too much creates stress and prevents learning. On a calendar, mark exam dates and get a thick pen to cross them off once they are over! This will help you both feel that the end is in sight. Help your child **organise their clothes, food and equipment** the night before each exam. Feeling organised about the little things will help cut down the stress.

Encourage your child to get plenty of sleep and to take regular breaks while they are revising.

Trying to cram in last-minute revision the night before an exam is generally a bad idea. It will make your child panic and might even affect their performance the following day. It is much better to have a **relaxing evening the night before each exam** so they can do their best the following day. **Exercise**, even a walk to the shops, will help your child to concentrate when they get back to work. It can also help them to sleep better. Discourage your child from drinking caffeine rich drinks like tea, coffee and cola in the evening as caffeine can disturb sleep. **Make sure an alarm is set for the next morning!** Waking up in a panic or even arriving late for an exam only makes things more stressful.

Eating

It is important to eat a healthy, balanced diet all the time...

This is even more important during exam times. Eating well will help your child to focus and do their best. Try to discourage your child from eating lots of sugary snacks, as these can actually stop them from concentrating. The school allows children to take a drink into the exam; do make sure your child does. This will help them to stay alert during their exams, especially the longer exams they will sit when they get older. Exam stress can make some children lose their appetites. If this happens, encourage your child to eat light meals or sandwiches.

Learning Styles...

It is important to use a **variety of different learning styles** when revising.

Visual

- Use pictures, mind maps, computers, diagrams, flowcharts, videos, key words, posters, timelines.
- Use colours, highlighters, shapes to help the brain remember and recall information.
- Write information in bullet points, coloured post-it notes, have a good layout of your work.

Auditory

- Talk over your work with someone. Record notes and play them back.
- Listen to music whilst revising – no words. Repeat your work out loud in funny voices.
- Make up rhymes or songs about your work. Get someone to ask you questions.

Kinaesthetic Learners

- Walk between key word cards or post-it notes on the floor or stuck around your room.
- Draw pictures, mind maps and run your finger between the words saying each one out loud.
- Walk around while reading, stretch or exercise every 20 minutes, have a stress ball to squeeze whilst working.

Create a Memory Journey

Use an established journey e.g. to school, round your house. Associate landmarks with items you need to remember. This will anchor them in your brain and you can then visualise the journey to recall information.

Rhymes & Songs

These can help you to remember knowledge in a sequence. You learn it by repetition. You could record them and listen to them over and over.

20 Questions

Write and answer 20 questions on any topic. Be creative with how you present your answers. Keep writing and answering 20 more questions until you have exhausted your knowledge.