

Quick Guide to Exam Preparation

When do the exams start?

The first big exam is on May 14th.

When will exam timetables be issued?

By the end of March all students should have their exam timetables.

When should revision start?

Now! Most of the exams are the new specifications and they are content heavy. To be successful, students need to be revising now.

How much time should my son spend revising?

Students need to realise that they have to spend a significant amount of time revising. It is a case of short term pain for long term gain. For these crucial few months, less time can be spent on going out, football, playing games, etc.

However, students should build in breaks and time for socialising in their revision plans.

What makes effective exam preparation?

Firstly, the better organised students are, the better they do. Do students have the right revision resources? These include the correct revision guides and other materials such as index cards, paper, sticky notes and coloured felts. *Revision guides can be bought through Parent Pay.*

Secondly, are they able to plan out which topics they will revise first? At the very least, students need to make sure that they start with the topics they find most difficult.

How should students revise?

Students need to use effective revision strategies. They have had a lot of input on different strategies and they will know what works for them. Students also need to remember that different strategies are useful for different types of material. *Flip it!* or *Post it!* are good for learning equations by heart, but *Index it!* or *Map it!* might be better for different sorts of material.

Students need to remember how important it is to re-visit topics that they have revised to make the material 'stick'. Students should go over the topic the same day, the next day and few days later.

Short bursts of between twenty to forty minutes followed by a short break, are far more effective than one long revision session.

Revision tips and information about how to support your son from home are on our website:

<http://foresthill.lewisham.sch.UK/>

Academic > How to revise

How can parents help?

Help get your son organised, preferably with a quiet place to study.

Try to ensure that your son is not being distracted by phones, laptops, etc.

Make sure that your son is revising all of the subjects he is going to be examined on. Sometimes students revise favourites and then end up not doing well in subjects they should be successful in.

Advice for students	Advice for parents*
Do not suffer in silence, if you feel stressed, talk to someone and do not let things build up. Talk to parents, friends or members of staff	Discuss nerves. Look out for signs of stress such as irritability, poor sleeping habits, appearing depressed and negative
Try to eat healthily	Make sure your son is eating well
Make sure you sleep	Encourage sleep
Ask parents for help with revision if this helps. Telling someone what you do not understand about a topic is often a great way to help you understand it	Assist them in their study if this helps e.g. testing them, getting them to tell you why they do not understand something often helps to understand it
Get exercise	Encourage exercise
Be aware of not wasting time	Don't add to the pressure but keep things in perspective
Do not waste time thinking about what you have not done, be organized and try to move forward	Be flexible with family routines and realise that exams do not last forever

**Taken from NHS Choices – Coping with exam stress*

Useful web addresses:

<http://www.childline.org.uk/Explore/SchoolCollege/Pages/exam-stress.aspx>

http://www.youngminds.org.uk/for_parents/worried_about_your_child/schoolwork_exam_stress?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAq_7IGcKGGvxba9QuXQ882KuM-yseJq7G120zknQ02TZOqmRoC3-Xw_wcB

https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAq_7IGX_zwV3dgcEIsl6MTvNCH0G4XtVS9oKPW6XGD08QUrBoCaUXw_wcB