

Helping your child to achieve their best

Year 10 Examinations 2019

A parents' guide to study and revision skills

Aspire
not to
have more
but to **be**
more...

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Dear Parent/Carer

We value the support and encouragement you give your son/ daughter with their studies at Our Lady's Catholic College. This booklet is to help you support your son/ daughter as they revise for their Year 10 exams.

These are important exams for your child as they will prepare them for the GCSE exams they will be sitting next year. You will want your child to achieve the best grades that they can and this can be made possible when there is a partnership between our student, the school and you the parents/carers.

There is still enough time for students to prepare if they are organised and work hard. There are a number of simple things that you can do as parents to help students to be as prepared as possible. Parental support is eight times more important in determining a child's academic success than social class, according to a study by The Campaign for Learning. This booklet aims to tell you more about what is required for exams and how you can become involved in the revision process.

How can I make a difference?

It's all completely different from when I was at school!

You don't have to be an expert in any of the subjects your child chooses to make a real difference – you just need to know how best to spend the time you do have to support your child.

Your role in your child's education

Our Lady's has a crucial role to play and provides the expertise and resources to help your child to gain the skills that they need to do their best in each subject. However, one of the hardest tasks for Year 10 is to understand the long-term importance of doing the best they can now in the interest of the long-term benefits of education and exams and how this will help them succeed in their external exams next year.

Year 10 students differ in their levels of maturity, their ability to take responsibility for their learning, organisational skills and levels of motivation. This is where you come in. You are the expert on your own child and have always been his or her most important teacher. Your support, encouragement and interest can make a big difference to your child's motivation and ability to cope with the academic and organisational demands of the exams.

Your role may include some or all of the following:

- **Attendance officer** – making sure your child attends school on time and understands the importance of making the most of lesson-times. Government statistics show that there is a link between attendance, punctuality and results at GCSE. Every day lost in attendance reduces your child's chance of achieving their best.
- **Provider of the tools** for homework and revision - a quiet space for study, pens, paper and other necessities.
- **Study buddy** – showing an interest in the subjects, helping with homework (but not doing it for them), testing them when they ask you.
- **Adviser** – helping your child to break tasks down so that they are manageable, keeping a subtle eye on progress and celebrating achievements. Seeing a positive way forward when things go wrong.
- **Project manager** – agreeing the rules for homework or revision, helping them to make a realistic timetable, balancing work time against recreation time and reviewing the plans as necessary.

What can parents do to help?

Help your child to start preparing for their exams now!

If homework and revision are left to the last minute, this will limit your child's chance of doing their best. Over the next few months:

- Ensure that your child attends school regularly and is punctual. Every day lost in attendance reduces their chance of achieving their best.
- Encourage your son/daughter to persevere and to begin working hard now in preparation for the exams. Check that they are keeping up with homework.
- Encourage your child to begin revising now if they haven't already!

Revision tips for parents

- Help your child to make a study/revision timetable which includes the dates and times of the exams at the end of February.
- The timetable should be used to plan revision sessions. These should be spread out evenly so that your son/daughter is not planning to do too much all at once.
- Have the timetable displayed in their room to help them to stick to the plan.
- Make sure that they have all the books needed to hand to avoid wasted time.
- Check how they are doing by asking them to explain something they have just revised.

Revision tips for students

You can support your son/daughter by helping them to follow these tips and techniques:

- Do not revise for more than one hour without taking a 5-10 minute break. Have a glass of water or something similar to drink.
- Stay focused. Hours can be easily wasted on social networks and mobile phones.
- In the evenings after school, plan to revise one or two subjects for one to two hours. Leave some time for relaxation.
- Plan to revise specific topics in each subject, not everything at once.
- Ensure that each revision session starts by tackling the most difficult topics first.
- Plan to cover each subject several times and revisit each one nearer to the exams.
- Revising or studying with the TV or radio on or with loud music is not a good idea. Quiet background music may help some students.
- Reading is not enough. Making brief notes in either words or pictures will help students to remember.

Revision techniques

Reading text over and over until you remember it may not be very effective unless it is supported by other techniques such as:

Visual

- Write notes on post-its and stick on walls
- Make notes on key ideas
- Summarise notes on cards
- Highlight/circle key information
- Draw pictures, mindmaps, graphs
- Display keywords around the room

Auditory

- Make up rhymes, mnemonics (e.g. Never Eat Shredded Wheat – North, East, South, West)
- Test yourself or your friends
- Get someone to test you
- Teach someone what you have revised
- Read your notes out loud or record them and play them over and over

Kinaesthetic

- Create revision cards
- Act topics out
- Use gestures to demonstrate concepts

Parents:

Make sure that your child knows:

- What day the exam is on and at what time it starts
- How long the exam is for
- What is being tested in each exam

Before exams, try to ensure that:

- Your son/daughter gets enough sleep, especially the night before exams
- He/she is eating sensibly – especially breakfast on exam days
- He /she has all the equipment required:
- Pens and sharp pencils, erasers, a ruler
- A calculator (when permitted) & a protractor

What else can you do?

- Recognise the importance of exams and the preparation time needed to do as well as possible.
- Reward your child's efforts to revise.
- Reduce the number of chores that they have to do when exams start.
- Make sure that the whole family respects the importance of keeping disturbances to a minimum.
- Make sure that time is built in for exercise and recreation.
- Respect their growing independence. Ask them how you can best support them.
- Help them to keep things in perspective.

School Contacts

Get in touch with Mrs Knowles at school if you would like more help or advice. Please email k.knowles@olcc.lancs.sch.uk

Alternatively telephone the school reception.

Remember, how you and your son/daughter approach the year 10 exams can have a real impact on your child's future. Studies show that high parental interest is linked with better exam results than for children whose parents show no interest.

Websites to support students and parents:

Get revising

[getrevising.co.uk](https://www.getrevising.co.uk)

S-cool

[s-cool.co.uk](https://www.s-cool.co.uk)

Revision world

[revisionworld.co.uk](https://www.revisionworld.co.uk)

Study Maths.co.uk

[studymaths.co.uk](https://www.studymaths.co.uk)

Advice on helping your child

[bbc.co.uk/schools/parents](https://www.bbc.co.uk/schools/parents)

Interactive games and quizzes for children

[bbc.co.uk/schools/games](https://www.bbc.co.uk/schools/games)

A gateway to revision sites for every subject

[topmarks.co.uk](https://www.topmarks.co.uk)

Advice about revision

[revisioncentre.co.uk](https://www.revisioncentre.co.uk)

GCSE Bitesize

[bbc.com/bitesize](https://www.bbc.com/bitesize)

