

## Revision & Exams Handout



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### Parents' Role In Revision

- PARENTS ARE FACILITATORS
- To facilitate children to revise and do their best in their exams
- To ensure children have exam skills e.g., reading questions and spotting mistakes
- To encourage attendance at the school revision sessions
- To help children make a revision plan and stick to it day by day!

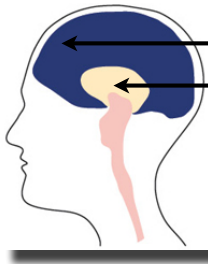
### Being Supportive

- Pick your battles - avoid lectures and big life lessons
- Ask children directly how you can help them
- Always help children move forwards rather than telling them off for the past
- Provide emotional support by using empathetic statements
- Make sure the environment is positive and calm

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## The Brain & Revision



**THINKING BRAIN**  
(Decisions, learning and memory)

**EMOTIONAL BRAIN**  
(Positive and challenging)

To revise children need to be in the THINKING part of their brain

If the brain is emotional there is no space for learning

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## The Importance of Planning



- 💡 Having a plan reduces anxiety by taking the number of tasks down from MANY to ONE
- 💡 Try to do the plan with your child - you support, they write
- 💡 The plan must be achievable
- 💡 The plan should include time for leisure and hobbies

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## Making A Plan - Revision Sessions

Exams  
Revision  
Leisure

MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Football Computer Sci	2 Spanish	3 Take away	4 Chemistry PE
5 Maths 1 Biology	6	7	8	9 After School Study Session	10	11 Family Film
12 Pancake Breakfast	13 Computer Science	14 Combined Science	15 PE	16 Chemistry	17	18
19	20	21 Maths 1	22 Spanish	23	24 Physics	25
26	27	28	29	30	31	

Print off a months blank template or use a planner: add exam dates / revision sessions / leisure activities & treats

Your role is to support YOUR CHILD creating and sticking to a study plan plus promoting school revision sessions

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## Study Template

ReVISION

- Begin a 1 hour revision session
- Phone out of the room and no loud playlist!
- 100% on 100% off

### 3 Key parts to revision: INPUT - STORE - RETRIEVE

- 30 mins **INPUT** - Go over specific topic (text book / online / videos)  
 5 mins **STORE** - Working Break (stay in the work area)  
 20 mins **RETRIEVE** - Test knowledge (quiz / past papers / verbal test)  
 5 mins **SUMMARY** - Write bullet points of learning on an index card  
**BREAK** - 100% break (snack / drink / leisure / phone)

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## A Study Day

Days when there is no school (holidays & weekends) - Start small and build from there

### Evening Off

9:00-10:00 Revise  
 30 min Break  
 10:30-11:30 Revise  
 1 hour Break  
 12:30-1:30 Revise  
 1.5 hour Lunch  
 3:00-4:00 Revise  
**FINISHED**

### Afternoon Off

9:00-10:00 Revise  
 30 min Break  
 10:30-11:30 Revise  
 5 hr Break  
 4:30-5:30 Revise  
 30 min Break  
 6:00-7:00 Revise  
**FINISHED**

### Morning off

1:00-2:00 Revise  
 30 min Break  
 2:30-3:30 Revise  
 30 min Break  
 4:00-5:00 Revise  
 1 hr Break  
 6:00-7:00 Revise  
**FINISHED**

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## Avoid Verbal Banana Skins

Try not to argue over what you can agree on - Provide empathy and move on

Verbal  
Banana  
Skin

"I don't like  
maths!"

"My friends  
aren't doing as  
much revision  
as me"

"I can't do  
\_\_\_\_\_"

"I don't know  
where to  
start"

Parent's  
Response

That's ok. Well done  
for getting to the final  
year. This exam is  
your last thing!

I know that feels unfair. You  
can't ease up on work but  
what could you look forward  
to after study sessions?

That's tough - What  
resource could you  
use? What small step  
could you take for now?

Use the study  
template: Input, store  
and retrieve

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# The Night Before An Exam

## The Night Before

- 🧠 Avoid going through large text books
- 🧠 Avoid cramming or staying up late
- 🧠 Avoid known areas of conflict
- 🧠 Do something relaxing and going to bed at a reasonable (specified) time

## During The Exam

- 🧠 Breathe
- 🧠 Read
- 🧠 Draw



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