

# ***Year 7, 8 and 9 Summer Assessments: Advice for Parents and Carers***

The experience of exams can be overwhelming for students and, to put it simply, the more practise that students have with exams, the better they will do at the end of Year 11.

Students often underestimate how early they need to start revising and how organised they need to be. They often find it difficult to use the most effective revision strategies – just reading through notes is not an effective way of revising.

At school, your child will be doing work on how to prepare for exams and how to revise. However, as most revision takes place outside classrooms, your role as a parent is invaluable.

## **How can you help?**

- Talk to your child about the importance of revision.
- Help them to plan out their revision making sure that they do not spend too long at any one time on revision but break it down into short chunks.
- Help them get organised with revision material, flash cards, felt pens, etc.
- Try to ensure that they have somewhere quiet to revise – you might want to make sure you are keeping a close eye on them!

## **When should revision start?**

One of the biggest reasons that students do not do as well as they can, is that they do not start revision in enough time.

We strongly suggest that with revision for KS3, students should start at least 4 weeks before the assessment.

## **More Information**

Information about KS3 Exams can be found on the school website:

- <https://foresthill.lewisham.sch.uk/ks3-exams-revision/>

Below are some useful websites which cover revision strategies.

- <http://lifemoreextraordinary.com/revision/how-to-revise-for-exams-in-years-7-8-and-9/>
- <http://www.bbc.co.uk/scotland/learning/studyskills.shtml>
- <https://www.learningscientists.org/downloadable-materials>

## Coping with the pressure

We do want to avoid students becoming over stressed and worrying too much.

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 child 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 organised 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 websites

- <http://www.childline.org.uk/Explore/SchoolCollege/Pages/exam-stress.aspx>
- [https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAQ\\_7IGX\\_zwV3dgcEIsl6MTvNCH0G4XtVS9oKPW6XGD08QUrBoCaUXw\\_wcB](https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAQ_7IGX_zwV3dgcEIsl6MTvNCH0G4XtVS9oKPW6XGD08QUrBoCaUXw_wcB)

## Basic guide to revision

There are 3 main steps to revision:

- Make sure that you understand the work
- Make a revision resource, e.g. flash cards or mind maps and test yourself
- Test yourself a few days later and repeat

Before you start, make sure that you know what to learn by using the checklist.

Spread your revision out over a few weeks and do not try to cram the information in at the last minute.

Do not spend too long on one topic.

When you test yourself:

1. Do not look at the flash cards or mind map to start with.
2. If you have flash cards with questions on one side, then ask yourself the question or get somebody else to and then see if you are correct. Give yourself time to think about the answer – the longer you take, the more you will remember.

An alternative to this, is to write down everything you can remember about a topic and to then check to see if you are correct, and fill in the information you have forgotten.

3. Remember to come back to the topic again in a few days time and to repeat the process.