



# How do I help my child to revise?

The following slides have been developed to aid your understanding of how to help your child revise and become organised for the exam period.

Good revision techniques can cause happier learners – as well as increase their progress equivalent to 7 months of learning.

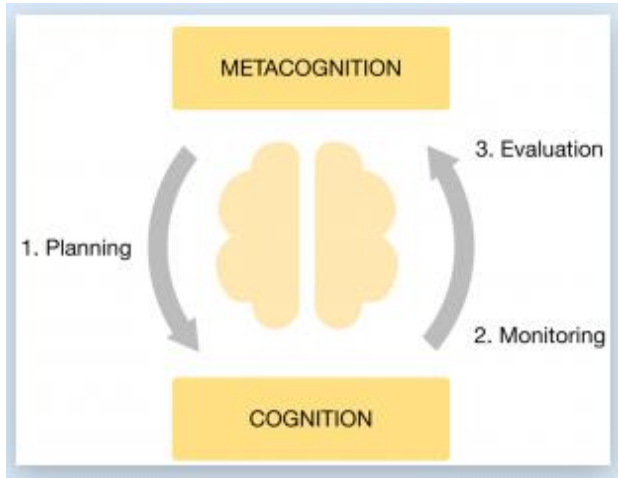
In order to develop good revision techniques – we need to understand the process of meta - cognition.

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Metacognitive strategies are all about acknowledging this planning, monitoring and evaluation. Children who recognise this cycle are characterised as 'self-regulated' learners. They are able to note when they are planning, monitoring and evaluating, questioning themselves when needed.



*'Self-regulated learners are 'learners who are proactive in their efforts to learn because they are aware of their strengths and limitations.'*

Zimmerman, B J, 2010.

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Help your child plan for revision. Make it personal so that it is achievable – know when they have extra curricular activities and plan around that.

A blank template can be found here:  
<https://www.bbc.co.uk/bitesize/articles/zn3497h>

## Planning

### WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM – 4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM – 10AM	BREAKFAST/SHOWER	BREAKFAST/SHOWER
4PM – 5PM	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	10AM – 11AM	REVISION – ENGLISH	REVISION – SCIENCE
5PM – 6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM – 1PM	SEEING FRIENDS/ LUNCH	SPORT/ LUNCH
6PM – 7PM	REVISION – GEOGRAPHY	HOMEWORK	REVISION – HISTORY	REVISION – FRENCH	REVISION – SCIENCE	1PM – 3PM	REVISION – MATHS	REVISION – FLASH CARDS
7PM – 8PM	REVISION – MATHS	REVISION – ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM – 5PM	OUT WITH FAMILY	SPORT/ TV/ GAMING
8PM – 9PM	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	6PM – 8PM	DINNER/ FREE TIME	DINNER/ FREE TIME

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## Monitoring

Make sure your child is sticking to the plan and that the topics and learning is spaced out.

Best practice is to do a little revision everyday then revisit the learning after a period of time to see if you can remember it.

Remind them to keep care of themselves – eating well, sleep and getting exercise will ensure they stick to the plan.

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## Evaluating

Revisit the strategies and reflect on whether they are working for you.

Evaluate if they have learnt it or not – quizzing, on the spot checks are just some examples.

If it is not working – or they are struggling to keep to the plan – change it!

It might mean altering to match the exam timetable – adjusting so topics are closer to the exam than previously.

**Daniel** found that the best way to revise for him was to make voice notes on his phone with questions and answers for his upcoming exams. When he's ready to get revising, he walks around the house listening to the voice notes in his headphones. This helps him to quickly remember the answers like he remembers lyrics to songs.

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But I can't do the work myself, so how can I help?

Metacognition is also the way in which we approach a task or challenge.

Try and stay positive for your child – avoid using I can't, I'm going to fail etc.

Change the phrase to 'I need to spend more time on x' 'I need help to reach my goal'

Remind your child of the end goal, why they are working hard to achieve it and what that means for their future.

**Shay** "I always got someone like my mum to help when I was doing my revision... she'd never studied history, but it didn't matter; reading something out loud with someone can really help, rather than just passively reading the content."

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