

## **Study and Exam Revision tips – how parents can help**

Here are the top 10 tips from one group of caring parents to the next.

Many of these apply in general term time as well as preparation for examinations:

1. A dedicated quiet space with good natural light or lighting is best for studying, with no distractions. If you have other children who are not studying for exams, make sure that they know the importance of revision time.
2. Ensure that your child has a sense of balance between work, rest and play!
3. Be around as a 'feeding station' – feed your child lots of healthy food and proper meals - not too many sugary snacks and junk food!
4. Get involved with their learning - read their work and test them on it, work with them to research a new topic on the internet, at the end of a day ask what was learned, what questions they asked, any over and above efforts etc. .
5. Reassure them you are more concerned about their attitudes than their results.
6. are studying and how they feel they are progressing. If you know that they are not at their best first thing in the morning, encourage them to rest then and work when they are livelier. They should choose their weakest/sleepiest time of day to be sociable and go out, or watch TV at those times.
7. If your son or daughter has a medical condition, for example diabetes or hayfever, or you feel there may be extenuating circumstances eg family crisis, divorce or bereavement that might be to the detriment of exam performance then make sure that the school knows about it ASAP. 'Special considerations' may be applied by the awarding body.
8. Every lesson should generate up to 1 hour of homework, reading around the subject etc. There is no such thing as 'no work set' so students are expected to have school work to do in the evenings/weekends. Challenge them or contact school if no work is brought home!
9. Make sure that your child is using the internet to genuinely study and not to give the appearance of study!
10. Tell them that they can only try their best and even if they don't do as well as you'd hoped, you still love them just as much!

***We hope that you find this handbook useful and that you have an enjoyable and successful experience in The McAuley Sixth Form.***

***The Sixth Form Team and your teachers look forward to working with you!***