



St Patrick's Road to Examination Success Checklist

This handy guide has been put together to give parents some key ideas about how to support their children in the final run-up to examinations.

	Yes or No
Do you know what work your son/daughter has to complete over the Easter holidays in each subject with deadlines?	
Where appropriate, are you aware of the times and dates of extra Easter holiday sessions that your son/daughter is expected to attend to support their success?	
Are you aware of the subject specific pages on the school's website that highlight the best places to visit to revise and resources that are required for success?	
Has your son/daughter got the necessary support materials in each subject such as Revision guides/ Work-booklets?	
Have you seen the revision timetable/pack that your son/daughter received on Wednesday that needs to be completed and read?	

Revision: When and how much?

When should my child start revising? How much revision should they be doing? (As a minimum recommendation)

- NOW! The first exams start in just over 6 weeks.
- During a school week: At least 2 hours a night as a guideline.
- During a weekend: Combined over the weekend 6 hours.
- During the Easter and May holidays: Four hours broken up into shorter session with regular, brief breaks. (The four hour recommendation does not include the breaks!)

Easter – how to guide their revision

- Break revision up into shorter sessions with brief breaks as a treat to get some fresh air, make a call, send a text etc. Anything too long without a brief break is counter-productive.
- Our brains respond to variety, so pupils should vary their subjects and focus on content that they ***don't*** know.
- Pupils should play to their strengths – if you know that they are more alert at 6 in the morning, recommend studying then. If they are better after 10 am, time their studying accordingly.
- Build in 20-30 minutes of recap and reviewing time at the end of the day. This will help the information to “stick”. Studies show that 80% of information is lost after 1 day without a recap. 98% after 7 days. **RECAP AND REVIEW, RECAP AND REVIEW CONSTANTLY.**
- Rule of Five: Repeat something 5 times and you are 85% to 90% more likely to be able to recall it.



Do

- Provide a quiet, clear environment away from distraction so purposeful revision can take place – use a local library if that helps.
- Be positive and supportive and highlight the fact that this is only a short period of 8-10 weeks of hard work but it will pay massive dividends should they work hard.
- Provide the tools for purposeful revision such as: Pens, High-lighters, coloured pencils, paper, folders, file dividers, post-it notes, blank postcards to make revision flash cards etc.
- Make sure that they get at least 8 hours sleep as it has been proven to aid performance/alertness.
- Ensure that your son/daughter has plenty of water and is eating the right foods. (Not sugary snacks that will give them a burst of energy and then send them crashing back to earth.) Fruit such as strawberries and blueberries are excellent to stave off the hunger and avoid them visiting the fridge every 5 minutes.
- Consider buying multiple black fine point gel pens. Many pupils find them best for writing in examinations.
- Understand that this is a stressful time, but a small amount of stress is good. Breathing in for 7 seconds and breathing out for 11 seconds, then repeating this 6 times is a good starting point –parents might find this useful , too, given that it can be as stressful for you!
- Allow a study buddy on occasion as they can ask each other questions and support each other during revision.

Don't

- Let them convince you that “music helps me concentrate”. A significant number of studies have found that listening to music impairs the brains ability to memorise and retain information.
- Let the phone be a distraction. Social media/texting etc will literally ruin any revision and make it worthless. Be brave, take it off them and let them have it back after a revision/work session as a treat.
- Let them convince you that they are going online to carry out lots of research – ask to see the specific sites they are using for revision and monitor it.
- Let them spend excessive time on games consoles.
- Let them give up!