

Revision - Tips for Parents:

General Advice:

- 1) Communicate. All students are different, and all will have different needs during Year 11. Some will require a lot of support from you as parents, others will require the minimum. It is most important that you have an honest discussion with your child – “How can I support you best this year/ with revision”. Many students will be put off by parents becoming over-involved or controlling. Ensure you establish that you are there to support.
- 2) Agree the balance between work and social life and stick to the agreement. Flexibility is the key – if a special night comes up, agree that they can make up the work at a specified time.
- 3) Consider using a reward structure to motivate your daughter. This is NOT bribery, it is a reward just as you are rewarded by a salary or bonuses for working when you don't feel like it. Rewards don't have to be financial or very big – talk to your daughter about what she would value – an extra night out, and extension to the time they can come in, a trip with friends, being let off household chores etc.
- 4) Clear boundaries are vital. Whilst you do not want to be seen to 'nag' you also have a duty to check that your daughter is managing her revision properly. Explain this to her from the outset. This will help avoid unnecessary accusations of 'nagging'.
- 5) All pupils will fall behind, feel unmotivated or overwhelmed, or struggle with the balance of social and school demands at times. When your child feels like this, berating and threatening them will have a negative effect. Talk to them about the issues, acknowledge their feelings and sensible attitude, and wanting to find a solution, and help them prioritise.
- 6) Be flexible. Use the 80/20 rules. If your daughter is sticking to what she is supposed to be doing 80% of the time, she will be doing alright.
- 7) Facebook. Hours can quite happily be eaten up by online communications, and it is important that you set boundaries for the use of facebook, just as you would for going out or watching tv. If your daughter has her own laptop, agree with her that she must not have it with her when she is meant to be revising.

Supporting your child in setting themselves up for revision:

- 1) Talk to your child about how you can support them and what they would find helpful
- 2) The simplest things often get in the way of starting revision – days can be lost while pupils are 'going to get some folders soon.....'. Get around this by providing the files, dividers, wall charts etc your child will need for the revision period.
- 3) Support your child in choosing one good revision guide for each subject; it's the best investment you will make. There are lots around so check with the teacher yourself if you are not sure which is best.
- 4) Help your child to plan their revision timetable. Step by step instructions can be found on the 'Year 11 Revision Guide'. It will take an investment of your time (probably an hour or two), but it is the single thing that will make the biggest difference to the effectiveness of revision, and therefore the outcome. Children will vary in the amount of support they need.

Supporting your child in doing revision:

- 1) Support your daughter in sticking to her revision plan and keeping to the start and finishing times she has agreed. Praise her when she does it, and if necessary agree a reward structure. Don't make treats dependent on certain results – it will only add to her disappointment if she doesn't do as well as expected.
- 2) Provide favourite snacks and water for revision periods

- 3) Be flexible – if they want to go out to a party on a revision night, agree when they will make the time up.
- 4) Be sensitive to the pressure your daughter is feeling – let them know that if they are really not up to it on odd days, it isn't the end of the world – let it go when it really matters to them, and remind them of all the good work they have done, and will continue to do so. It's the big picture that will count in the end.
- 5) Keep up with regular 'check-ins' and don't nag in between times. Show an interest on how the revision is going, talk through any difficulties and be prepared to help them reschedule their planning if necessary.
- 6) Keep things in perspective – your daughter may not be doing things the way you would do them, or as often as you would like, but they are doing the best they can in the way that works for them.