

REVISION TIPS

STRATEGIES

1. **Feynman technique** – learning through teaching
2. **Spaced practice** -review, practice, recall, formulate and synthesize the same materials multiple times.
3. **Interleaving** - mixing together different topics or forms of practice, in order to facilitate learning.
4. **Elaboration** - process of connecting or associating ideas or concepts in a meaningful way.
5. **Retrieval practice** - engage with the material in an active way rather than passive learning i.e. testing knowledge.
6. **Concrete examples** - a way to make an abstract idea more meaningful
7. **Dual coding** - Using visuals alongside information

METACOGNITION

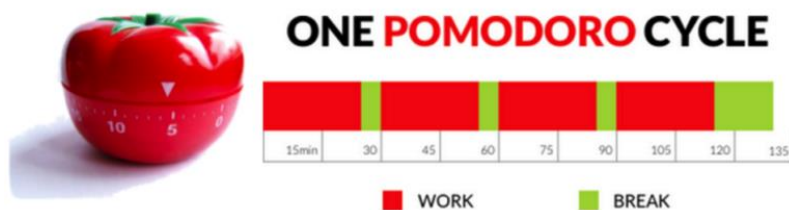


BEFORE LEARNING

TAKE TIME TO PLAN:

- "WHAT AM I SUPPOSED TO LEARN?"
- "WHAT STRATEGIES SHOULD I USE?"
- "HOW MUCH TIME DO I HAVE?"

TIME MANAGEMENT



WHILE LEARNING

PAUSE TO MONITOR:

- "HOW AM I DOING?"
- "AM I ON TRACK WITH MY PLAN?"
- "DO I UNDERSTAND WHAT I'M LEARNING?"
- "SHOULD I ADJUST MY PACE?"

AFTER LEARNING

REFLECT & EVALUATE:

- "WHAT DID I LEARN?"
- "DID I ACHIEVE MY GOALS?"
- "WHAT COULD I HAVE DONE DIFFERENTLY?"
- "IS THERE ANYTHING I STILL DON'T UNDERSTAND?"

Exams can be a challenging time for many young people

It can be difficult to know what to do if your child is feeling worried or stressed about exams, but there are lots of ways you can help support them.

This leaflet offers some information about how to spot your child may be struggling, and some practical tips on how to support them during their exams.

Signs your child might be struggling

Some common signs that a young person is feeling overwhelmed are:

- feeling worried or anxious
- problems sleeping
- changes in their eating (for example, skipped meals, picking at the food on their plate)
- low mood (isolating themselves, teary)
- lack of confidence
- frustration or anger
- upset stomach, headaches and flaring up of skin conditions such as eczema.

Remember, every young person is different. So if you notice a change, you can start by talking.

Ask how they're doing

Don't be afraid to ask how your child is feeling. They might not want to start the conversation but sometimes it can help to show you're there to listen.

Offer help with practical things

Ask them what they think would help. This might be helping plan their revision or creating a relaxing work area for them

Spend time together without talking about exams

Try having fun together to help your child relax.

Remind your child to take breaks and drink water

Getting some fresh air and taking some time out can help our brains to process what we have learnt and help us to relax.

Take an interest

Ask them to tell you about what they've been learning. Teaching you something new can help their revision.

Give them space

Sometimes your child might just need a little time to themselves to relax. Encourage them to have a bath, watch a film, or listen to some music.

