



‘How to
help your
child revise’



- 
- Introduction
 - The power of retrieval practice
 - Using Technology to Revise
 - Subject specific advice and guidance
 - Healthy habits and support



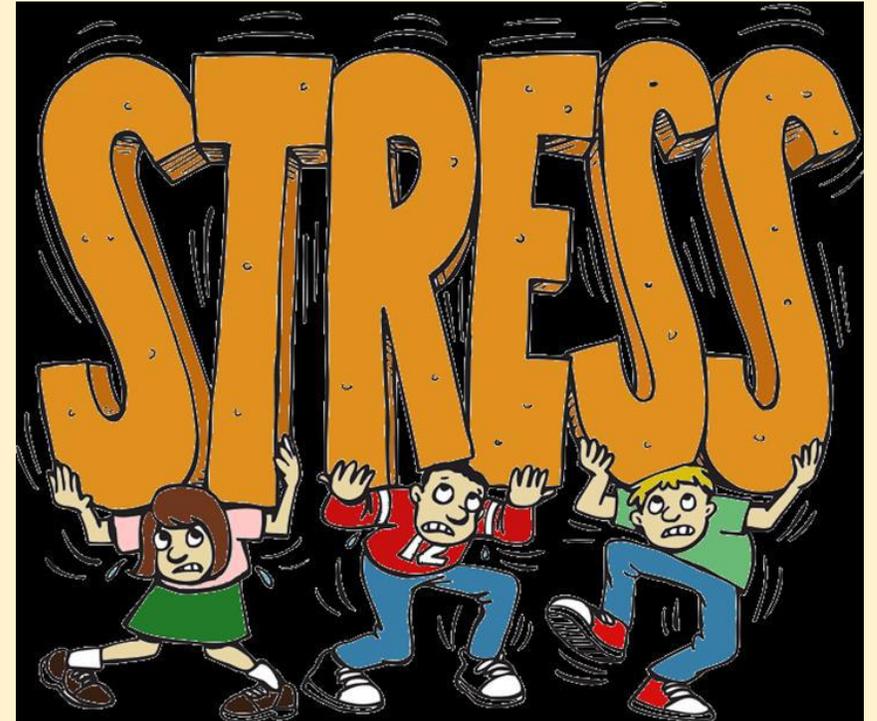


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The GCSE Landscape

- Increased pressure to perform in exams
- No safety net of coursework (NEA in few subjects)
- A raised bar
- More exams
- A need to memorise more content
- Reverting back to 'normal' exam expectations post-covid

How can we help
them?



Finding a little bit of calm

-Making sure they are at their best physically and mentally will improve performance, health and enjoyment

-Knowledge is not hard-wired from birth

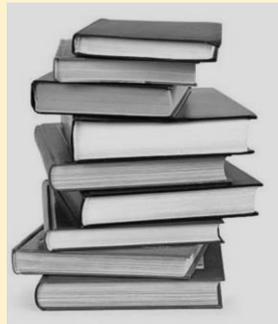
Teen Brain



UNDER CONSTRUCTION



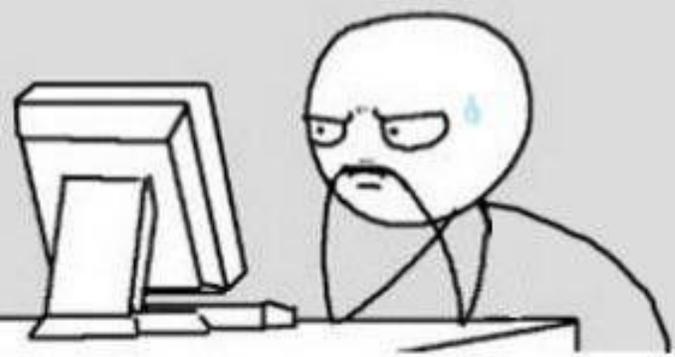
Mastery requires both the possession of facts and the conceptual understanding of how to use them



**Simple revision will
IMPROVE their GCSE results**

HOW I STUDY FOR EXAMS

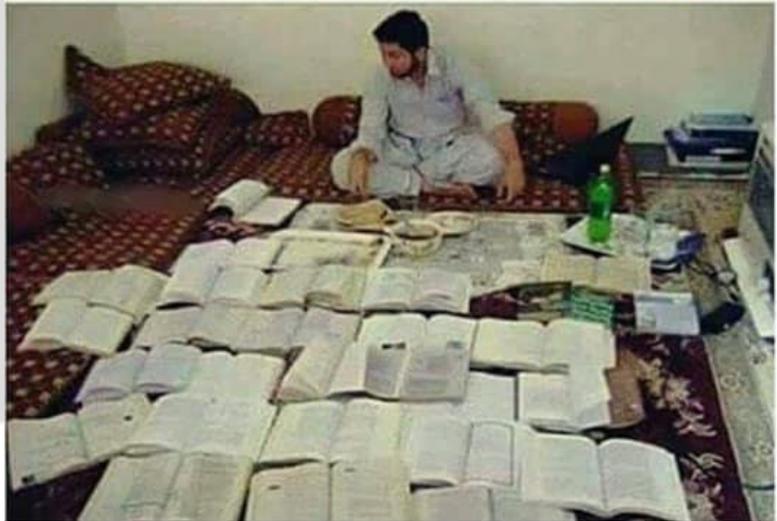
*memorize everything 20 minutes before exam



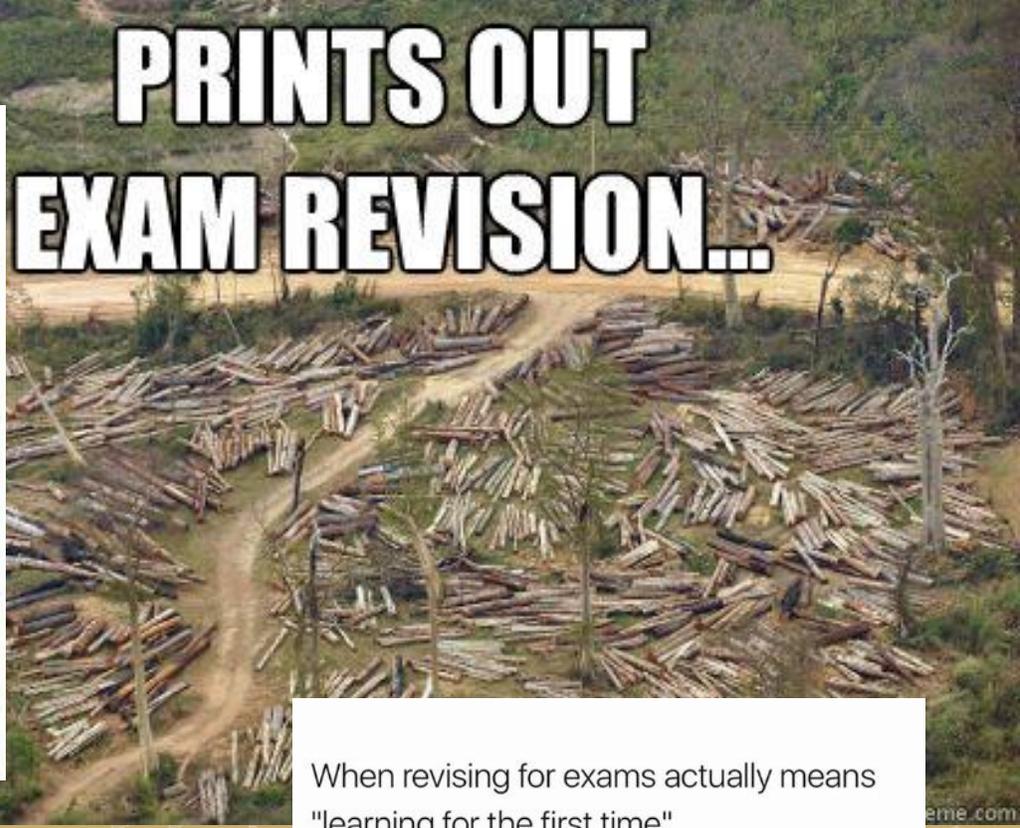
*RUN TO SCHOOL,
BEFORE YOU FORGET EVERYTHING



This is me.. 🙌
One Night Before Exam. 😂

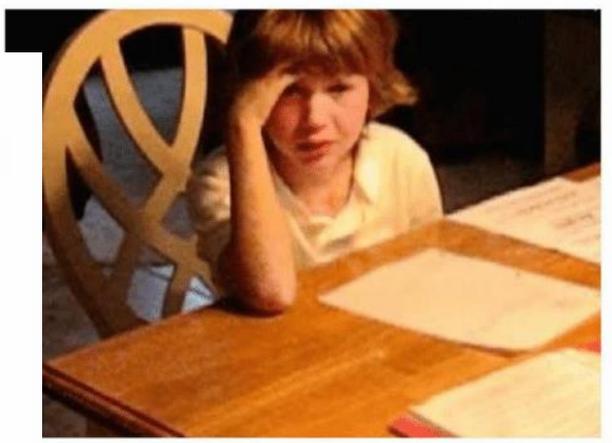


PRINTS OUT EXAM REVISION...



When revising for exams actually means
"learning for the first time"

Trying to cram 4 days worth of revision
into 1 because you have the time
management skills of a carrot



😭😭



What does simple
and effective revision
look like?

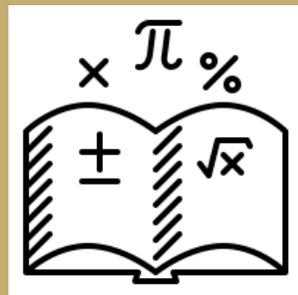


What will the GCSE exams look like for the average student?

English
GCSE
(4 exam
papers)



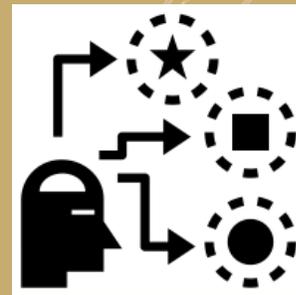
Maths
GCSE
(3 exam
papers)



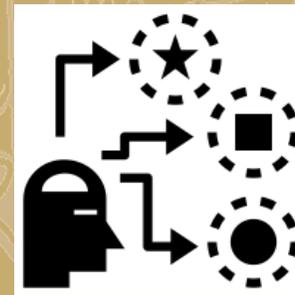
Science
GCSE
(6 exam
papers)



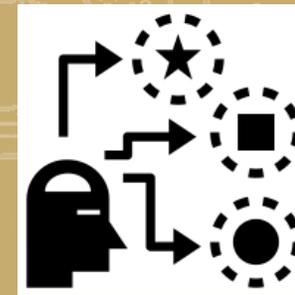
Options
subject
(2 exam
papers)



Options
subject
(2 exam
papers)



Options
subject
(2 exam
papers)



Average approx. 19 exams

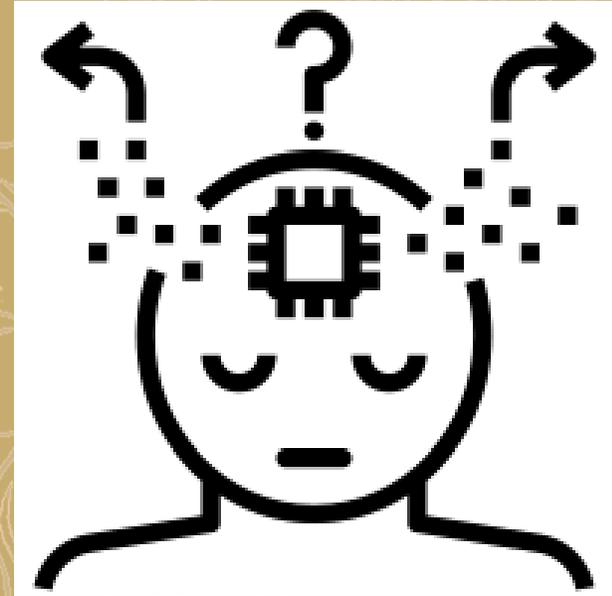
Common Student beliefs about revision...



- **'I will revise last minute'**. Last minute cramming does work – ONLY if you have revised hard beforehand so that you can quickly retrieve the knowledge from your brain.
- **'I can't revise'**. You can. It might be tricky and boring and hard – but everyone can do it, given the right strategies and with effort.
- **'My brother/sister/friend didn't revise and they got great grades.'** Nobody gets excellent results in examinations without effort. They may not be as visible, or they may have worked incredibly hard in lessons back when it was first learnt, but those who do best revise.
- **'My friends aren't revising – they told me.'** Nobody goes around shouting about how hard they're working. We want it to look natural and we want to look like it is easy, but it almost always isn't. Don't believe them and get caught out!
- **'I don't know how to revise'**. Students will be given lots of effective strategies. Practise them – they work.

A test of memory: Can you remember...?

- What you ate for tea last Tuesday?
- Where you were last Saturday at 3pm?
- What you were doing this time last year – 20th November 2021



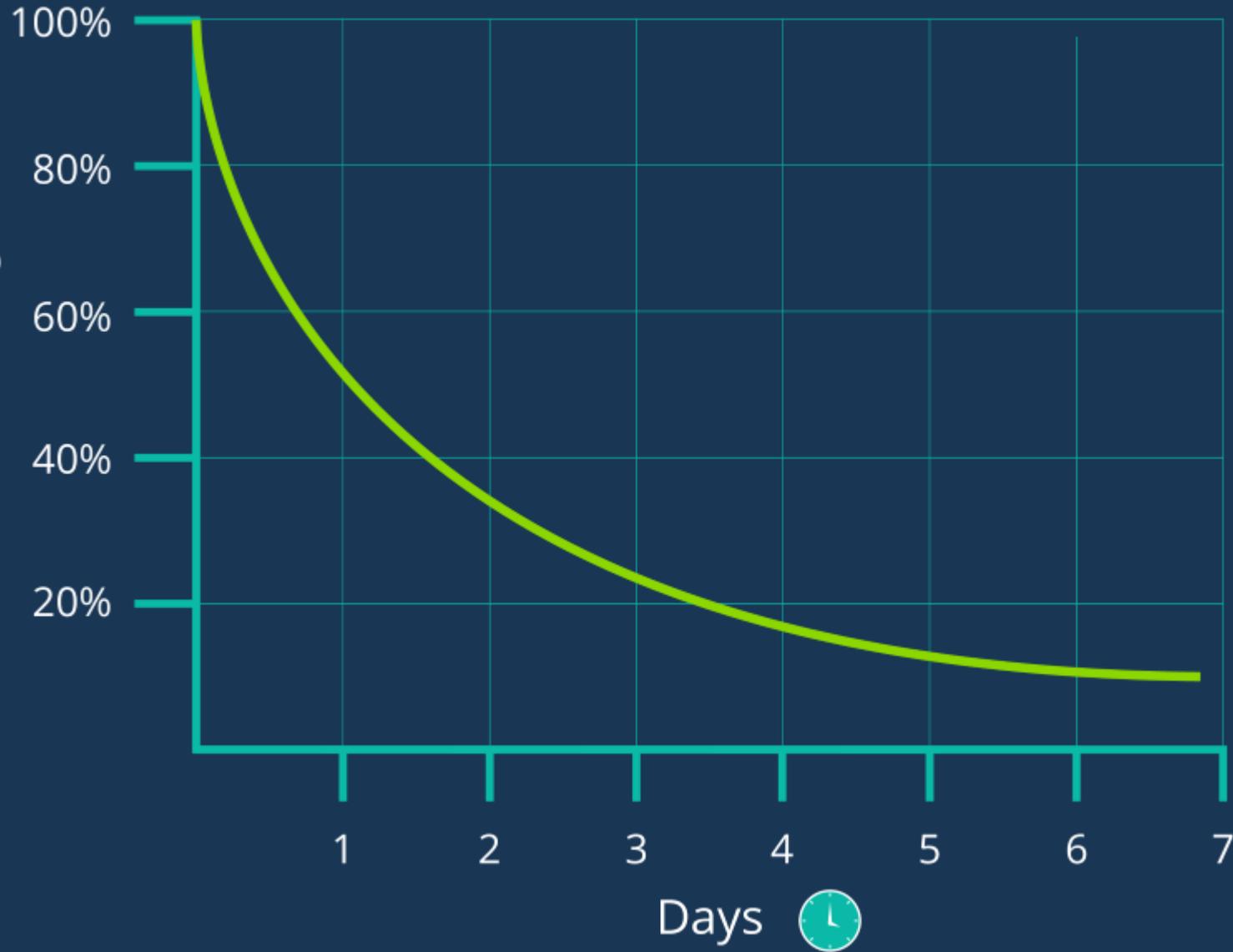


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Retention

THE FORGETTING CURVE



Days 



The Forgetting Curve



**1
HR**

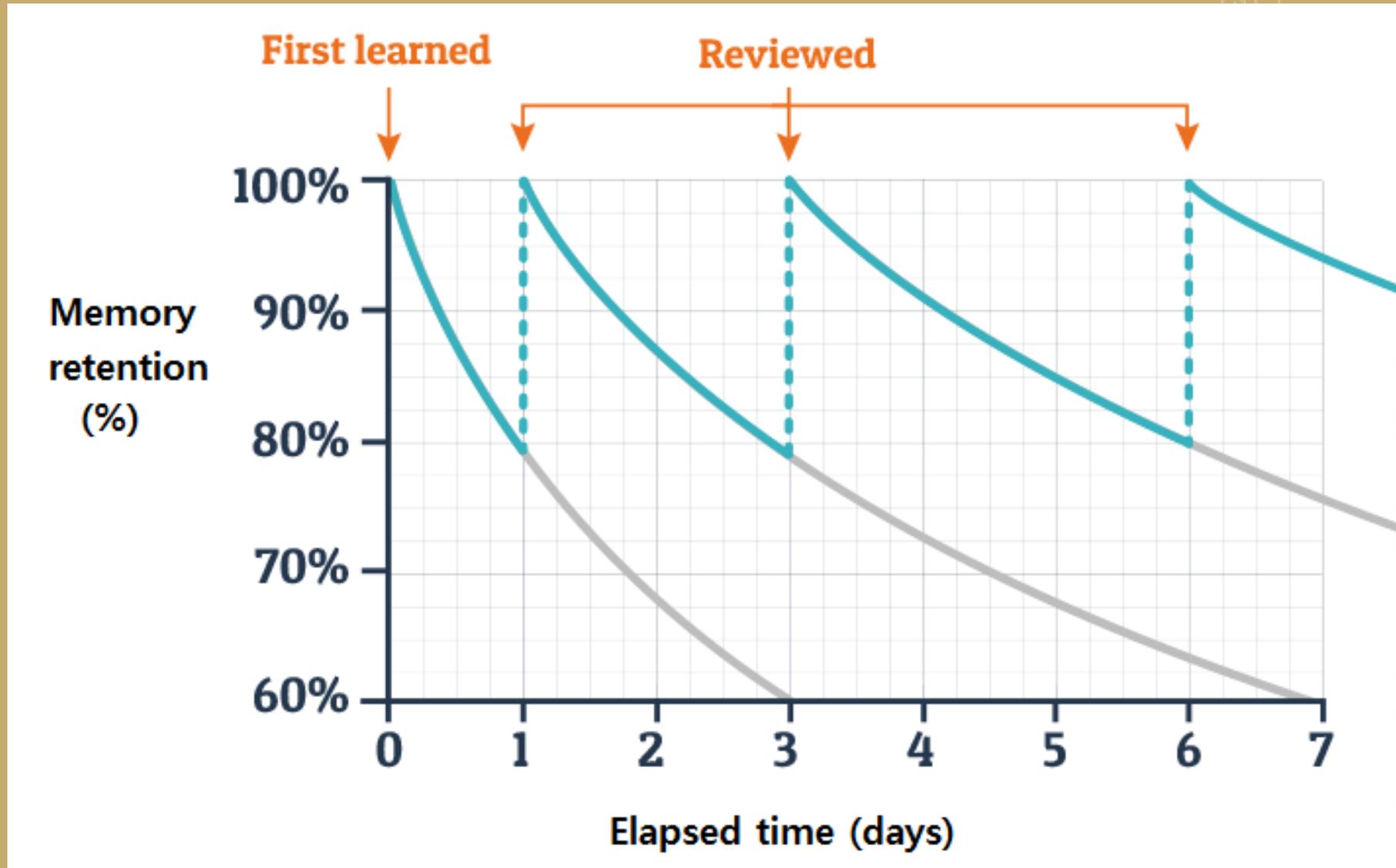
Roughly **56%** of information is forgotten in one hour

**1
DAY**

66% of information is forgotten after a day

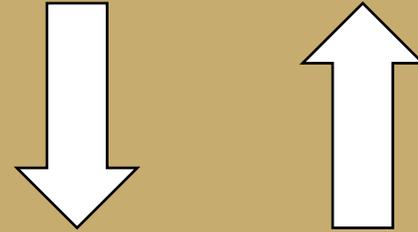
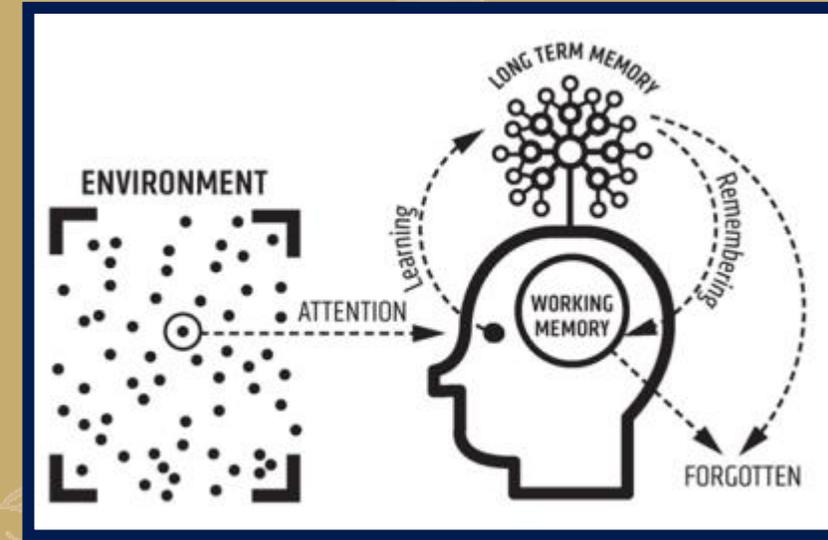
**6
DAYS**

75% of information is forgotten after 6 days



Can store up to 7
(+/- 2) pieces of
information at
one time

Working Memory
(site of awareness
and thinking)



Can store an
infinite
amount of
information

Long-Term Memory
(factual knowledge and
procedural knowledge)

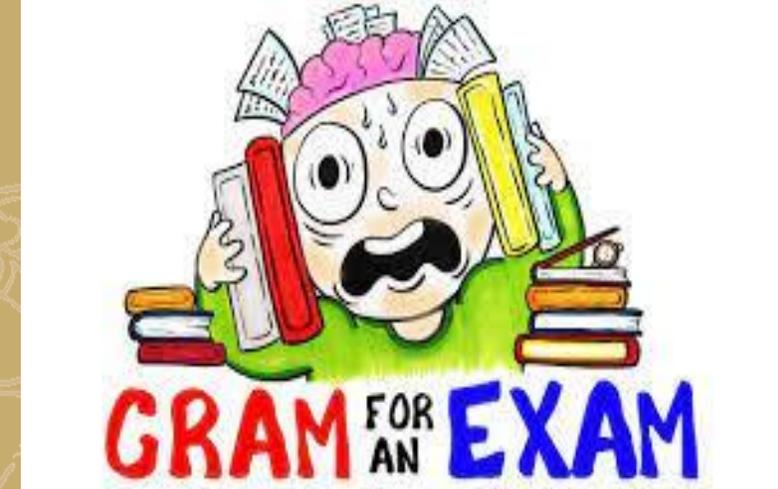
Cramming or spacing?



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 **cram**
/kram/
verb
gerund or present participle: **cramming**

1. completely fill (a place or container) to the point of overflowing.
"the ashtray by the bed was **crammed with** cigarette butts"
Similar: [stuff](#) [pack](#) [jam](#) [fill](#) [crowd](#) [throng](#) [overfill](#) [fill up](#) 
2. study intensively over a short period of time just before an examination.
"lectures were called off so students could **cram** for the semester finals"
Similar: [study intensively](#) [revise](#) [swot](#) [bone up](#) [mug up](#)



Association for psychological science:

“When an unfamiliar fact is studied again and again in immediate succession, it feels better embedded in your memory than it actually is. It is much better to create an interval between the times you study an item.”



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Don't...just highlight everything!

Expectation



Reality





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Don't... just re-read the book/textbook



Do...get active

Double underline key points from a topic
in your exercise book/revision materials



THEN

Create a mind-map of key points



THEN

Create flashcards using your mind-map



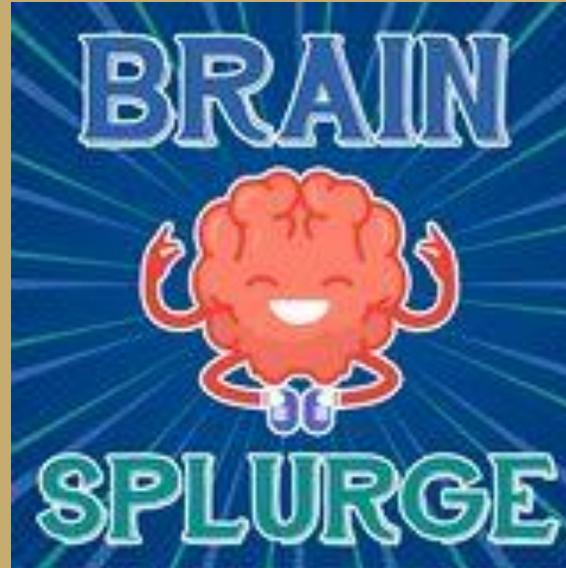
THEN

Test yourself



Do...test yourself

LOOK
SAY
COVER
WRITE
CHECK



Past Exams

$P(12) = \frac{1}{36}$
 $P(13) = 0$

Sample space

$y = mx + c$
 $m = \frac{y_2 - y_1}{x_2 - x_1}$

$y = ax^2 + bx + c$
 $y = a(x-b)^2 + c$
 $y = a(x-b)(x-c)$

x intercept
 y intercept

The image shows a chalkboard with various mathematical diagrams and formulas. On the left, a probability tree diagram for two events A and B. In the center, a 6x6 grid representing a sample space. On the right, a tree diagram for two events H and T. Below the grid, a coordinate plane showing a line with x and y intercepts. To the right, a parabola on a coordinate plane with its vertex and x-intercepts marked.



Do...use flashcards



1. Gather key information for your flash card – quotes/facts/key words/examples/concepts/methods etc. Select the most important information only.



2. Create your cue cards. One side with the name of a term or idea, and the other side annotated with definitions, explanations, the key ideas you need to know



3. Use them to test yourself using the Leitner method (or get someone else to test you!)

Do... Use the Leitner method to prioritise the information you know less well

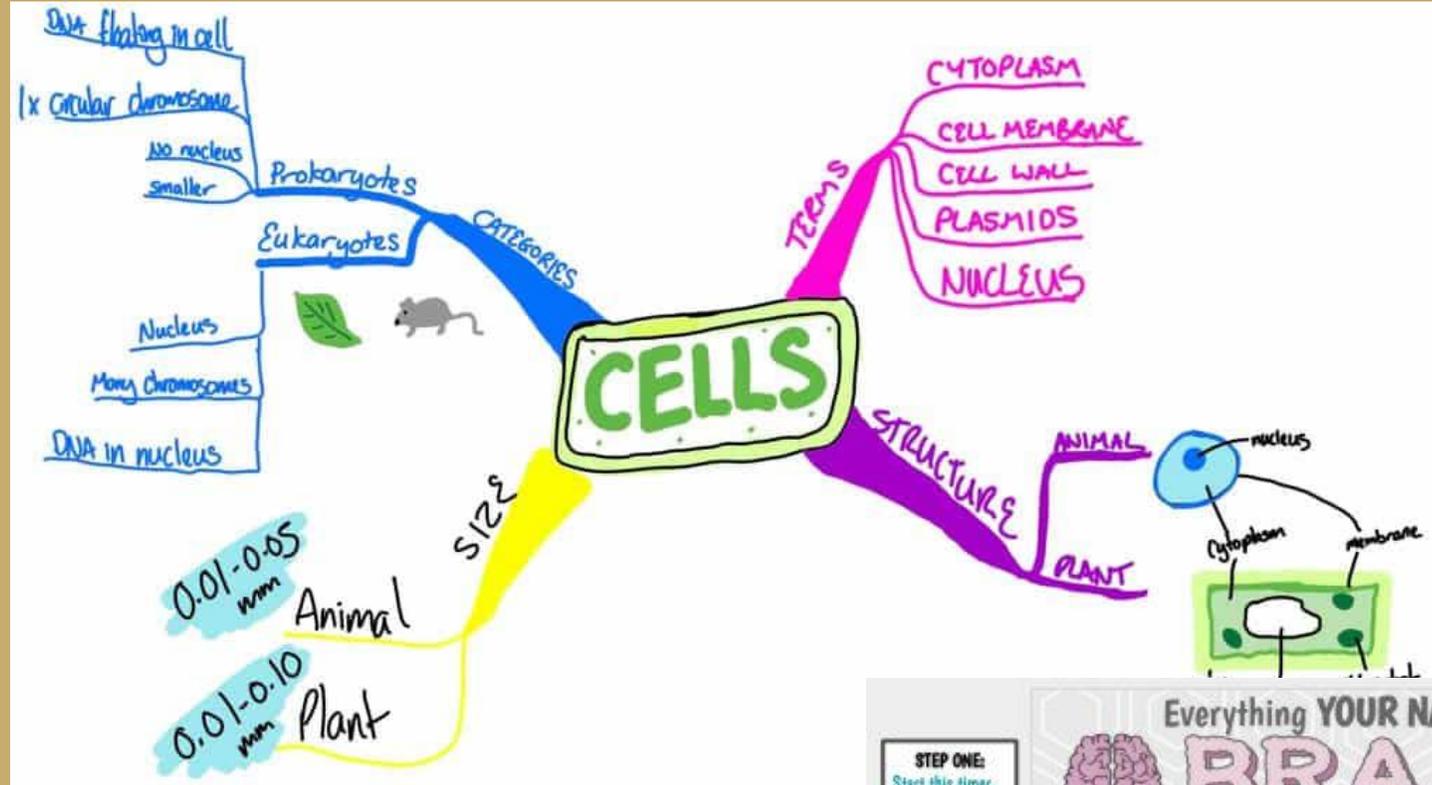
Know it well

Sometimes remember/know
some details

Not a clue!

- Test yourself on the flashcards in the Box 1 pile. If you get the answer correct on the flashcard, move it to the Box 2 pile. If you get it incorrect, it stays in Box 1.
- Twice a week, test yourself on the flashcards in Box 2. If you get the answer correct on the flashcard, move it to the Box 3 pile.
- If you get it incorrect, it stays in Box 2. The aim is to get all of the flashcards to Box 3.

Do... Brain Dump



- Write down/mindmap everything you can remember about a topic – key words, facts, ideas, quotations
- “peek and add” – check your note and see what you missed
- Use another colour to update and prime your brain for what you forgot



Everything **YOUR NAME** knows about **YOUR TOPIC**

BRAIN DUMP

30 Seconds 1 Minute Peak and Add

STEP ONE:
Start this timer. Come back to this tab and write what you know in the 30 seconds box until the timer goes off

STEP TWO:
Start this timer. Come back to this tab and write what you know in the 1 minute box until the timer goes off

STEP THREE:
Start this timer. Come back to this tab. Peak at other students slides and come back and add to your Peak and Add Column until the timer goes off

DON'T FORGET:
Change your name and the Topic of today's Brain Dump!



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Do... Attempt past papers in timed conditions (and use mark schemes to self-mark)

Highlight and
return...



Use highlighted
questions to create
personal revision lists
or as areas to seek
help

Spanish SPAN3
General Certificate of Education
Advanced Level Examination
June 2012
Unit 3 Listening, Reading and Writing
Tuesday 12 June 2012 1.30 pm to 4.00 pm

Spanish SPAN3
General Certificate of Education
Advanced Level Examination
June 2012
Unit 3 Listening, Reading and Writing
Tuesday 12 June 2012 1.30 pm to 4.00 pm

Spanish SPAN1
General Certificate of Education
Advanced Subsidiary Examination
June 2012
Unit 1 Listening, Reading and Writing
Monday 14 May 2012 1.30 pm to 3.30 pm

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
TOTAL	

procrastination

/prə(ʊ)ˌkrɑːstɪˈneɪʃ(ə)n/

noun

the action of delaying or postponing something.
"your first tip is to avoid procrastination"

Similar:

dithering

delaying tactics

dilatoriness

stalling

temporizing

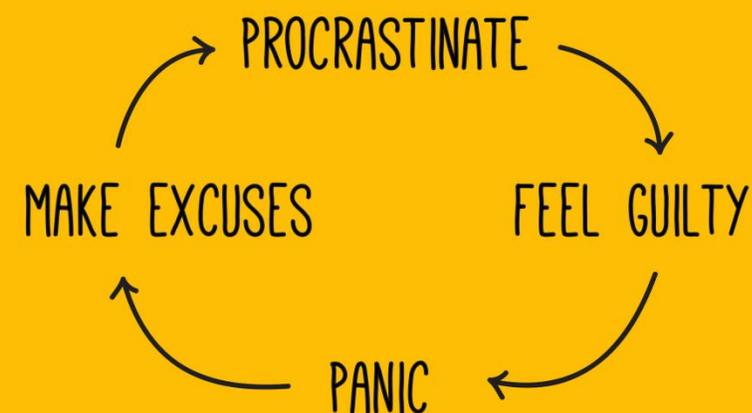
hesitation



More top tips to work
smarter and avoid
procrastination!



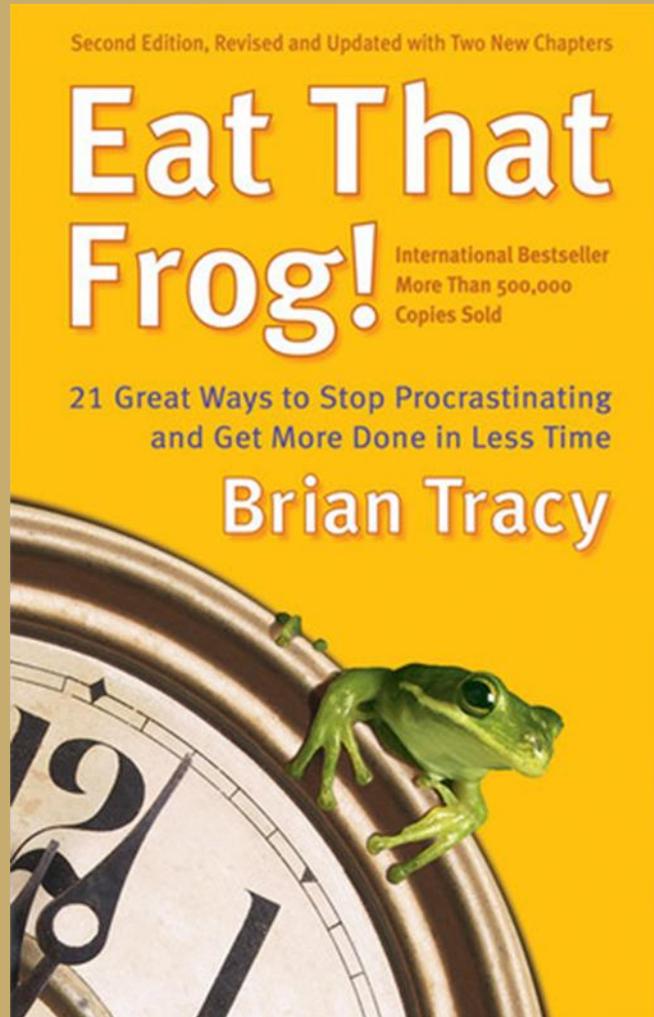
THE PROCRASTINATION CYCLE





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Do... prioritise subjects that may be more challenging



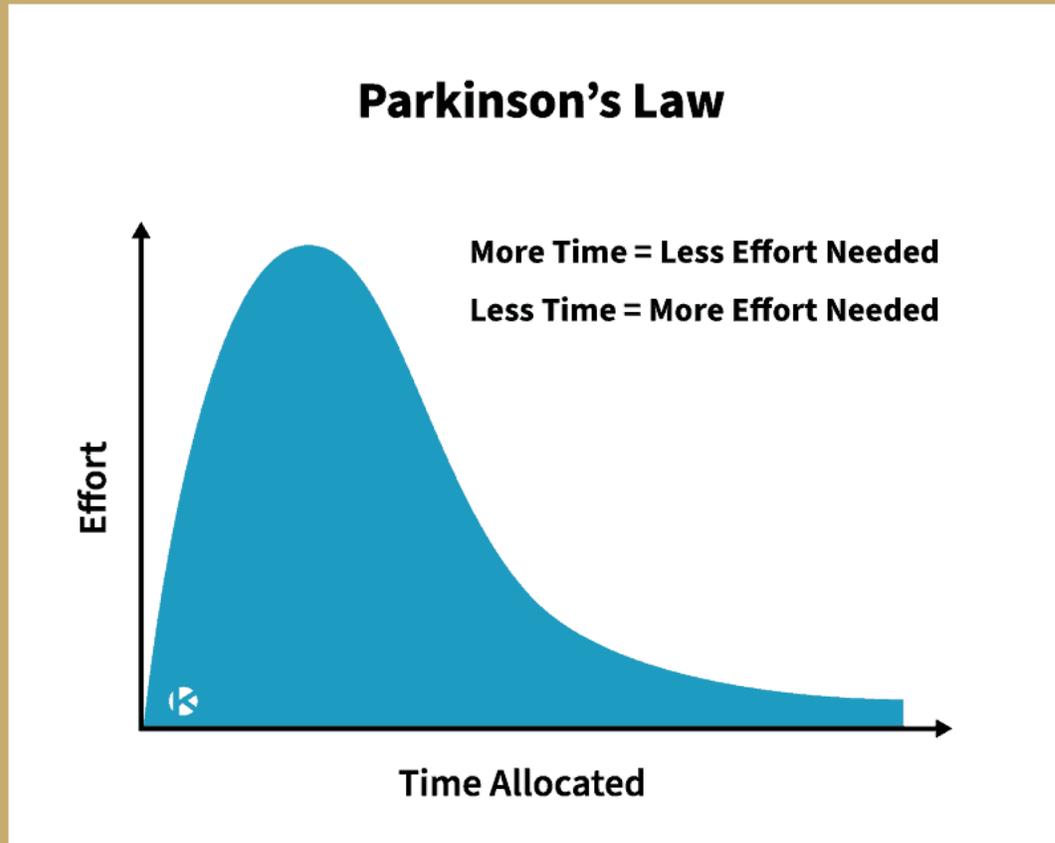
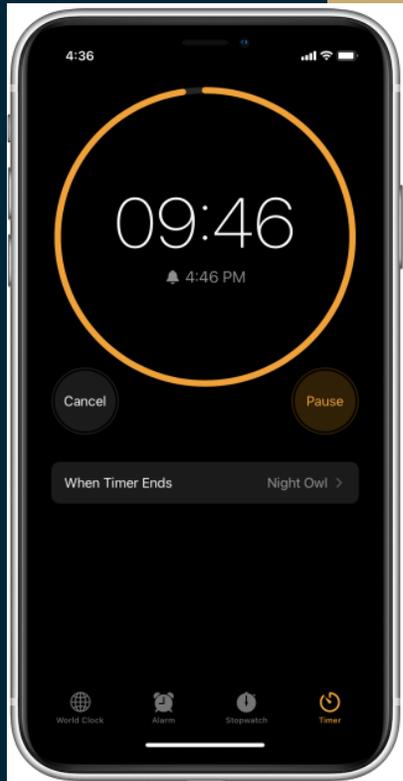
HOW TO EAT THE FROG

1. **IDENTIFY YOUR FROG** 🐸
a.k.a. your hardest, most important task for the day. Just one!
2. **EAT IT** 🍴
Do your most important task first thing in the morning. Don't give yourself the chance to put it off for later.
3. **REPEAT EVERY DAY** 🔄
You'll be amazed how quickly small steps taken consistently add up to big accomplishments.



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Do... set time limits to boost productivity



Do... Create a revision timetable

Revision Timetable

Week commencing DATE: _____

You do not need to study from 8am-10pm; decide which hours of the day you can concentrate best



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning (9am-12pm)							
Afternoon (12pm-4pm)							
Evening (5pm-8pm)							

Don't be over ambitious – break work down into small chunks. Assess how familiar you are with each topic and focus on your weak areas. Take breaks, do short (45 minute) sessions often and include fun stuff / rewards – that way you are more likely to stick to your timetable. Use different colours to distinguish your different subjects. Take a look at the example over the page.



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning (9am-12pm)	Biology	Rest	Relax day	Computing	Rest	Relax day	Rest
	Biology			Computing	Maths		
	Biology			Break	Break		
	Break			French	Maths		
Afternoon (12pm-4pm)	English Lan	French	Relax day	French	Maths	Relax day	English Lit
	English Lan	French		Break	Break		Break
	English Lan	Break		Break	Break		Biology
	Break	Maths		Break	Physics		Break
	Business	Maths		History	Physics		Physics
Evening (5pm-8pm)	Rest	Break	Relax day	History	Break	Relax day	Break
		Break		Break	Business		Chemistry
		Chemistry		History	Business		Rest
		Chemistry		Rest	Rest		

Don't be over ambitious – break work down into small chunks. Assess how familiar you are with each topic and focus on your weak areas. Take breaks, do short (45 minute) sessions often and include fun stuff / rewards – that way you are more likely to stick to your timetable. Use different colours to distinguish your different subjects. Take a look at the example over the page.



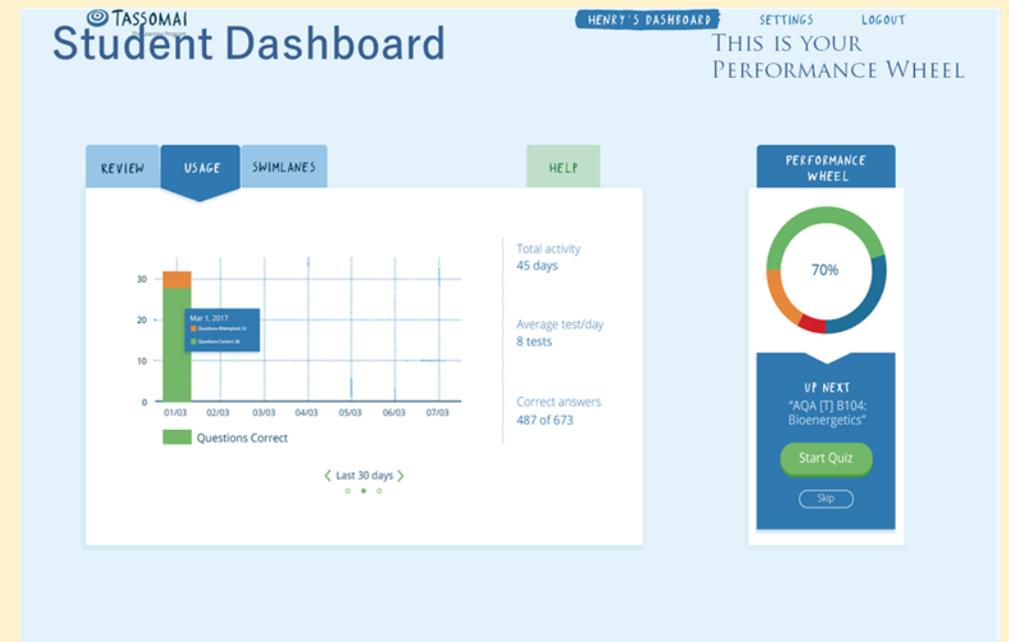
How can technology
help?

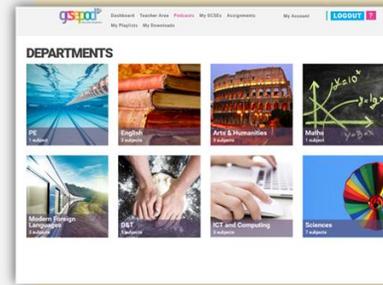
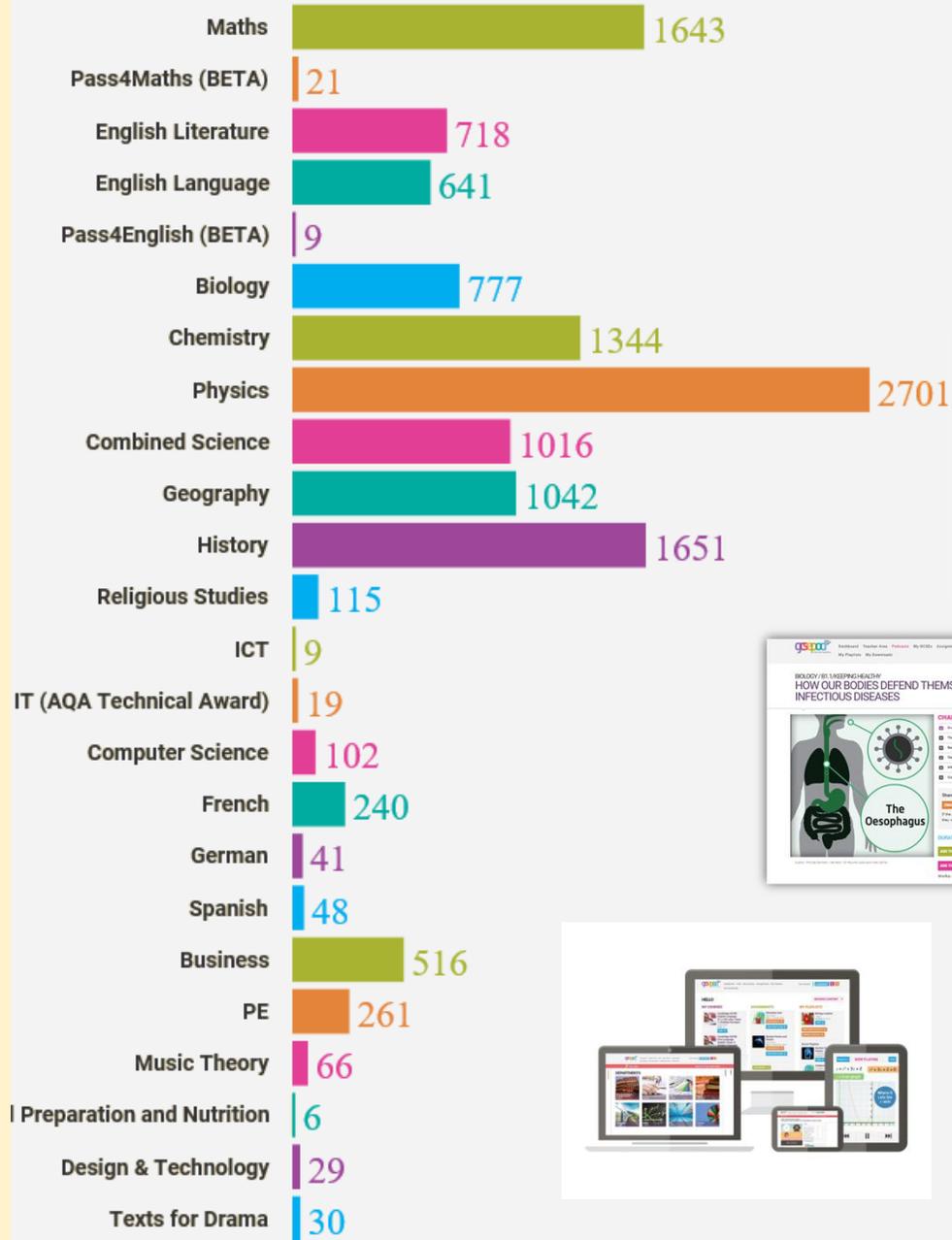




The Learning Program

Students should be
completing 100 questions
a week





Little and often,
overlearning core
material, with
low stakes
knowledge tests





Subject specific guidance: Maths



GCSE Mathematics

Head of Faculty

Katrina Beswick

Head of years 7 and 8

Anne Quilter

Head of year 9

Micheal Ruddy

Head of data, intervention and setting

Helen Rex

Head of 6th Form

Neil Parsons

GCSE Mathematics

- AQA 8300
- 2 tiers of entry
 - Higher – grades 9-4
 - Foundation – grades 1-5
 - (overlap grades 4,5 – a pass and a strong pass)
- 3 papers, each 1 hour 30 mins
- Paper 1- non-calculator
- Papers 2,3 are both calculator papers
- Each paper is out of 80 marks
- Final grade is based on the total of all 3 papers (total 240)



Overview of the remaining journey...

Over 80% of the GCSE maths course has been taught.

The remaining content will be taught during this first term.

Assessments

Will be used to 'fine tune' revision needs and will take place as follows:

P1 - Non- calculator paper early October split over 2 lessons (already sat and pupils should have a pinpoint learning booklet of 5 key areas to target)

P1, 2, 3 sat during the mock period starting in December

P1, 3 sat during additional 'core' mock period starting late Feb/ March

Pinpoint Learning

- Each student has a log in
- Encouraged to enter any/ every assessment/ past paper in here.
- Enter score for every question/ part question
- Keeps a dynamic **matrix** of skills mastered, part assessed, further investigation, or a consistent weakness
- Provides personalised booklets based on target areas – 5 topics at a time...

FIND 5

7	U996	Inverse functions	0% ★★	-	-	-	0% ★	-	Consistent Weakness
7	U448	Composite functions	-	-	-	100% ★	-	-	Tested Once Only
7	U800	Estimating Gradient from Speed Time Graph	100% ★★	-	-	-	-	-	Tested Once Only
7	U591,U952,U592	Sine, Cosine Rules and Area of Triangles	100% ★★★	100% ★★	-	-	-	-	Consistent Strength
7	U587,U657	Upper and Lower Bounds	-	-	-	-	0% ★	-	Tested Once Only
7	U168,U434	Iterative processes	-	-	-	-	100% ★	100% ★	Consistent Strength
7	U814,U983	Histograms	-	-	-	-	0% ★	50% ★	Improved

Revision and Support

Each student should have received/ be receiving:

- Knowledge organiser (summary of key knowledge)
- Tailored revision materials in class:
 - topic based,
 - grade based
- Past papers and the chance to purchase 'past papers booklets' now and Jan (£5 to cover cost of printing/ binding)
- Access to Mathswatch and pinpoint learning to help identify and close any gaps

Further Support

- Targeted revision sessions run by class teachers – lunch/ afterschool
- Targeted paired support programme – Tuesday lunch with 6th form students
- Grade 7+ sessions starting after half term run by Mr Johnson
- Targeted support through breakfast club

Top Tips

Little and often

Start now – we have almost finished the course... get ahead to free up time for other subjects later

To revise maths... do maths... mathswatch online questions, Corbett maths 5 a day

Encourage students to not give up on questions they can't do... use the Mathswatch videos/ class teacher/ family/ friends to help

After each assessment

Where can you gain knowledge and understanding to find 5 more marks....

This is approximately half a grade on a paper

FIND 5



Subject specific guidance: Science





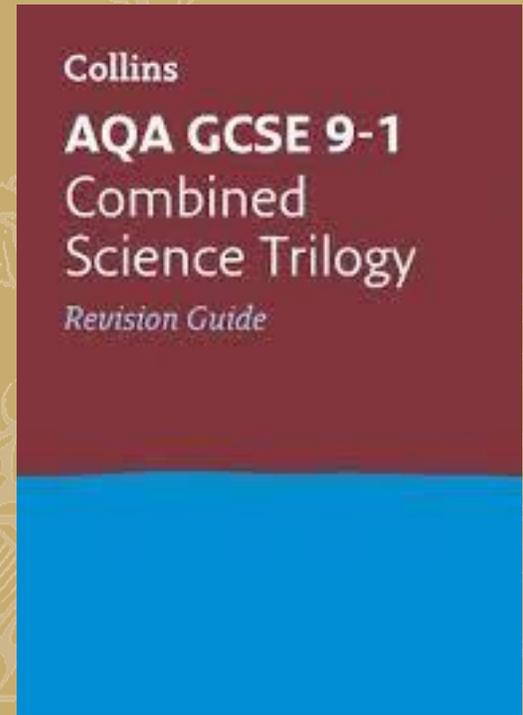
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How to Revise Science





Resources



- Tassomai
- Revision Guide
- GCSE Pod
- AQA Practice Papers
- BBC Bitesize
- Seneca Learning
- Free Science Lessons





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Top Tips

1. To be successful in science you must **know the key ideas and facts.**
 - Recap content regularly using revision guides, knowledge organisers, BBC Bitesize, Seneca, GCSE Pod or Free Science Lessons videos
2. To be successful in science you must **practise applying knowledge to answer questions.**
 - 100 correct questions per week on Tassomai
 - Use the Tassomai Tree to identify areas of weakness
 - Work through the practice questions in the revision guide
 - Do lots of exam questions for further practice
3. To be successful in science you need to pay close attention to key words that need to be in the answers.
 - Highlight key word in your answers or corrected work

Y11 December Mocks

Students will sit 3 papers for their mocks.

- Separate science students' papers are 1 hour 45 minutes long.
- Trilogy science students' papers are 1 hour 15 minutes long.
- All content on their mock papers was covered before the end of year 10.
- Students are provided with a Periodic Table for chemistry and SOME equations for physics.
- They MUST have a calculator for their exams in science.

Paper 1 biology (topics 1-4)

- ❖ Cell biology
- ❖ Organisation
- ❖ Infection and Response
- ❖ Bioenergetics

Paper 1 chemistry (topics 1-5)

- ❖ Atomic Structure and the Periodic Table
- ❖ Structure and Bonding
- ❖ Qualitative Chemistry
- ❖ Chemical Changes
- ❖ Energy Changes

Paper 1 physics (topics 1-4)

- ❖ Energy
- ❖ Electricity
- ❖ Particle Model of Matter
- ❖ Atomic Structure and Radioactivity

Y11 March Mocks

- We are currently working through the last few topics.
- We should have finished delivering new content by approximately February half term.
- The students will sit paper 2 in March for each science.

Paper 2 biology (topics 5-7)

- ❖ Homeostasis
- ❖ Inheritance, Variation and Evolution
- ❖ Ecology

Paper 2 chemistry (topics 6-10)

- ❖ Rate and Extent of Reaction
- ❖ Organic Chemistry
- ❖ Chemical Analysis
- ❖ Chemistry of the Atmosphere
- ❖ Using Resources

Paper 2 physics (topics 5-7 (8))

- ❖ Forces
- ❖ Waves
- ❖ Magnetism
- ❖ Space (separate science ONLY)

Links

- [Tassomai](#)
- [GCSEPod](#)

- [AQA | Subjects | Science | GCSE](#)
- [GCSE - BBC Bitesize](#)
- [Free Homework & Revision for A Level, GCSE, KS3 & KS2 \(senecalearning.com\)](#)
- [Videos | freesciencelessons](#)





Subject specific guidance: English





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English Literature and Language

• Summary

- Two qualifications
- All pupils entered for both literature and language
- 4 Papers in total plus a Spoken Language NEA

**"Memory is the residue of
thought"**

English Literature 2023

Literature Paper 1

- Macbeth – Shakespeare (30 marks + 4 marks SPAG)
- A Christmas Carol - Dickens (30 marks)

Literature Paper 2

- An Inspector Calls – J.B. Priestley (30 marks + 4 marks SPAG)
- Power and Conflict Poetry (30 marks)
- Unseen Poetry (24 marks + 8 marks SPAG)

Curriculum coverage

- Year 10:
 - Macbeth
 - An Inspector Calls
 - Language Paper 1
 - Language Paper 2

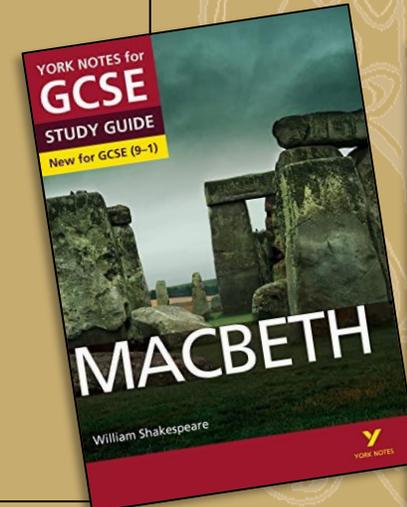
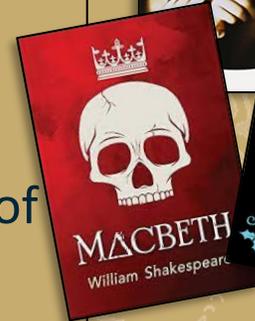
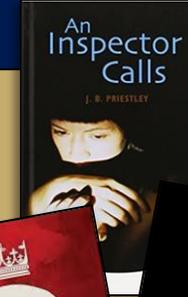
	HT1	HT2	HT3	HT4	HT5
Year 11 2022-23	<p>Power And Conflict Poetry Unseen Poetry</p> 	<p>Mock preparation</p> <ul style="list-style-type: none"> • AIC • Poetry • Unseen Poetry <p>Spoken Language NEA</p>	<p>'A Christmas Carol' –Charles Dickens</p> 	<p>Power And Conflict Poetry Macbeth Revision</p> 	<p>Bespoke Revision</p> 



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Literature -Top Tips

- Read the **whole texts** – Macbeth and ACC are extract based. AIC gives no extract but a choice of questions
- **Practice** essays under timed conditions
- **Cue cards** of key quotations and analysis
- Seneca Learning
- GCSE Pod
- **The 'gold'**



Poetry - Gold

- Transience of life** – the idea that life is short and fleeting, mankind is only a passenger on Earth. Modern interpretation explores that people are transient in that many don't can't settle in one habitat in their life time: refugees, immigration.
- Defiance of Nature** – there is something wrong morally about interfering with nature's processes, or denying nature itself. Mankind will face dire consequences for failing to respect the grandeur of creation.
- The sublime** refers to concepts that excites thoughts and emotions beyond ordinary experience. Often associated with romanticism, greatness beyond all possibility of calculation, measurement, or imitation, often inspired by nature.
- The design argument** – this rejects the idea that we were created by random chance. William Paley, 18th Century, compared the design of the universe to finding a watch arguing if you found a watch lying on the grass and saw how complicated it was you would have to assume someone made it.
- Freud personality theory** – the human psyche has three parts. The **id** – with us from birth. It wishes to satisfy every urge immediately, regardless of the consequences. **The ego** – the decision-making part of our psyche. It works by reason and strategy. **Superego** – reflects the values and morals of others. It is our conscience and means that we experience guilt.
- Psychological detachment from consequences** – psychological detachment from consequences. A result of guilt and the portrayal of human nature in taking secret life.
- Cognitive distortions** describe irrational, inflated thoughts or beliefs that distort a person's perception of reality, usually in a negative way. Often seen in cases of **PSD** (historically known as **shell shock**) through behaviours of self-blame, hopelessness or preoccupation with danger.
- Freud dream theory** – dreams are the reflection of our pains or desires. The subconscious mind uses dream state as a way of communicating man's deepest fears.

An exploration of the human condition to desire power and status – it explores man's hubris (pride) and this ultimately becomes man's fatal flaw.

Power and its complexity – Dichotomy of power and weakness in humanity – **power is ephemeral and fleeting** yet is the ultimate goal for so many.

The cyclical nature of human behaviour – Mankind must learn from its past experiences and mistakes in order to make progress. Otherwise, society is stuck in a **perpetual cycle of suffering**.

Dark Triad (narcissism, psychopathy and Machiavellianism) as a mechanism to display the horror and manipulative nature of mankind: the ultimate critique of leadership, and those in the positions of power.

Moral judgement and absolution - Biblical teaching emphasizes the importance of confession and repent for our sins, we will suffer damnation. Who in society is able and willing to embark on a **moral journey towards absolution**?

Futility of war – an anti war concept that questions the point and purpose of conflict when it results in a cataclysmic waste of life. The youth of the war is also emphasized to reinforce the waste of young lives. Legend of Sisyphus – condemned to a punishment of futile labour due to his trickery of the Gods.

Sartre's principle of existentialism - 'Man is nothing else but that which he makes of himself' Existentialism is a philosophy that explores the nature of human existence and centres on the experiences of thinking, feeling, and acting.

Boethius' consolations of philosophy which states that the wheel of fortune 'shows her might' – all power will eventually pass as the wheel turns. He states the correspondence between faith and reason: the truths found in Christianity would be no different from the truths found in philosophy.

The consequences of sin (crime and punishment) Allusion to Faustian legend – who would 'sell his soul' is exchanged for a fleeting moment of power? Even if it results in **freedom – death as punishment for sin and eternal damnation**.

'I wear the chain I forged in life'	'A lonely child'	'As solitary as an oyster.'	'The boy is Ignorance and the girl is Want.'
'Buried with a stake of holly through his heart'	'Oh, tell me I may sponge away the writing on this stone!'	'No warmth could warm, no wintry weather chill him.'	'this nephew of Scrooge's, that he was all in a glow'
'another idol has displaced me'	'Every idiot with Merry Christmas on his lips should be boiled with his own pudding'	'I cannot afford to make idle people merry'	'God Bless us! Everyone!'
'I see a vacant seat'	'I am as light as a feather'	'Are there no prisons?'	'Bah! Humbug!'

Literature Top Tips – what did our pupils say?

“Essay practice and mind maps for each question” - Target 7, Achieved Grade 9

“Know the mark scheme and what the examiner is looking for. Don’t stress the quotes stress the analysis” - Target 7, Achieved Grade 8

“Learn gold concepts! And learn your quotes inside out weeks and weeks before so they stick, also learn the annotations as well!” - Target 6, Achieved Grade 7

“Make mind maps for each character and theme, first brain dump ideas and things you know that would be helpful, then add all of the gold that links with these and put them on your wall so you can see it all the time.” – Target 6, Achieved Grade 7

“Cue cards, memorisation of key quotes and key gold ideas” - Target 4, Achieved Grade 6

English Language 2023

Language Paper 1

Explorations in creative reading and writing

- Q 1-4 – Analytical questions (40 marks)
- Q 5 – Narrative or descriptive writing (40 marks)

Language Paper 2

Writers' viewpoints and Perspectives

- Q 1-4 – Analytical and comparative questions (40 marks)
- Q 5 – Non-fiction creative writing (40 marks)

Spoken Language NEA

Language -Top Tips

- **Practice papers** under timed conditions
- Know and revise the **question strategies**
- Know and revise **language** and **structural features**
- Memorise and apply **creative vocab**
- Practice, practice, practice the **two creative writing components** – they are 50% of the qualification.
- Youtube tutorials – Mr Bruff, Mr Salles

Language Top Tips – what did our pupils say?

**“Do lots practice test papers” –
Target 7, Achieved Grade 7**

**“Always believe that you can do it and
motivate yourself to start because
that’s the hardest part” –Target 5,
Achieved Grade 5**

**“Practice writing answers and look at
example answers. Try to keep to the
timings of each question as much as
possible” – Target 6, Achieved Grade 8**

**“Revise little and often and go to
revision sessions” –Target 8, Achieved
Grade 8**

**“I would advise my younger self to
start revising earlier in the year and to
consider doing practice papers
especially practising the question 4
and 5 on the paper as they are worth
the most marks.” – Target 5, Achieved
Grade 9**

Mock Exams

Literature Paper 2

2h 15m

- An Inspector Calls – J.B. Priestley
- Power and Conflict Poetry
- Unseen Poetry

Language Paper 2

Writers' viewpoints and Perspectives

1h 45m

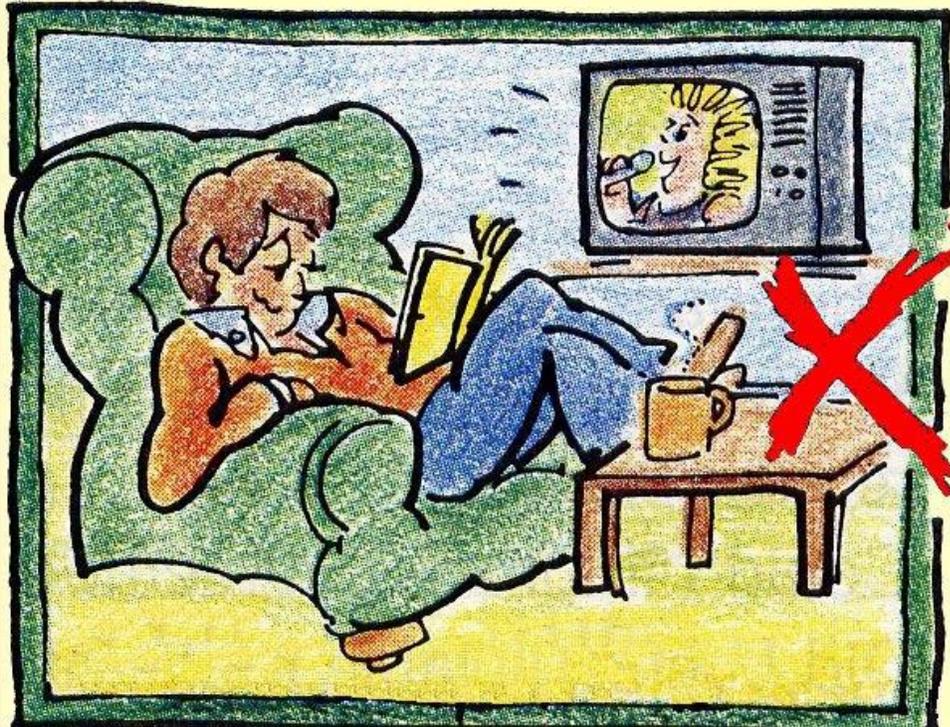
- Q 1-4 – Analytical and comparative questions (40 marks)
- Q 5 – Non-fiction creative writing (40 marks)



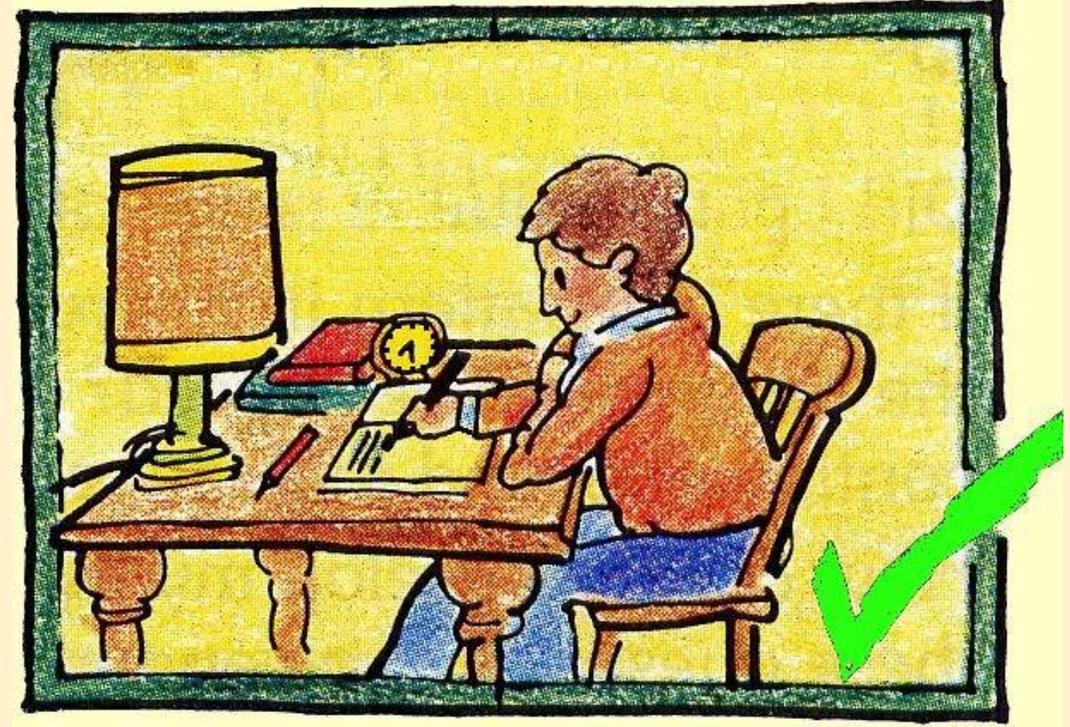
Healthy habits and support



Getting the environment right is the first step!



The myth



Not popular, but extremely
effective!

Getting the environment right is the first step!

- Remove distractions
- Plan beforehand (revision timetable, information in advance)
- Factor in 'chunks' of time, with breaks in between to keep the brain active!
- Sleep
- Healthy diet (especially on the morning of the exams!)

Attendance matters

The more time students spend in school the more likely they are to succeed.



Taking advantage of support

-Attend revision sessions with teachers

-Access support for well-being to help with exam stress and worries

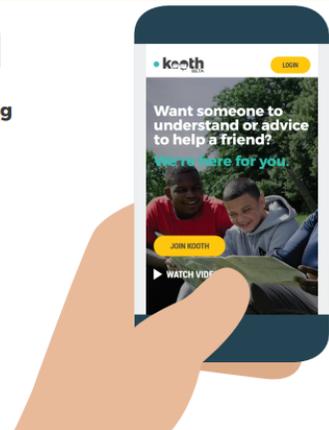
How to sign up to **kooth**

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday

Log on through mobile, laptop and tablet.

www.kooth.com



‘How to help your child revise’

Please refer to our ‘Revision’ section of the website to access further information and support.

Have a safe journey home.

