



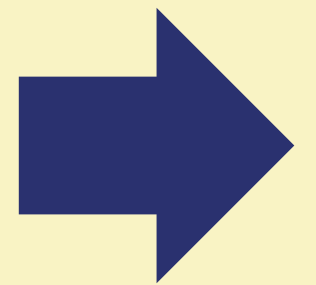
Exam season for Parents

How can I help my child through exams?



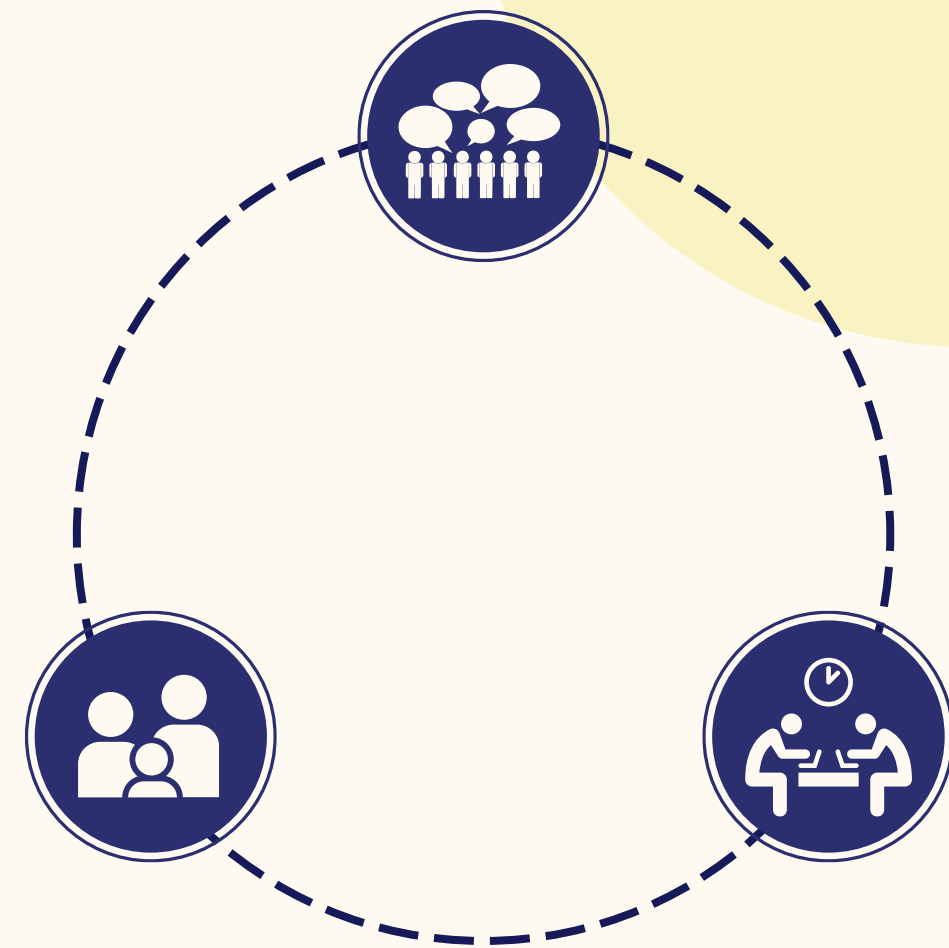
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Introduction

- Exam season can be really stressful for students - not only may they struggle to memorise content but they must juggle their social calendars and care for their mental wellbeing
- As parents/carers, you can help your child work through this period - and not just by revising with them!



How can I help?

Symptoms of stress:

- 01.** Teenagers are known for being moody and irritable, but exams can take this to the extremes as they find themselves constantly worrying or feeling negative.
- 02.** Some teens may lose interest in food, yet it is vital that they keep a balanced, healthy diet to boost their brain function.
- 03.** Sleep can be greatly affected by stress, so it is important to help your teen wind down before bed so they can sleep well to recharge.



Diet + Exercise

We all know about eating healthy, but cutting down on sugar and eating more protein can help improve mood and memory. Exercise is also a perfect way to stay active and take a brain break.

Sleep

While getting a long night's rest is essential for growth, it can also help alertness and concentration. Allowing half an hour before bed away from studying and screens can help performance, especially before an exam!!

Flexible

Being lenient with chores and social events during revision periods can help your teen feel less overwhelmed and more prepared for their exams.

Interaction

Ask your child how they are coping and if you can help. They may find it useful to teach you something or need your help in making a study timetable.

Revision

Helping your child revise may be difficult as you may have no clue what they need to know or what “homeostasis” even means! But that doesn’t mean you can’t help, in fact, there are many ways you *can*.



01.

Become the student



A brilliant way to ensure you know something is teach someone else. Your child might find it helpful to explain a topic to you, allowing them to figure out their wording and the ins and outs of the topic.

02.

Host a revision party!



Let them invite round friends and set out a picnic. Revising as a group can help them stay motivated and share ideas and techniques with each other. They can then have help from people who know the subject.

03.

Environment



Set up a space dedicated for their revision. Make sure it is clear from clutter and in a quiet room to allow them to focus without distraction. Ensure they are drinking plenty of water and sometimes check up on their progress.

04.

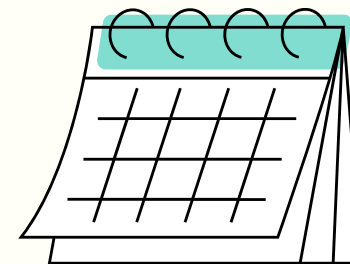
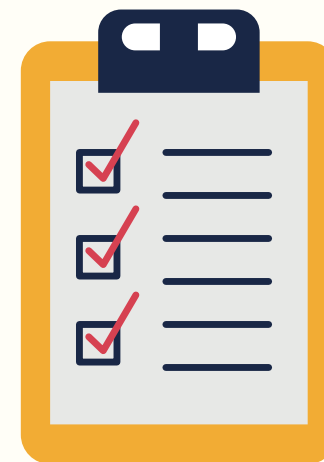
Time the test

Set up a clear space where they can do a practise paper. Use your phone to time them and make sure they stop writing to help them practise timed conditions.

Wellbeing tips

WHILE REVISING

- 1 Have a dedicated working space
- 2 Take appropriate breaks
- 3 Organisation - find a method that works for you
- 4 Motivations
- 5 Create visual barriers from distractions
- 6 Do a little bit each day



WELLBEING APPS



Wellbeing tips

BEFORE AN EXAM

- Leave the night before for rest and relaxation
- Get a good night's rest
- Eat a good breakfast
- Try to avoid speaking to your peers about the exam before/after

DURING THE EXAM

- Relax
- Breathe
- Grounding techniques
- Stay hydrated



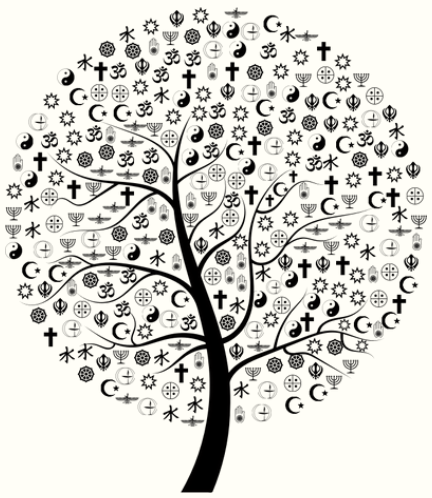
Subject specific

All subjects require different forms of revision. The next slides go through each subject and how your child can revise for each.





RELIGIOUS EDUCATION



Review topics and exam technique

Mr Summers' stream videos

YouTube Channel
<https://www.youtube.com/@BenWardle>

Ben Wardle

Helps memorise quotes

Active recall/blurting

Plan 6 or 15 markers for each sub-topic

Plan PEARL structure

Definitions
Quotes
Range

Flashcards

Best way to practise exam technique

Practise questions



STEM



1

- Past papers
- CGP 8-9 targeted workbook
- Maths -> school given revision packs
- The maths EdExcel textbook
- Pearson Edexcel GCSE (9-1) Mathematics Higher Extension Textbook

2

- Specification ordered notes (one notebook)
- Key points | Examples
- 6 marker/process flashcards
- Past papers (TABLE)

ENGLISH



Essay plan

Make mindmaps with key themes/characters
Essential to make links

YouTube

[Mr Everything English](#)
[Light up hub](#)
[First rate tutors](#)
[Mr Bruff](#)

Quotes

Repetition
Flashcards

Quote explosions
Quote blurting
Analysis

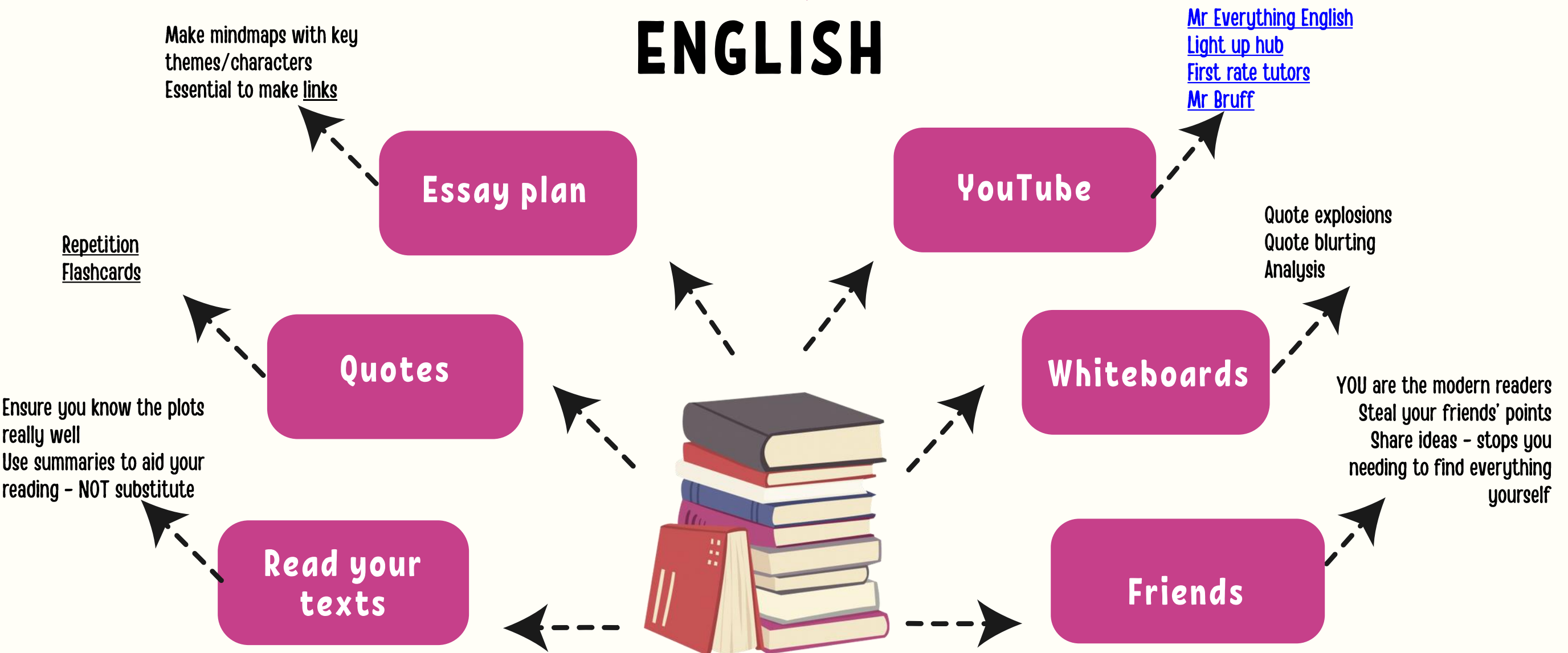
Read your texts

Ensure you know the plots really well
Use summaries to aid your reading - NOT substitute

Whiteboards

YOU are the modern readers
Steal your friends' points
Share ideas - stops you needing to find everything yourself

Friends



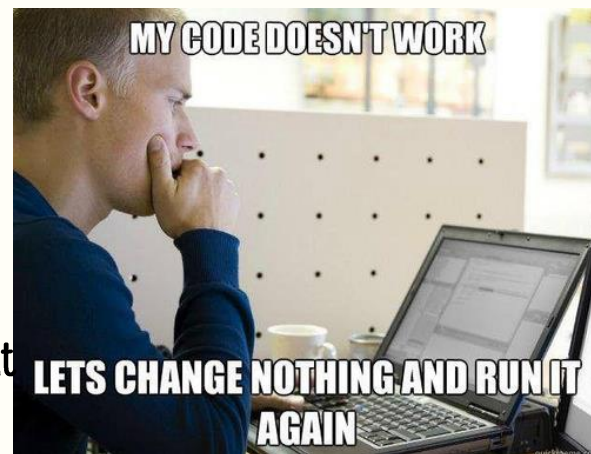
Computer science

Passive Revision

- Reading notes
- Watching videos

Active Revision

- Blurting
 - Read, remember, write, repeat



Useful resources:

- OCR Learner Companion
- [Craig n' Dave](#)
- [Smart Revise](#)
- [Edabit](#)
- 100 Programming challenges
- [Time2code](#)
- [W3 Schools](#)

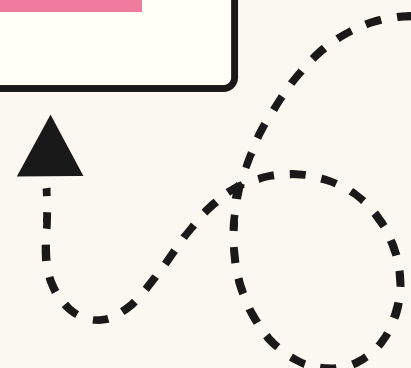


Key takeaways

Fail to prepare,
prepare to fail

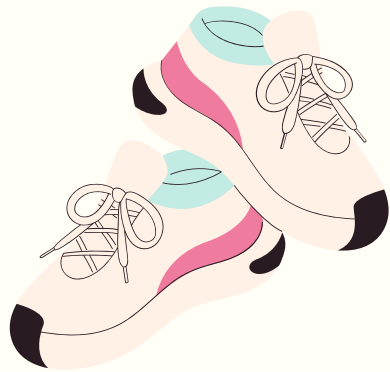
Paper 1:
Apply it to reality
Check the
specification

Paper 2:
Practise!!



PHYSICAL EDUCATION

Flashcards of key words and principles



Shorter answers - practise Q + past papers

Put any wrong answers on a flashcard

Extended answers - practise 9 markers

Plan against mark scheme

BROADER TIPS

- Ensure you know what each keyword is asking for
- Understand how to identify each AO
- Highlight question
- Practise questions!!





Music

- Condense notes into bullet points/mind maps (key definitions, music theory)
- Acronyms of chord progression
- Listen + annotate
- Practise Q





ART

Different media to show development

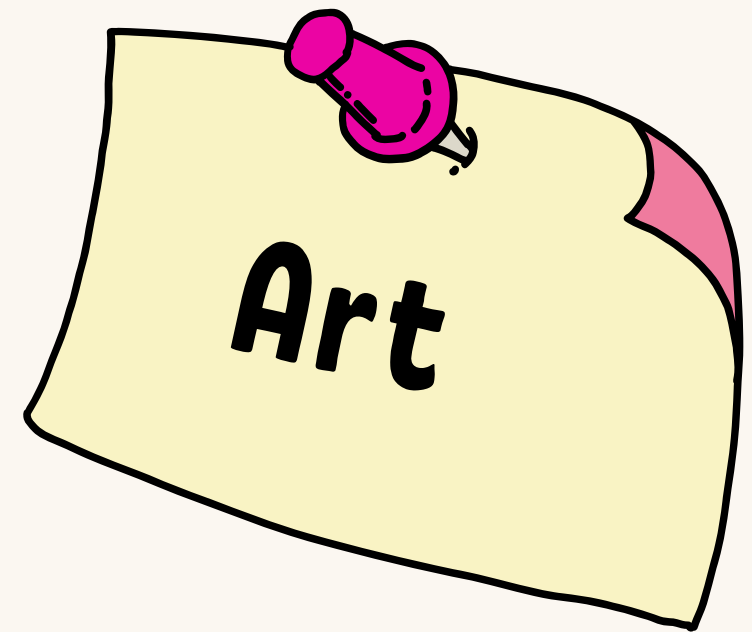
Don't pile up coursework!!

Use chatGPT to find suitable artists

Transcriptions and detailed drawings - A02

Observational pictures - A03

Structure your double pages



Drama

1 Devising theatre

- Choose your group on who you work well with, not your friends
- Gather evidence for your portfolio on day one
- Use provided exemplars
- Choose your practitioner carefully

2 Performance from a text (PFAT)

Choose a text that plays to your strengths

The sooner you start blocking, the better

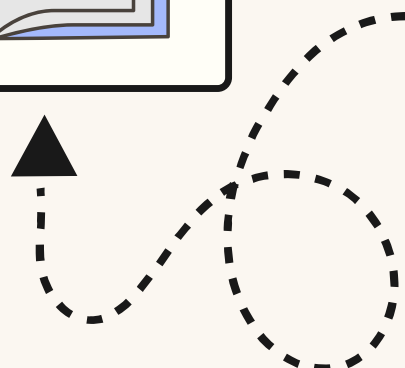
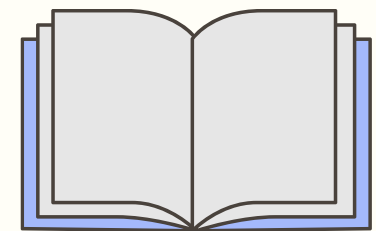
Allow more time for getting off book than devising

3 The Exam

Focus revision on exam technique and timing, context and larger themes

Memorise key details of performances – dates, theatres, actors, companies

Use booklets!!



Geography

Case studies

- Posters
- Few facts for each point on spec
- Flashcards, blurring, recording, quizzing

Long answer questions

Practise/past papers

- Three pen method: memory, revision, ms
- Mark harshly/realistically
- Note down key mark scheme phrases
- Why did you go wrong?

Simple questions on EBIs

- What factors are necessary for a tropical storm to form?

Draw out processes (from memory)

Annotate spec

- Problem areas
- Key terms



History

Content

- Go through it all
- Cause and consequence of key events
- Key detail
- Key examples
- Only need an overview, do not need to know everything
- Specific facts and figures

Exam technique

- Make sure you know how to answer each question and timings
- 58 minutes instead of 1 hour
- Practise until comfortable (don't forget reading time!!)
- Complexity, what makes a Level 3 Level 4?



Latin

- Language

Booklet of grammar point

Flashcards of vocab

Use past translations from
lesson

- Literature

LEARN IT

Flashcards

Past papers

Languages

- Speaking

Speak! - record

Family/friends

- Reading

Quizlet - vocab

Past papers

- Listening

French Netflix

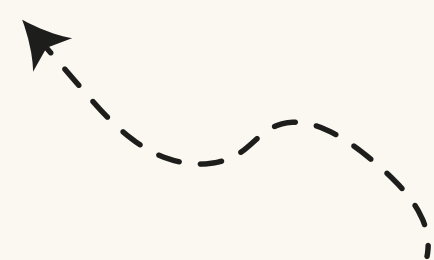
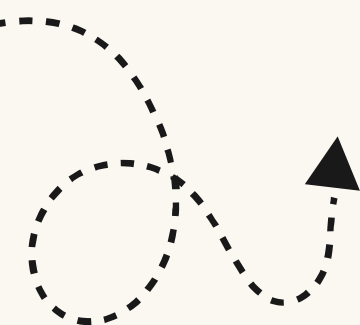
Past papers

- Writing

Quizlet - vocab

Past papers/ assignments

Don't cram!





LINKS AND RESOURCES

- **QUIZLET**

I'm pretty sure most of us have used this at least once...

Allows you to create flashcards you can revise off of in many different fun, effective ways

<https://quizlet.com/gb>

- **PHYSICS AND
MATHS TUTOR**

<https://www.physicsandmathstutor.com/>

PMT is a platform where you can get subject-specific notes, questions and loads of old past papers.

- **BBC BITESIZE**

Do I have to tell you what this is?

Super good for remembering content for all sorts, history, language grammar, sciences...

<https://www.bbc.co.uk/bitesize/levels/z98jmp9>

- **CRASH COURSE**

A YouTube channel that creates videos on multiple subjects, helpful to remind you of key topics.



LINKS AND RESOURCES 2

SCIENCE

- **SAVEMYEXAMS**

<https://www.savemyexams.com/>
With notes specific to your syllabus, SaveMyExams has model answers for maximum mark questions to help you get the top grades.

- **STUDY ROCKET**

<https://studyrocket.co.uk/>
Study Rocket is a website and timetable app where you can create (surprise surprise) timetables and read-up on your content. There are loads of exam-board specific lessons from History to Physics.

- **STUDYMIND**

<https://studymind.co.uk/>
Online, personalised 1-1 tutoring or independent courses for the introverts.

- **COGNITO**

<https://cognitoedu.org/login/dashboard>
Cognito is an amazing platform to watch videos recapping content or doing quizzes/lessons to test your knowledge of your sciences





LINKS AND RESOURCES 3

MATHS

- **CORBETT MATHS**

<https://corbettmaths.com/>
Corbettmaths is a perfect website to revise maths with 5-a-day questions, subject-specific worksheets and practise papers

- **DR FROST**

<https://www.dr frost.org/>
Dr Frost might sound scary, but it has endless practise questions to help you master any maths topic. And, when I say endless, I mean it - its AI tool can create as many questions as you want!

- **MATHS GENIE**

<https://www.mathsgenie.co.uk/>
This website allows you to find past papers and exam style questions, while also giving you a scarily accurate timer until your GCSE exams

- **PEARSON ACTIVE
LEARN**

Remember this from lockdown?
Pearson Active Learn allows you to view the GCSE Maths textbook so you don't have to buy one - you only need to remember your password.

**THANK
YOU!**

