

STUDY SKILLS

What can a parent do to help with preparation for exams?



Parents often ask what they can do to help support their daughter in her studies.

The following is some advice and strategies that may help you to support your daughter in preparation for KS4 assessments.



Creating The Right Environment

- ▶ A quiet, well lit room
- ▶ A bedroom, study or dining room?
- ▶ A desk or table and/or bookshelves



Make sure your daughter has a “Revision Kit”.

- ▶ Subject notes
- ▶ Subject revision booklets
- ▶ Files – one for each subject
- ▶ A supply of paper – blank and lined
- ▶ Pens, pencils and a ruler
- ▶ Highlighter pens
- ▶ Coloured post-it notes
- ▶ Recording device – ipod?



Loud music or silence?

- ▶ It appears that some types of music, in some situations, with some people, does help them sometimes!

But its not as simple as that...



Scientists suggest that music is able to alter the wave patterns in the brain.

Alpha rhythm, is best for most efficient thought processing.

Music with a rhythm of 60 beats per minute can induce alpha rhythms into our brain,
e.g Mozart.

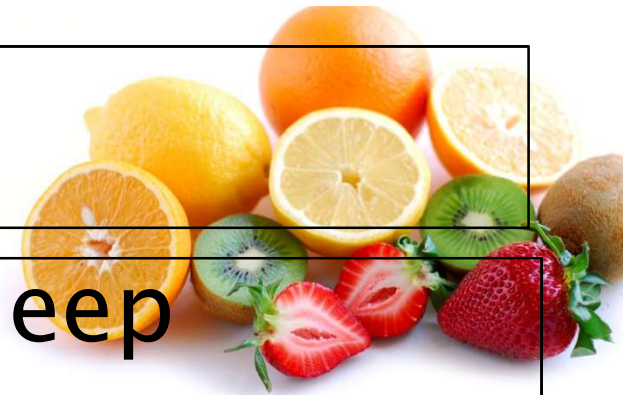


Music only!

No lyrics!

Well being...

Sleep, Diet and Exercise



- ▶ Early nights & regular sleep patterns are important.
- ▶ Exercise is the most powerful stress-buster. It will help your child to function better, both physically and mentally.
- ▶ Three well balanced meals a day, with healthy snacks and plenty of water

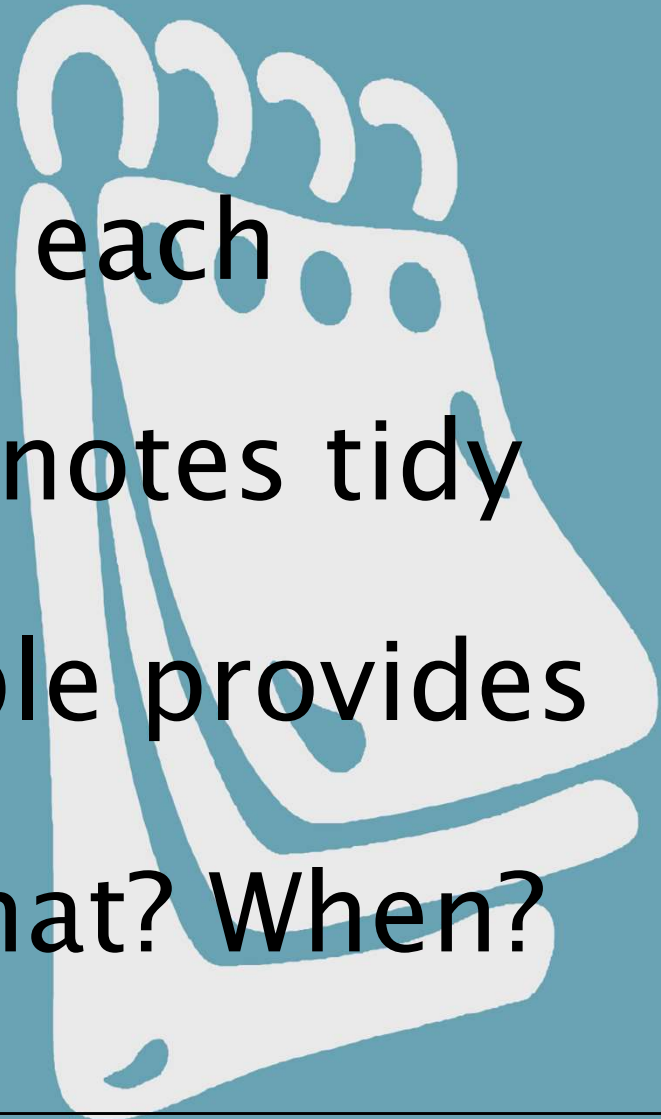
Don't overdose on caffeine
or sugary snacks and junk
food.

They disrupt energy levels
and concentration span.



Time Management & Organisation

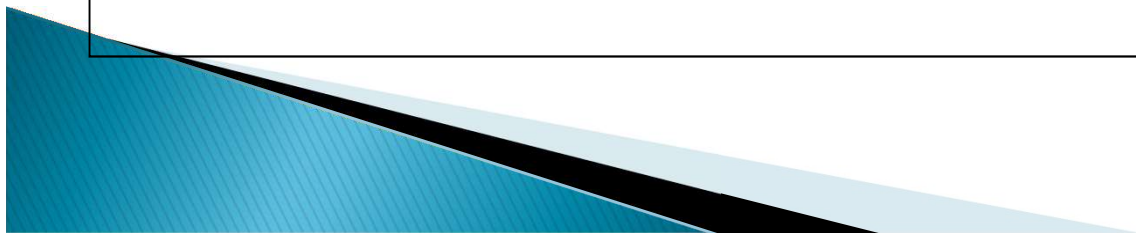
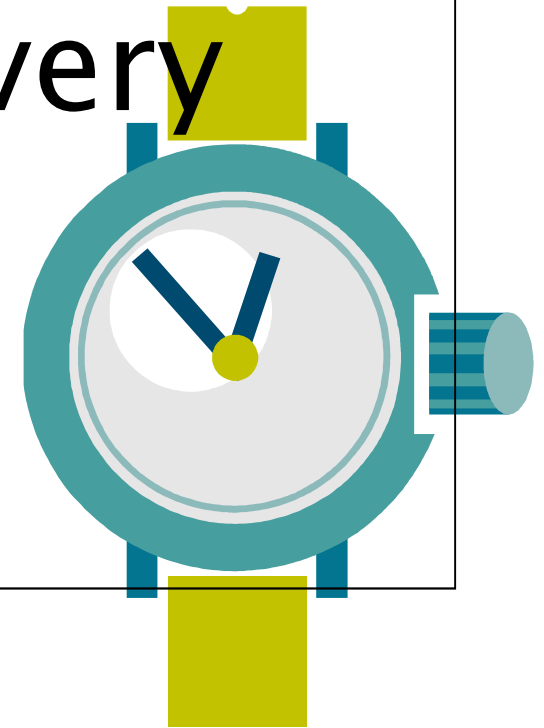
- ▶ Early preparation.
- ▶ A list of subjects.
- ▶ A list of topics for each subject.
- ▶ Keep the revision notes tidy and organised.
- ▶ A revision timetable provides structure.
- ▶ Revision Diary. What? When? Revisit?



Understanding and Memorising

- ▶ Usually the longer the period of study, the more you *understand*.
- ▶ As far as *memorising* (revision) is concerned, the opposite is true. Little and often is best.

- The 40 minute limit!
- A 5 minute break should be taken every 20 – 30 minutes.




Recall – following a revision session

Up 80% of new memorising can be lost in the first 24 hours after you have revised.

▶ Revision means doing things more than once!



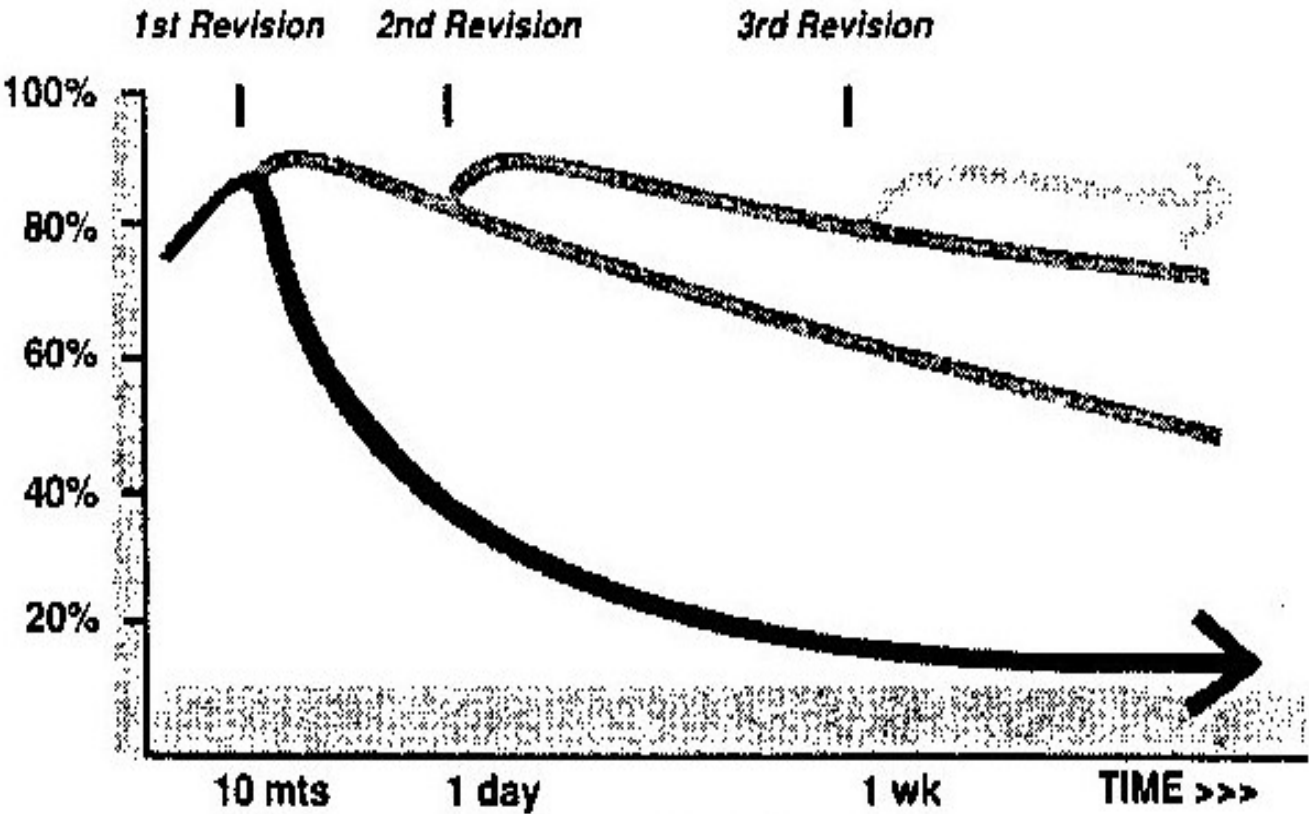
Reinforce the knowledge

- ▶ When knowledge is reinforced in a revision session, it becomes firmly embedded in your long term memory.
 - ▶ Ask your daughter to explain to you what she has been learning!
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Reinforce the knowledge

RECALL

This graph shows the more often you revise the facts, the more likely you are to be able to recall them.



Effect on recall of a properly designed revision program.

A typical 2 hour revision schedule

- ▶ Decide on one topic from one subject to revise at a time.
- ▶ For example...




- ▶ 10.00 – Revise for 20 minutes
- ▶ 10.20 – Take a 5 minute break
- ▶ 10.25 –For the next 5 minutes go over what has just been revised in the first session
- ▶ 10.30 – Revise for 20 minutes.
- ▶ 10.50 – Take a 5 minute break.
- ▶ 10.55 –For the next 5 minutes, go over what has just been revised in the second session.
- ▶ 11.00 – Revise for 20 minutes.
- ▶ 11.20 – Take a 5 minute break.
- ▶ 11.25 –For the next 5 minutes, go over what has just been revised in the third session
- ▶ 11.30 – Revise for 20 minutes.
- ▶ 11.50 – Take a 5 minute break.
- ▶ 11.55 –For the next 5 minutes, go over what has just been revised in the fourth session.

To completely reinforce
everything that has been revised,

5 minute break

Then spend 10 minutes
revisiting everything that has
been done in the 2 hour
session.



Example Revision Diary

History 15th February

10.00 – 12.00

Memorised First World
War notes

12.10 - 12.20

Revise notes

4.00 – 4.20

Revise notes

Diary - 16th February

Revise History First World
War notes from 15th
February


Diary - 23rd February

Revise History First World
War notes from 15th
February

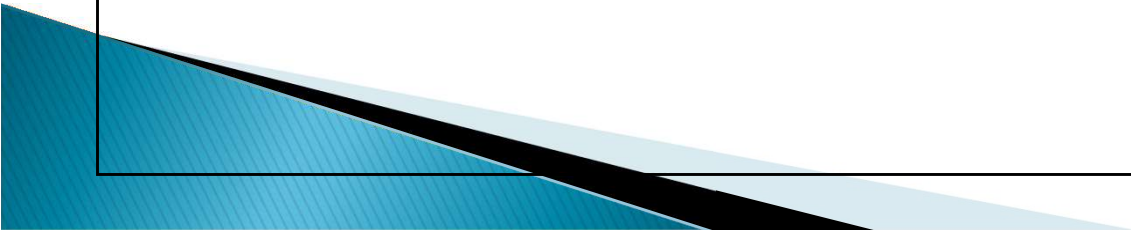
Diary - 23rd March

Revise History First World
War notes from 15th
February


Use a Variety of Revision Techniques

- ▶ Reading and highlighting notes.
 - ▶ Question and answer sheets.
 - ▶ Mind mapping charts and line maps.
 - ▶ Summarising.
 - ▶ Key words and cards.
 - ▶ Mnemonics.
 - ▶ Timed revision tests and questions.
 - ▶ GCSEpod.
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How can I make sure that my child is revising?


- ▶ Show that you are interested and offer encouragement.
 - ▶ Checking that they are on task.
 - ▶ Get involved, offer to quiz them on their notes.
 - ▶ Reward their hard work.
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When should revision begin?

- ▶ Anytime! The sooner the better!
 - ▶ After a lesson.
 - ▶ When specific homework has not been set.
 - ▶ Every time that there is an assessment test.
 - ▶ For the mocks – mock exams give pupils an idea of the challenge a real exam will be, they also allow teacher to make projections about how your child may perform in the real thing.
 - ▶ For the GCSE examinations – during the Easter holidays for 6 – 8 hours each day.
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How can we support each other?

- ▶ Don't worry alone. Contact your daughters Progress or Support Manager for help.
- ▶ Early intervention is best, the sooner we are aware there is an issue, the more can be put in place for support.

- Track and monitor your daughters progress.
 - Encourage your daughter to attend study support sessions when they are offered.
 - Study Skills- ask your daughter to use methods she experiences across subjects to reinforce her revision. A technique that works in Science for example, may also work in History.
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Remember some subjects have Controlled Assessment which contributes to the final grade.

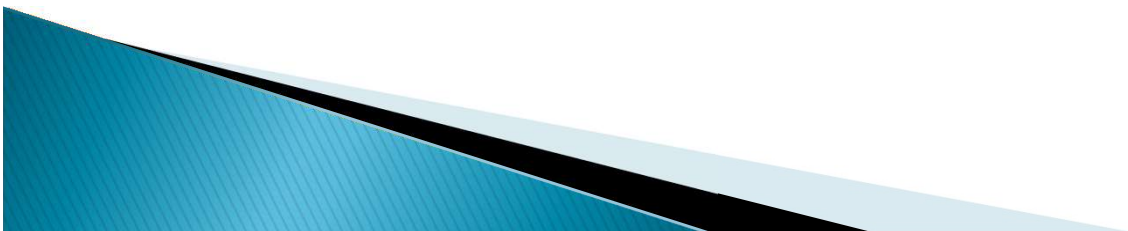
Make sure your daughter is ready to perform well in these areas in order to maximise her overall score.



Success in controlled assessment

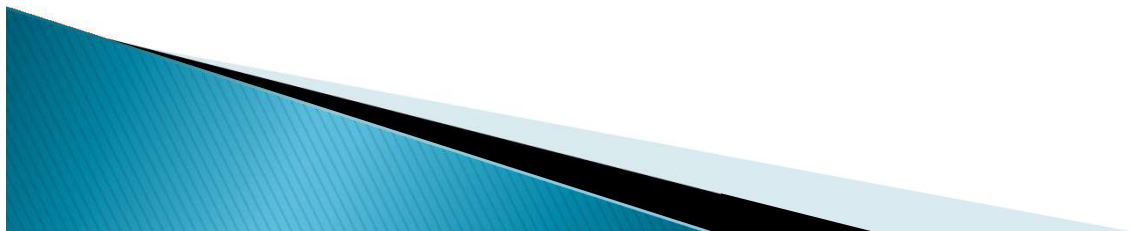
Please encourage your child to follow these guidelines:

- ▶ Begin the work as soon as it is set to remember what is required accurately.
- ▶ Don't leave work to the last minute – the tasks are all significant pieces of work that will lead to underachievement if they are rushed.
- ▶ Meet all deadlines, including interim ones. Use lesson and homework time sensibly to manage your coursework workload.
- ▶ Listen to or read feedback carefully, so that first drafts can be improved effectively.



Success in controlled assessments

- ▶ Don't rely on a pen-drive for storage of work!
- ▶ Pen-drives are easily – and frequently – LOST!
- ▶ Save work on the school network which gets backed up, and on your home computer's hard drive.
- ▶ Print off work before the lesson it is due to be submitted.



Final Advice

- **Tell your daughter to check the school's plasma screens and website for information on revision sessions being held for each subject.**
- **CONFISCATE MOBILE PHONES WHILE REVISION IS SUPPOSED TO BE HAPPENING!**
- **BLOCK SOCIAL NETWORKING!**



GOOD LUCK!

