



Making a difference

**Helping your daughter or son
prepare for their GCSEs**



Doing better at GCSE



- Year after year, some students don't do as well as they could at GCSE because they don't revise well and they make very common mistakes in exams. This leaflet can help you to help your child make the best of what they have learned during their GCSE courses.
- ***Students who do their best in the GCSE exams work hard all through Years 10 and 11 rather than relying on last-minute revision***



How can I help my child study?



- Create a learning environment by securing a quiet place for study where their work can be kept safely. Away from the distractions of **MSN, TV, Mobile phone etc**
- Agree times for homework, revision, other activities and stick to it.



- Check and sign your son's/daughter's journal on a weekly basis. Pages 116-121 give valuable advice on study and revision skills.
- Encourage them to ask for help at school if there is anything they don't understand
- Talk to your child about how you can support them and what they would find helpful.



How can I help my child study?



- Don't ask them to do too many chores or look after younger brothers and sisters;
- Encourage the rest of the family to help by not disturbing revision;
- Encourage them to attend revision classes



- Encourage relaxation time (too much study is not helpful);
- Praise and encourage hard work;
- Emphasise the need for plenty of sleep. Tiredness promotes anxiety.
- Make sure that their social life is not interfering with their studying.



- Keep up with regular 'check-ups'. Show an interest – ask how revision is going.
- Work with your child. Set goals you both think are realistic.
- If certain goals are not met, don't be negative with your child – try to figure out what went wrong and help them to get back on track - encourage them.



Useful Revision Ideas



- **Little and often is the key to success** Revise in small chunks. Encourage them to take regular breaks during long periods of revision.
- **Make it active**
- **Review it regularly**



Revision techniques



1. **Condense** – fit notes onto study cards
2. **Highlight** – identify key areas using colour or drawings. Visuals help you remember the facts.
3. **Talk** – read notes out loud – it helps them sink in.



Revision techniques



4. **Record** – put key information, quotations and formulae on tape and listen to them.

5. **Test** – see what you can remember an hour later without notes.

6. **Time** – do past exam papers against the clock.



During the exams:

- Exercise, sleep and fuel are critical. Tiredness promotes anxiety.
- Early morning revision is better than late the night before.
- Remember the right equipment – pens, calculators, rulers.



**“Don’t panic,
don’t worry –
just do your
best”**