

EFFECTIVE REVISION

The skills your teenager needs to develop for effective revision and success in exams and coursework are also essential for their future, whether they pursue further education or enter the workforce. These skills encompass:

Memorising

While it may seem less crucial in an age where information is readily accessible online, your teen must be able to recall facts during exams. They can utilise various techniques to enhance their memory, such as:

- Summarising information
- Creating "key points" cards or flashcards with detailed explanations on the reverse (perfect for testing their knowledge with you)
- Using mnemonics, which can be patterns like songs, rhymes, acronyms, phrases, or sentences to remember more complex information
- Crafting memory maps by associating familiar places or journeys with the items they need to remember, envisioning these items in unusual scenarios along the route

Encourage your child to practice active listening

- Can they recall information after hearing it?
- Are they capable of summarising key points?
- Can they take notes while listening? Can they do this for both live conversations and videos? A simple way to assess this is to discuss something you watched together - does their recollection encompass everything, or is it selective?

Planning revision sessions

Smaller, consistent revision sessions tend to be much more effective than last-minute cramming, which can elevate stress levels. Therefore, starting early is a wise strategy. If your teenager is organised and prefers to create their own timetable independently, that's wonderful! If possible, encourage them to share it with you and discuss their reasoning behind the structure. This way, you can help refine it early on if you notice any areas for improvement.



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Setting manageable goals

In addition to long-term goals, such as passing their exams, help your teen break down their revision objectives into smaller, manageable tasks. This way, they will experience a sense of accomplishment after each session. For example, instead of "read the entire book," break it down by chapters. Feeling that they have achieved their goals will positively reinforce their motivation, enabling them to approach their next revision session with confidence rather than feeling overwhelmed. Each revision session should have at least one attainable goal.

Maintaining focus

Encourage your teen to concentrate on one or two subjects during weeknights to maintain focus. Break these sessions into chunks with short breaks in between. Whenever possible, maximise study opportunities during the day, aligning with the times when exams will occur, as recollection can be more effective when it coincides with the original memory creation. Ensure their revision timetable includes weekends as well as weekday evenings.

Make time for relaxation

It's essential to include longer breaks for activities unrelated to revision, enabling your teenager to enjoy time with friends, family, and hobbies. Even as exam time approaches, taking breaks is vital. It's important for them to recognise that while they have scheduled revision time, they also have dedicated moments for enjoyment.

Plan for flexibility

Creating a revision timetable is valuable for ensuring all topics are covered in preparation for exams, rather than allowing your teen to become sidetracked by subjects they find challenging or prefer. Adhering to the timetable fosters self-discipline. However, sometimes things may take longer than anticipated, so it's important not to get upset if your teen strays from the plan. Incorporate some unassigned revision time to the timetable as this will enable them to be flexible with their studying.