

Life at Home & Studying

HOW YOU CAN HELP WITH REVISION AS A PARENT/CARER

There are many approaches to studying and revising, and your child may find that some methods work better for them than others. Encourage them to explore various techniques to discover a style that keeps them engaged and helps them absorb information more effectively. Remember, it's perfectly normal if they don't have a clear preference; each child learns in their own way, and what is effective for one may not suit another.

How you can help as a parent/carer:

- If time allows and your teen finds it beneficial, offer them the opportunity to recite, repeat, and practice what they've learned with you. You don't need to know all the answers - simply articulating their thoughts can help clarify their understanding of the concepts.
- Other ways you can assist include using quizzes, mind maps, whiteboards, multiple-choice questions, or audio clips to gauge their learning.
- Studying with others can also be advantageous, so encourage them to revise with friends if they enjoy it. This allows them to test each other, exchange revision notes, and learn in diverse environments.
- As exams approach, your teenager will likely complete several past exam questions. Help them prepare by creating an exam-like atmosphere - reduce distractions, set up a clear workspace, and if possible, provide a single clock to help them manage their time effectively. Once the time is up, instruct them to stop writing to avoid the temptation to continue. If they didn't finish, encourage them to reflect on the reasons - do they need more revision, better time management, or to refine their exam techniques?
- One of the most effective revision methods is teaching others. Take on the role of the student and ask your teen to explain a topic from one of their subjects to you. Listen attentively and feel free to ask questions if you don't fully understand their explanations.
- Get a copy of your teenager's exam timetable to stay organised. Avoid planning major outings during revision times to minimise distractions and stress. Short family outings can provide a break for relaxation.



Woolwich Polytechnic
Sixth Form

Exam Timetable

In preparation for exams, it's beneficial to encourage your teen to develop a timetable tailored for the examination weeks.

They should create two separate timetables: one for revision that outlines their study plans leading up to the exams (including weekends) and another that focuses solely on the examination schedule.

The latter will help both of you stay informed about:

- Details about what exams are scheduled
- Specific content to be covered in the exam
- The dates and times that the exams will occur
- Duration of the exam
- Any equipment needed for the exam
- Locations and room numbers of the exams

It is also advisable to keep a copy of the 'exam only' timetable on the fridge so that everyone within the family is aware of the schedule. Be mindful that some days or weeks may bring more stress, especially if multiple exams are scheduled on the same day.

