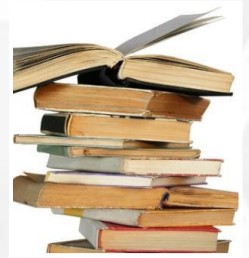




ST IVES SCHOOL



Developing Effective Study Habits: Tips for Parents and Carers

Parental support is one of a number of important factors in determining a child's academic success. The Campaign for Learning found that parental involvement in a child's education can significantly improve the outcomes at GCSE.

The good news is that parents do not need to be experts in any of the subjects your child chooses to make a real difference. Parents and students also do not need to give up other responsibilities – you just need to know how best to spend the time you have.

TOP TEN TIPS

Exams are undoubtedly nerve-racking for children and their parents. Concerned mums and dads watch over their children in the run up to the exams as well as during the exam period itself and wonder to what degree they should be helping. So, with that in mind, here are our top ten tips on how to help children to revise effectively.

1. Encourage your child to make a revision timetable – and stick to it (each student is given an exemplar timetable).
2. Make sure your child has a quiet space to work, with no distractions (no TV, games consoles, mobile phones).
3. Help to find a method of learning and retaining information that works best for them. It could be reading and making notes, using flash cards or Post-it notes, looking at video clips, playing back recordings of their own voice, mind mapping or perhaps a mixture of these.
4. Look at the exam preparation on the school website for information about the exam specifications and links to past papers and key resources for each subject (link at the end of the document).
5. Search out revision apps and online resources – such as BBC Bitesize and Gojimo – to clarify areas your child feels less confident about. Teenagers sometimes concentrate on their best subjects and leave their weaker ones until the end but it is a good idea to tackle weak areas early on.
6. Be around as much as possible. You don't have to be at their side 24/7 but children like parents taking an interest in their revision (but not taking over).
7. Keep the kitchen cupboard stocked with a favourite treat. When the going gets tough children really appreciate a cup of tea, biscuits or their favourite treat.
8. Encourage your children to break revision into manageable chunks and to take regular breaks in between revision sessions. It's far more effective to do 30 minutes of successful revision – rather than plough on for hours on end and not get anywhere. This is backed up by research by academics at the University of Sheffield who found that learning is more effective when spread out over stretches of time.
9. Exercise, fresh air, healthy food and lots of sleep are crucial. As a guide students aged 16 need around 8-10 hours of sleep a night.
10. Most important of all, help your child to keep everything in perspective. Remind them the better they prepare and the more confident they feel in their subject knowledge, the less stressed they will feel when the exams start.

EFFECTIVE REVISION STRATEGIES

- **Flash Cards**
- **Mind Maps**
- **Past Papers**
- **SMART Goals**