

Ice Breaker

How would you describe your experiences sitting exams when you were young?

- Can you recall any positive/negative experiences?
 - How did you manage the stress?



Please help yourself to a tea or coffee while you are discussing this.



Help your Child Revise

Tuesday, 10 May 2022



In this session we will:

- **Discuss the importance of revision and preparation for examinations**
- **Provide information on the support offered to help your child revise at Etone College.**
- **Share strategies that can support your child in engaging with revision at home and managing exam stress.**

THE IMPORTANCE OF REGULAR AND EARLY REVISION

It is **very** important that pupils prepare **carefully** for examinations so that they are fully ready.

Early revision will help them to **reduce** their stress and build **confidence** going into exams as they will not be relying on last minute preparation.

Revising **regularly** and revisiting content will help to **embed** knowledge and content into long term knowledge.

An important part of revision is also exam **practice** so that they have the chance to **apply** their knowledge and skills.

WHAT ARE THEY REVISING FOR?

- In class assessments – topic lists are shared with pupils in advance and lessons focus on recapping prior to the assessment.
- Mock exams – closely replicating a live exam series, with high quality analysis and intervention following the examination.
- Final exams – where results will ultimately be decided.



WHEN DO WE ASSESS?

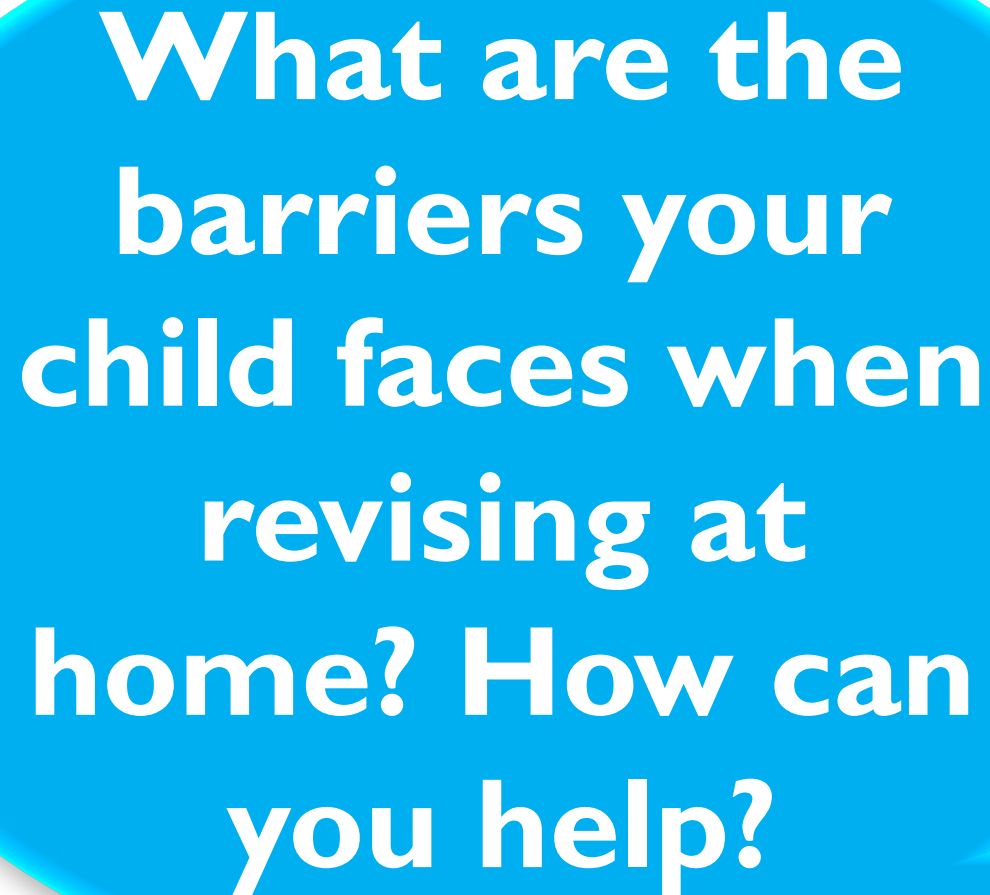


- Subject leaders plan and create their curriculum considering pupils end points.
- From there they will consider when it is best to assess summatively and map this out in their calendar.
- Across lessons, teachers will also assess formatively and use these to guide their next steps.



IN SCHOOL SUPPORT

- Intervention - after school, breakfast clubs and holiday - (targeted from formative and summative assessment)
- Carefully planned curriculum that allows pupils to revisit previous work with in built revision units
- Revision strategies during form time, Learning for Life and assembly
- Access to high quality revision materials and revision guides
- Use of online learning platforms such as SENECA
- Supporting with exam stress sessions through Learning for Life and assemblies
- Recommended reading lists, websites and resources
- Maximum time in school revising with subject specialists
- Exam preparation and technique e.g. going through mocks, exam papers, walking/talking mocks.



**What are the
barriers your
child faces when
revising at
home? How can
you help?**

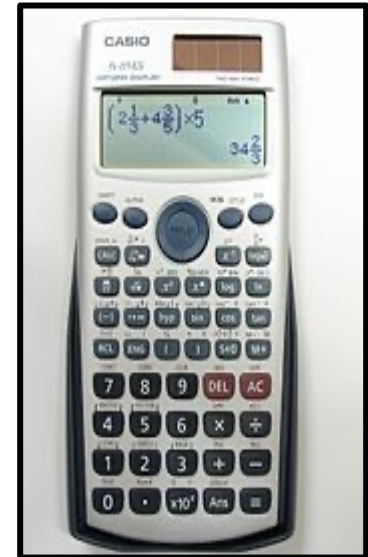
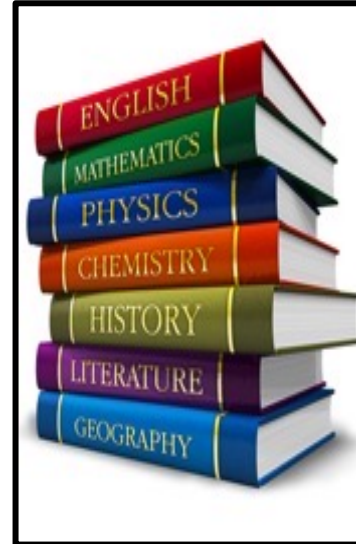
You can help with:

- **Equipment**
- **Planning their timetable**
- **Providing a quiet space to revise**
 - **Internet access**
- **Test them and talk through their notes**
 - **Provide support and encouragement**
- **Ensure they drink regularly, eat well and take regular breaks**

EQUIPMENT - REVISION

It would be helpful for your child to have the following equipment:

- ✓ **Highlighters**
- ✓ **Different coloured pens**
- ✓ **Calculator**
- ✓ **Revision guides**
- ✓ **Past exam papers and mark schemes**
- ✓ **Text books**
- ✓ **Post it notes**
- ✓ **Flash cards**
- ✓ **Note books**
- ✓ **Exercise books/folders**
- ✓ **Access to revision websites**



Action Plan



Task:

Make a to do list of what your child needs to do to be ready to revise for their exams.

What would they need to action?

When do they need to be completed by.



Action Plan



A week is 168 hours

Commitments	Hours taken	Hours remaining
8 hours of sleep	56	112
Hours at school (including travelling time)		
Eating		
Seeing Friends		
Hobbies/Clubs		

Work out how much time there is in a week to revise.

Discuss

What else goes into this time? Adjust your calculation based on anything else your child does. What does this suggest about time they could spend on revision? How many 'spare hours' would that leave them? How does the weekend compare to a school day?

Seeing

Revision Timetable

Task: Consider what a revision timetable might look like.

- The time at school has been blocked out
- Remember they may still have homework to do
- Block out time for activities and meal times
- Remember to include regular breaks
- Chunk their learning and include all subjects and topics
- Avoid late night revision sessions
- Build in regular breaks and rewards for them
- Build in time for you to join them where possible
- Display this somewhere prominent – encourage them to stick to it.



Weekly Revision Timetable

Day	9:00 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:35	2:35 – 4:00	4:00 – 5:00	5:00 – 6:00	6:00 – 7:00	7:00 – 8:00	8:00 – 9:00	9:00 – 10:00
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

***Remember: make sure you give yourself breaks and allow time to relax and do the things you want to do and enjoy doing.

Revision Timetable

Day	9:00 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:35	2:35 – 4:00 <small>(Revision / Intervention)</small>	4:00 – 5:00	5:00 – 6:00	6:00 – 7:00	7:00 – 8:00	8:00 – 9:00	9:00 – 10:00
Monday									History			
Tuesday									English	Dance Club		
Wednesday									French	Biology		
Thursday									Maths			
Friday												
Saturday		Drama Club	Drama Club		Chemistry			Physics				
Sunday		Psychology						Maths				

***Remember: make sure you give yourself breaks and allow time to relax and do the things you want to do and enjoy doing.

Exam Practice

- They will need to practice exam questions as well as revise.
- They may have revision workbooks that have questions in them for you to practice too.
- It will be a good idea to build in time to test them.
- They can always work with a revision buddy and test each other or with yourselves.
- They should have past questions and mark scheme examples to help them.



**Draw a
House**

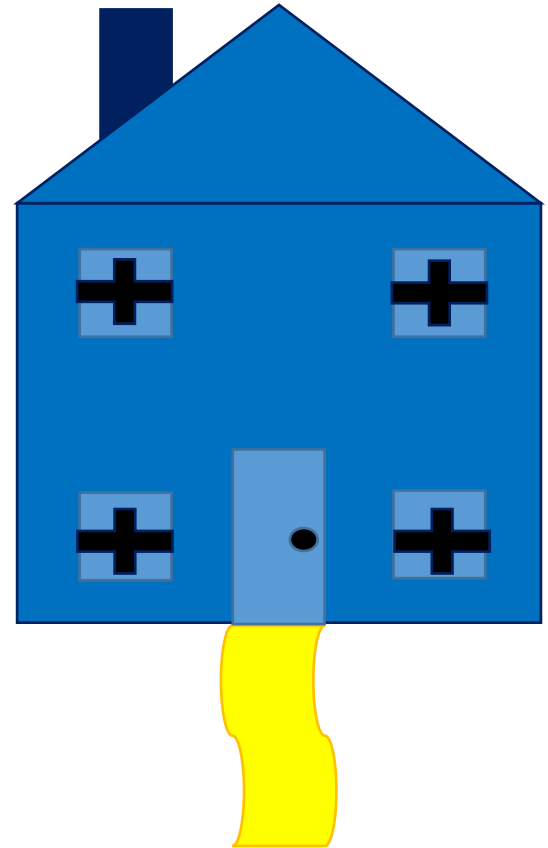
Mark your work



Give your self a mark if...

- You have a house in the shape of this
- You have added a door with a handle
- You have added 4 windows with frames (1 mark for each)
- You have a chimney
- You have a path outside the house

How many marks did you get?



Success Criteria

Before your child begins to revise they need to be clear about the success criteria and assessment objectives.

What is it they need to do successfully to achieve?

Providing time to go through mark schemes, criteria and specification allows pupils to better understand their goals.

This is how they learn in school and the more this is replicated at home the better.



REFLECTION

- ✓ Know their mark schemes
- ✓ Know how to get the marks
- ✓ Know which are point marked
- ✓ Know which are level marked
- ✓ Know how to reach the top levels
- ✓ Take time to read and decode the question

What should they consider?

What is the command word?

What is the content?

How should you structure your answer?

Does it need examples?

How do they Revise?

How do you think your children could revise?

What methods are you aware of?

Now compare your list with a partner and add ideas.

How do you revise best – talk to each other about how your child might revise.

**Remember that different strategies work for different people and different subjects.
Teachers will also provide top tips to study.**



Common Methods

- ✓ Reading through notes and highlighting key points
- ✓ Condensing notes – summarising into key points
- ✓ Testing yourself
- ✓ Testing and revising with a friend
- ✓ Making mind maps
- ✓ Knowledge organisers
- ✓ Flow charts
- ✓ Flash cards
- ✓ Memory techniques
- ✓ Retrieval practice



Retrieval Practice



Retrieval practice is where pupils access already stored information from their memory bank and apply it to a task.

Quite often it starts with simple recall and builds up.

- ✓ **Test them and provide the opportunity to test themselves**
- ✓ **Encourage them to do practice questions**
- ✓ **Use revision websites and testing e.g. SENECA**
- ✓ **Use flashcards to test them and self test**
- ✓ **Spaced practice – revise, rehearse and then come back to it again**



Condensing Notes



This is where a pupil reads through a section of their notes, revision guide or text book and any extra revision sheets from your teacher on that topic.

They highlight the key points.

They try to summarise the notes into key points to revise from.

They pick out what is important.

Sometimes reorganizing information to make links and connections helps embed into memory.

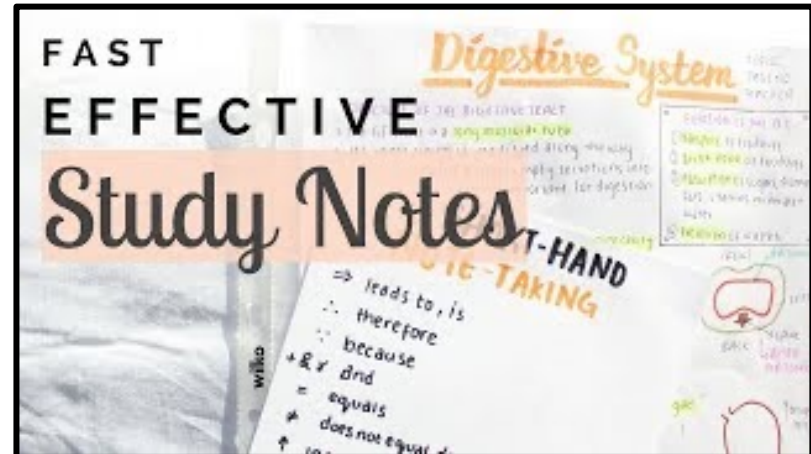
Condensing notes is interactive – They engage with the content – and it works better than just reading through them.



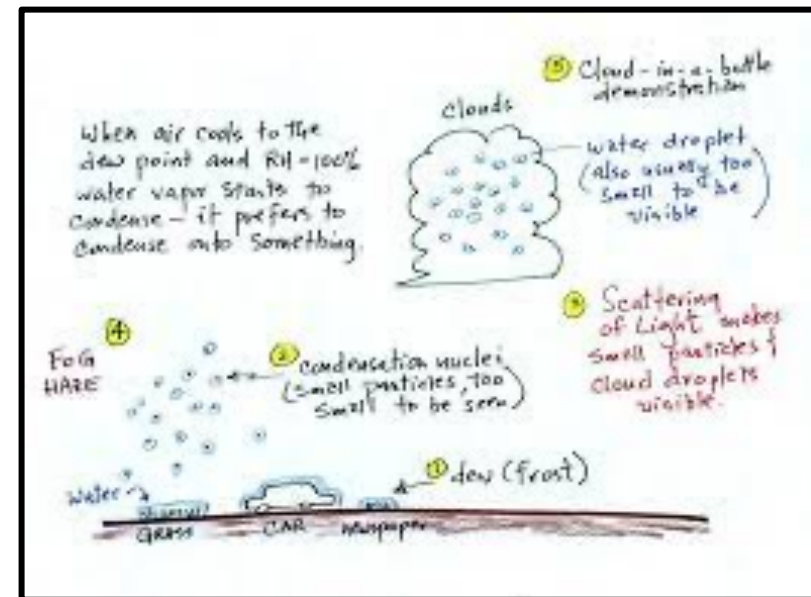
Condensing Notes



Condensing notes can include diagrams and links.



It could be ordered or as a sequence or just a condensed list/ key points



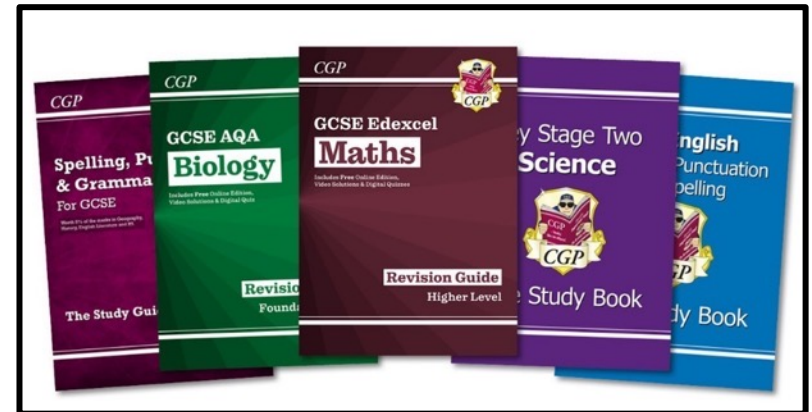
Drawing Mind Maps



- ✓ Help you to organise information in a visual way
- ✓ One mind map for one topic usually
- ✓ Put the topic in the middle and add sub topics and more details around it
- ✓ Use colour and images to help you
- ✓ You can use bubbles or highlight information to help it stand out.

A hand-drawn revision timetable on a grid. The title 'REVISION TIMETABLE' is written across the top. The columns are labeled with days of the week: MON, TUE, WED, THUR, FRI, SAT, and SU. The rows are labeled with subjects: Maths, Biology, History, English, and Spanish. The grid is partially filled with these subjects.

REVISION TIMETABLE						
MON	TUE	WED	THUR	FRI	SAT	SU
Maths	English					
Biology	Spanish					
History						



Drawing mind maps



Mind maps can make it easier to recall information in an exam as you have organized it visually

Colour and images help you to remember things

They help you to identify key ideas but also make links between them.

Useful for topics with links but less useful for things like formulae and vocab lists.

SOLVING GLOBAL WARMING

DOING SOMETHING

TRAVEL

BAD TRAVEL

- DON'T FLY

BEST TRAVEL

- CAR
 - FUEL EFFICIENT
 - HYBRID
 - ELECTRIC
 - CAR POOL
 - TYRES - KEEP FULL EVERY WEEK
- WALK
- BIKE
- USE PUBLIC TRANSPORT
 - BUS
 - TRAIN

SWITCH TO GREEN POWER

HOME

LIGHT BULBS

- ~~INCANDESCENT~~
- CHANGE TO ENERGY EFFICIENT LIGHT BULBS

CHOOSE ENERGY EFFICIENT ONES
APPLIANCES *****

ELECTRICITY

- TURN OFF APPLIANCES AT THE POWER POINT

USE CLOTHES LINE NOT DRYER

INSTALL PHOTO-VOLTAIC PANELS

HAVE A SOLAR WATER HEATER

HAVE INSULATION

BUY LOCAL FOOD

BUY FRESH FOOD NOT FROZEN
GO TO FARMERS MARKETS

~~CANCEL JUNK MAIL~~

HAVE NO MORE THAN 2 CHILDREN

USE LESS

SHOPPING - USE A CLOTH BAG

USE RECYCLED PAPER (SAVES FORESTS)

EAT LESS MEAT

BUY CO2 CREDITS

PLANT TREES

BE STRONG

FORCE YOURSELF

ENCOURAGE FRIENDS, WORK SCHOOL

TALK

GLOBAL WARMING IS HAPPENING?

YOUR VOTE COUNTS

TALK TO MP'S

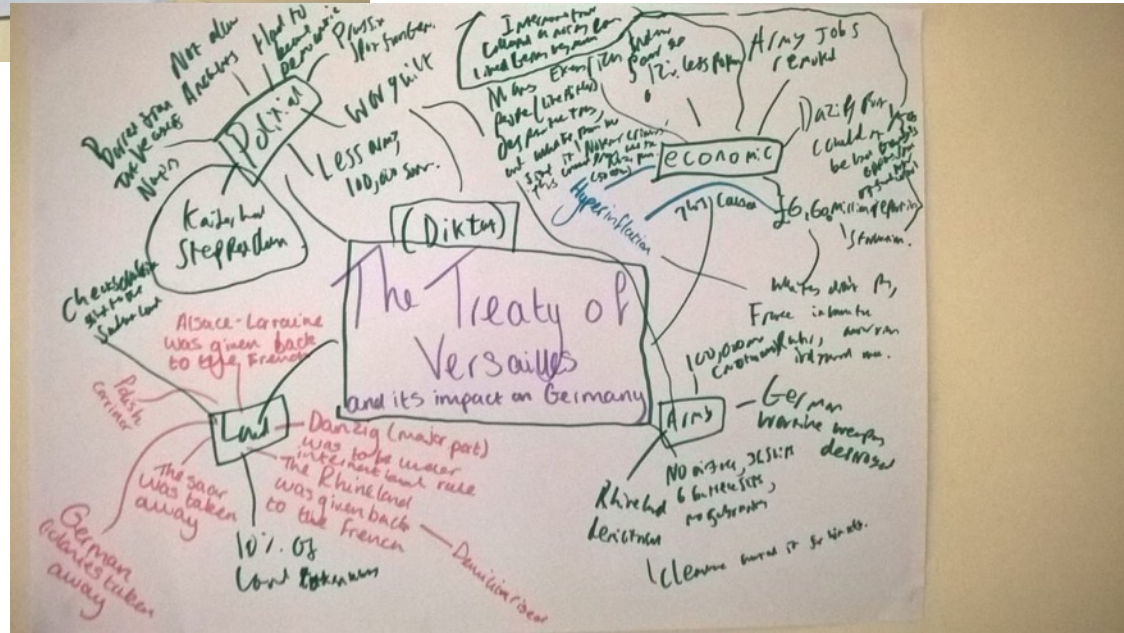
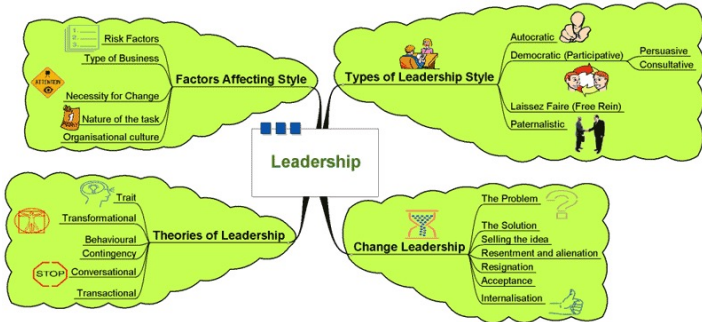
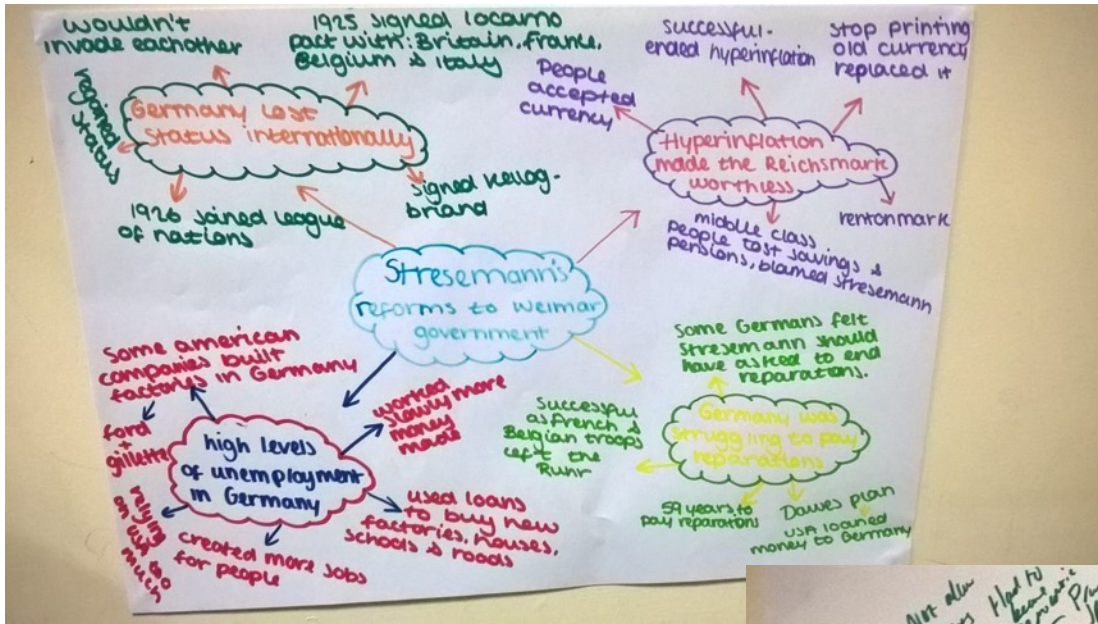
LEARN MORE

WATCH AN INCONVENIENT TRUTH

HAVE AN ENERGY AUDIT
SAVE POWER, SAVE MONEY

BE A CATALYST

CO2 CO2



Flow Charts

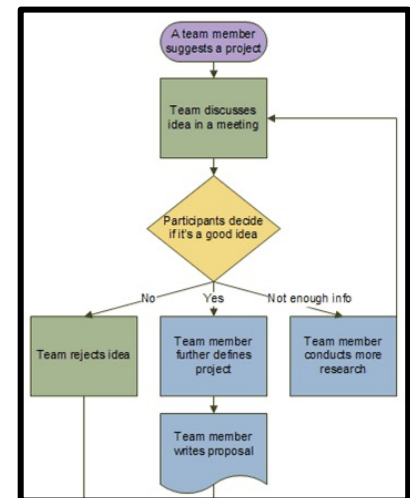
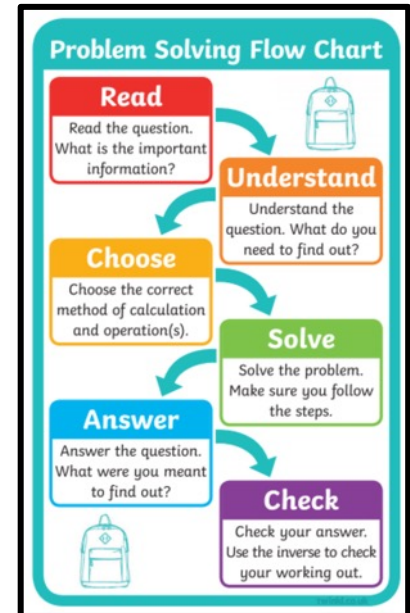


They are a diagram that show the process from beginning to end.

They organize information clearly and use words and images. The order is significant – start with the first step and work downwards.

It is useful for a sequence of events, considering variables and to organise thinking

It can be used for actual content but also in preparation for answering questions



Flash Cards



Flash cards are small cards with a question or prompt on one side and the answers on the other.

They are great to help your child test themselves and for yourselves to be involved.

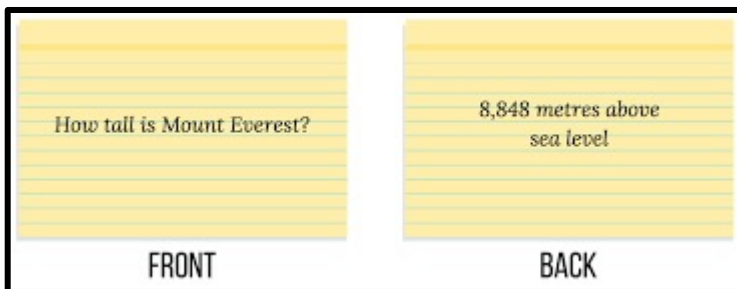
They are useful for learning key dates. Vocab, key terms and definitions, formulae.

There are many available online but it is good to make their own.

The best methods are to shuffle frequently and repeat multiple times



You can also put example questions on one side of the flash card and answers on the back.



Other Ideas



- **Arrange a study date**
- **Encourage your child to revise out loud**
- **Encourage opportunities to exercise**
- **Provide snacks and food which feed the brain such as; fish, nuts, fruit and veg**
- **Use memory techniques like mnemonics – we all remember ROYGBIV to help us remember the colours of the rainbow!**

READ THE INSTRUCTIONS AND COMPLETE



1. Write down the letters of the alphabet
2. Circle the vowels
3. Underline all the consonants
4. Find the letter that comes before R
5. Work out what is special about this phrase –
the quick brown fox jumped over the lazy dog
6. Don't do any of the above except for the first one

What is the point of this fun activity?



READ THE INSTRUCTIONS

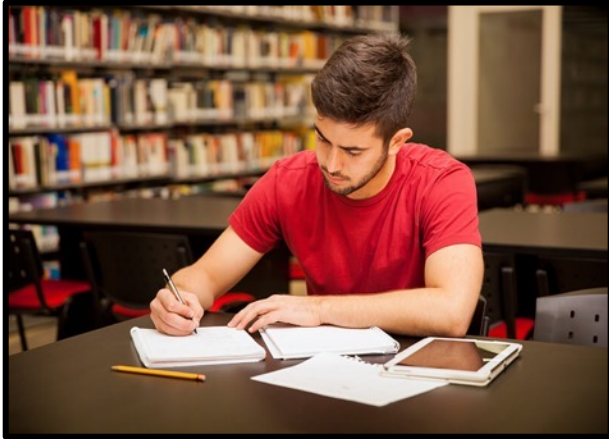


IT IS IMPORTANT TO READ THE
INSTRUCTIONS AND THE QUESTION VERY
CAREFULLY.

KNOW WHAT IT IS ASKING FOR

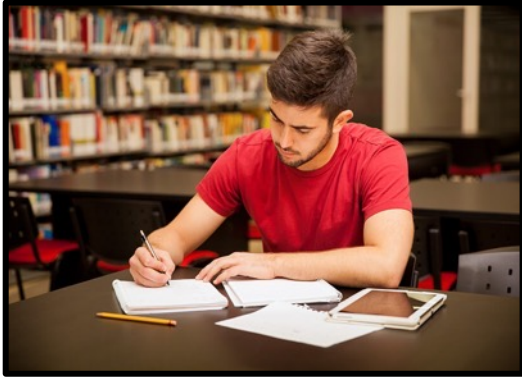


STUDY TIPS



- ✓ **Provide a quiet place if possible free from distractions like the TV, that has good lighting where it is easy to read.**
- ✓ **Plan ahead – make use of a timetable and structure their time**
- ✓ **Know their timetable and support them to complete it**
- ✓ **Keep track of focus to ensure all subjects are covered**
- ✓ **Provide regular breaks and little rewards where appropriate**
- ✓ **Offer your time to support and revise if possible**
- ✓ **Vary the strategies looked at tonight to provide variety with your child**

DURING SESSIONS



- ✓ **Use specification checklists to know what to study**
- ✓ **Use past papers to support what might come up and how**
- ✓ **Encourage them to practice under timed conditions too so you get used to the time allowed**
- ✓ **Use mark schemes to compare with what you have written and add in detail.
Encourage redo if needed**
- ✓ **Decode what the command words mean**
- ✓ **Support them to read the question carefully – circle command words and underline key content so you know how to answer it**



Find our support on our website here:

- Curriculum Plans: What we teach and when
 - <https://www.etoncollege.co.uk/curriculum/>
- Exam Revision Support: General and subject specific guidance, websites and advice
 - <https://www.etoncollege.co.uk/exams/>

ONLINE SUPPORT



SUBJECT	WEBSITES
English	https://app.bedrocklearning.org/ https://senecalearning.com/en-GB/
Mathematics	https://vle.mathswatch.co.uk/vle/ https://www.drfrostmaths.com/login.php?url=%2Fdashbo ard.php
Science	https://senecalearning.com/en-GB/
Humanities	https://senecalearning.com/en-GB/
MFL	www.LanguageNut.com Duolingo

COPING WITH EXAM STRESS



Exam periods can be stressful and it is normal for pupils to be nervous.

Quite often pupils will feel overwhelmed at the task that lays before them.

It is also likely, as with life, that if pupils are stressed they will look to take it out where they can.

Things to remind them:

- ✓ **They are not on your own – exams are stressful for everyone and they are all taking on the same task**
- ✓ **A small amount of stress can motivate people to focus on how to overcome a situation**
- ✓ **However, too much stress can impact on health**

Lets look at the signs to recognise exam stress...



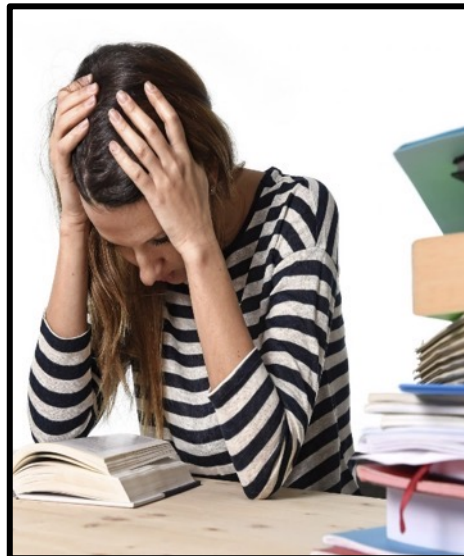
FOR EXAMPLE...



Some signs of stress include:

- ✓ **Loss of appetite**
- ✓ **Feeling anxious**
- ✓ **Finding it difficult to concentrate**
- ✓ **Feeling emotional**
- ✓ **Not sleeping well**

If you notice these in your child it is important to share this with their House so we can be aware and support them.



WAYS TO HELP



There are ways to help with stress:

- ✓ **Go outside for exercise and fresh air**
- ✓ **Encourage/ plan to set aside time to do things they will enjoy and take a break with their family and friends**
- ✓ **Plan time for your child to relax**
- ✓ **Try to keep normal business resuming such as hobbies and clubs**
- ✓ **Encourage them to eat and drink well and regularly**
- ✓ **Encourage a regular sleeping pattern**
- ✓ **Try to talk to your child about their revision, stress and understand what it is they have to do**



DON'T MAKE IT WORSE



- ✓ **Don't let them revise late into the evening**
- ✓ **Ensure they are not setting targets that are too high and unachievable**
- ✓ **Don't let them revise for long periods without a break**

- ✓ **Do take their mind off revision when you can with trips, visits or treats**
- ✓ **Discuss their goals with them and develop a plan together with what, when and how you can help**

Top 10 Revision Tips



Rise and shine

Starting your revision by 9am will help you get into a routine that you can stick to.



Breakfast

Having breakfast before revising is vital as it helps you to concentrate for longer.



Log off

Switch off all devices, a five minute peek at Facebook turns into an hour so easily. Use internet time as a reward on a break.



Past papers

Past exam papers are a perfect way to get used to exam pressure. Time yourself and use past papers to improve your confidence.



Get colourful

Keep your notes organised and bright. Use different fonts, pens and diagrams. Colour coding your areas also helps.



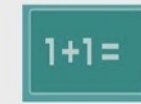
Stick to the plan

Make a revision timetable, it will help you prioritise your areas. Plan for different ways of learning (mind maps, essays, fact cards)



Take breaks

Take a short break (5-10 minutes) after every half hour - It's important to get away from your work area. Adding breaks into your timetable is vital.



Teach

If you are confident with a subject, teach it to your friends and they can do the same for you.



No last minute revision

Cramming 10 minutes before an exam doesn't work, planning your time and working hard does!



DEALING WITH EXAM STRESS



- **Exams are stressful for pupils and at Eton we have some key strategies in place to protect your child**
- **However you can read more here to find out how to support your child at home as well**

Coping with exam pressure – a guide for students



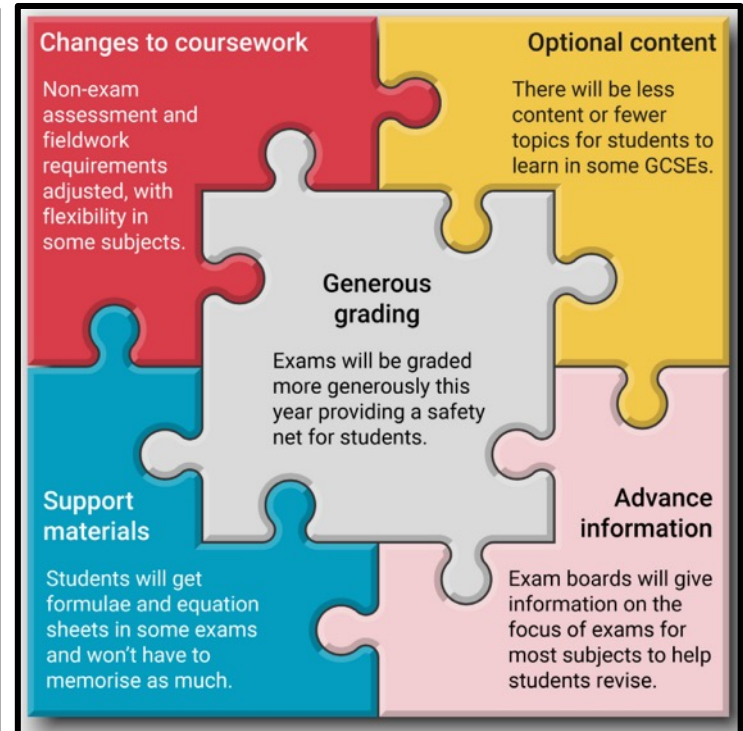
<https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students/coping-with-exam-pressure-a-guide-for-students>

EXAMS 2022



- For pupils taking in exams this year the Department for Education have released the following guide to detail what specific adaptations have been made:

☐ <https://www.gov.uk/guidance/subject-by-subject-support-for-gcse-as-and-a-level-students-in-2022>





Evaluation

Please tell us what you found useful about this session:

Please tell us what you would like to see more of next time:

Would you like to attend the session on Helping Your Child Revise on Wednesday 2nd March: Yes / No