



# Supporting Your Child's GCSE Revision: A Guide for Parents

A large blue and red playground slide with a safety net. The slide is made of blue plastic and has red metal railings. A safety net is attached to the side of the slide. The background shows a building with a white wall and a blue sky.

As parents, you play a crucial role in your child's education. This presentation will provide you with practical advice on how to support your child as they prepare for their GCSE exams.

We'll discuss:

- strategies for effective revision,
- the importance of well-being,
- and tips for creating a supportive home environment.

A colorful playground area with tables and chairs. The area is filled with various colorful plastic chairs and tables. In the background, there are more playground structures and a sign that says "Kebab House".

They might be older, but our role remains the same: Watchful, Supportive, Encouraging.

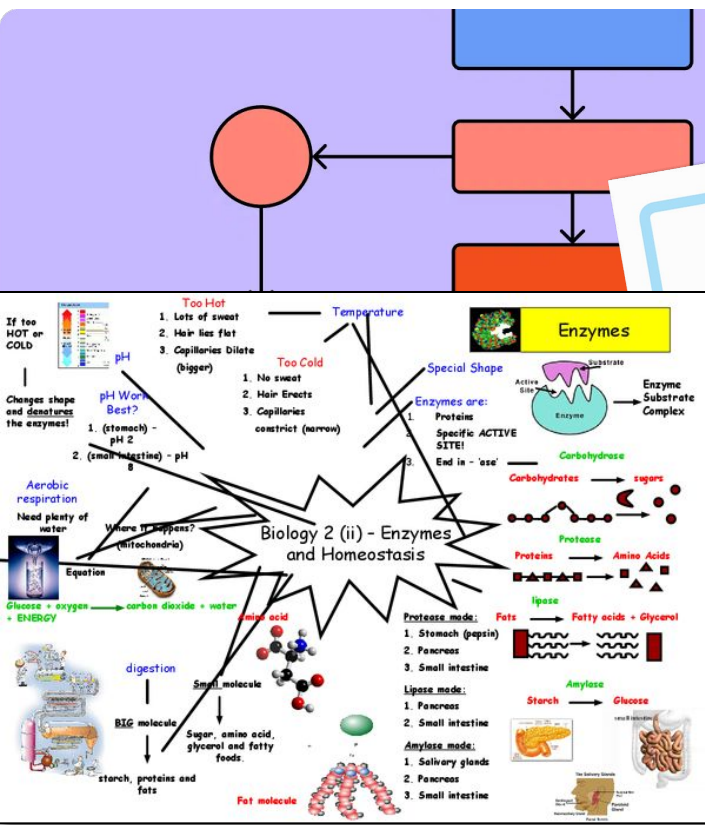
# Key Sources for Resources

- **GCSEPOD:** Useful for most subjects. Ideal for spaced learning, or reviewing missed/forgotten material.
- **Educake:** Great for quizzing, used a lot by Science teachers.
- **Sparx Maths:** The definitive source for Maths practice.
- **Holbrook's website:** The curriculum tab tells you a lot about what students have studied, and which exam boards are in use.
- **Exam Board Sites:** Past papers and mark schemes are published online, free to download.
- **Get Revising:** The first step towards organising your child with a free, digital revision timetable.





# Strategies for effective revision



## Curve of Forgetting

For newly learned information

100%  
50%  
0

0 1 2 3 4  
Weeks

4th repetition  
3rd repetition  
2nd repetition  
1st repetition  
Forgetting curve

20th - 26th April

AQA

Please write clearly in block capitals.

Centre number

Candidate number

Surname

Forename(s)

Candidate signature

I declare this is my own work.

## GCSE MATHEMATICS

Higher Tier Paper 1 Non-Calculator

Time allowed: 1 hour 30 minutes

**Materials**  
For this paper you must have:  
• mathematical instruments  
You must not use a calculator.

**Instructions**  
• Use black ink or black ball-point pen. Draw diagrams in pencil.  
• Fill in the boxes at the top of this page.  
• Answer all questions.  
• You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.  
• If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).  
• Do all rough work in this book. Cross through any work you do not want to be marked.

**Information**  
• The marks for questions are shown in brackets.  
• The maximum mark for this paper is 80.  
• You may ask for more answer paper, graph paper and tracing paper. These must be tagged securely to this answer book.

**Advice**  
In all calculations, show clearly how you work out your answer.

For Examiner's Use	
Pages	Mark
2-3	
4-5	
6-7	
8-9	
10-11	
12-13	
14-15	
16-17	
18-19	
20-21	
22-23	
24-25	
26	
<b>TOTAL</b>	

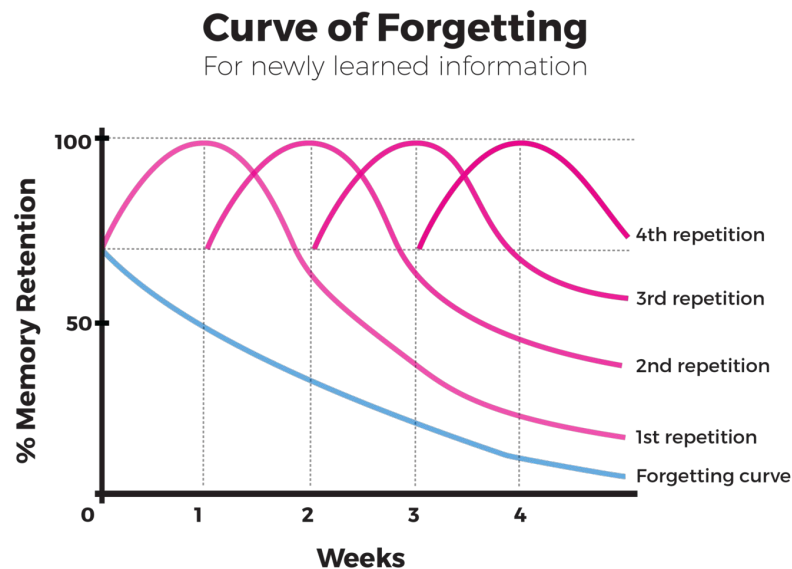
8300/1H

# Spaced Practice

- **Why:** Our brains are more effective at retaining information when it is reviewed over time rather than in one long session. This is known as the spacing effect.

## Practical activities:

- Create a revision timetable that divides the material into smaller, manageable chunks.
- Use a study app or online tool to schedule regular review sessions.
- Set reminders on your phone or calendar to keep track of revision sessions.

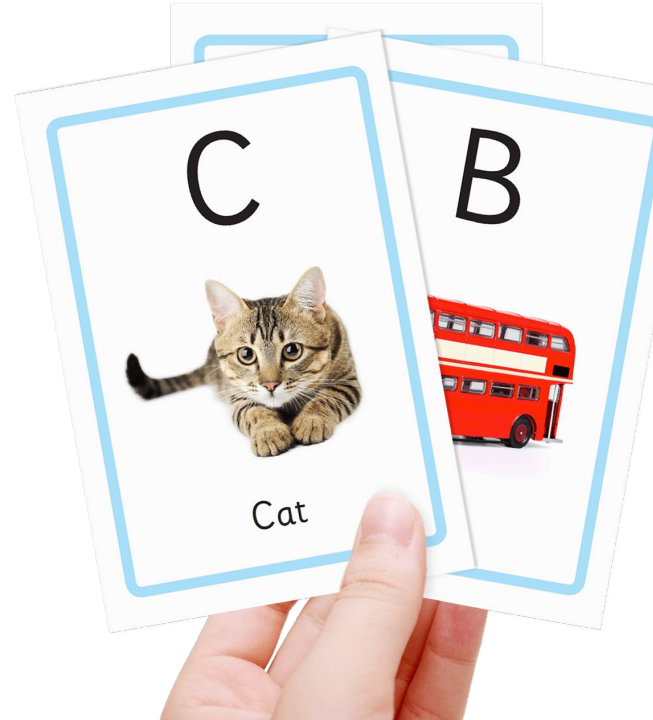


# Active Recall

- **Why:** Actively recalling information forces your child to retrieve it from their long-term memory, which strengthens their understanding and retention.

## Practical activities:

- Create flashcards or quizzes to test your child's knowledge.
- Practice teaching the material to someone else.
- Write summaries or explain key concepts in your own words.



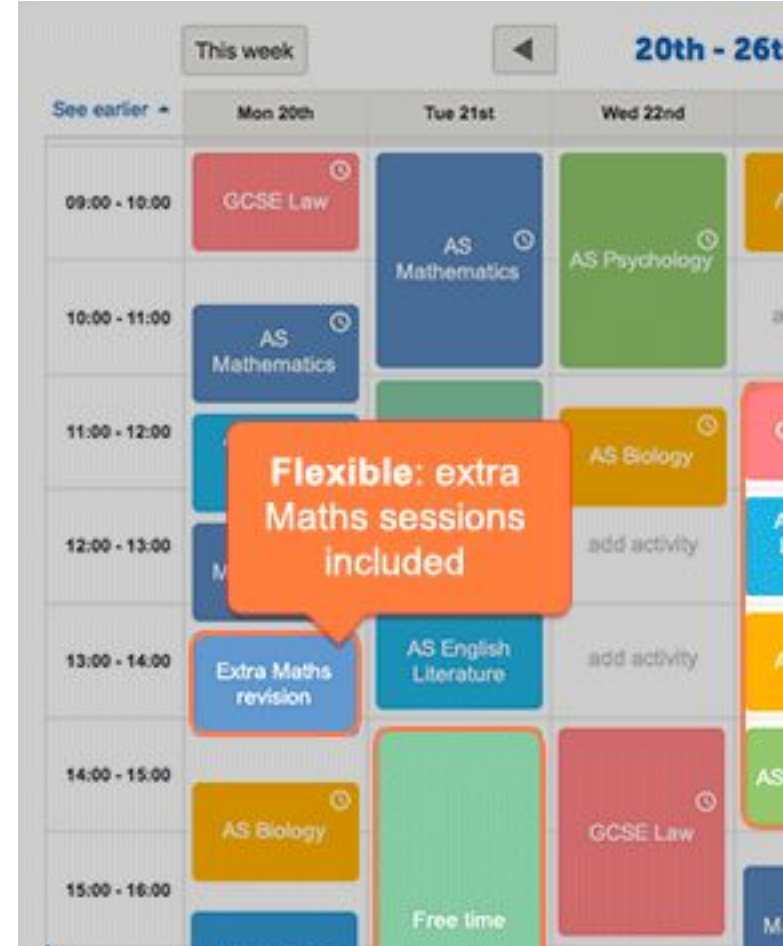
# Interleaving

**Why:** Interleaving helps prevent confusion and improves recall by mixing up topics during revision sessions. It simulates the real-life experience of encountering different concepts in a random order.

## Practical activities:

- Create a mixed-topic revision session that includes questions from different subjects or topics.
- Use a study app or online tool that offers mixed-topic quizzes.
- Alternate between different subjects or topics during study sessions, 20-30 minutes per topic.

<https://getrevising.co.uk/planner>

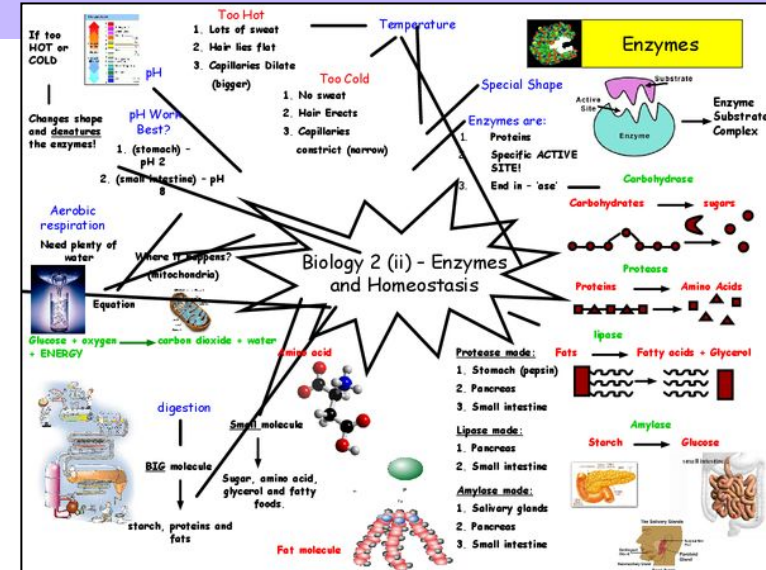
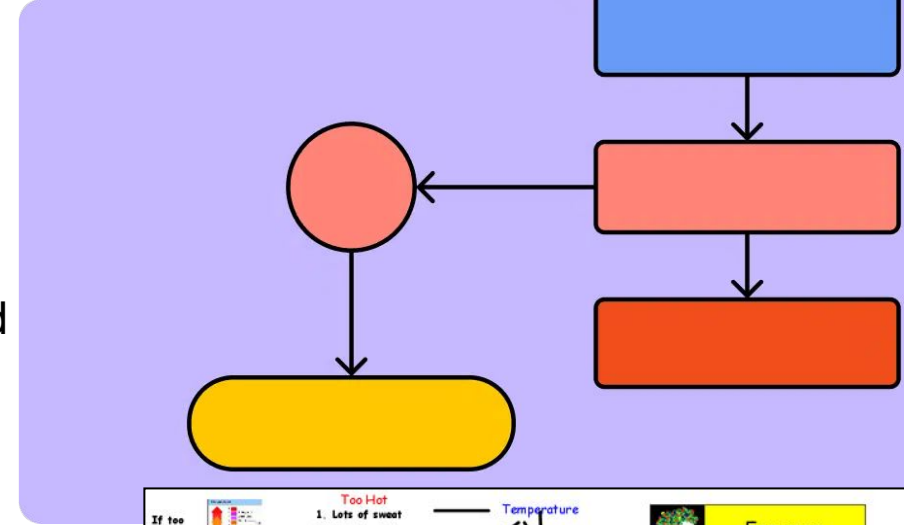


# Elaborative Rehearsal

**Why:** Elaborative rehearsal helps create deeper and more meaningful connections between new information and what your child already knows. This makes it easier to remember and understand the material.

## Practical activities:

- Relate new information to personal experiences, current events, or other relevant topics.
- Create mind maps or diagrams to visualize connections between different concepts.
- Discuss the material with a friend or family member.





# Past Papers

**Why:** Practicing with past papers helps your child get familiar with the exam format, the types of questions asked, and the level of difficulty expected. It also allows them to identify areas where they need to improve.

## Practical activities:

- Practice with past papers under timed conditions to simulate the exam experience.
- Analyze the answers to past papers to identify common mistakes and areas for improvement.
- Discuss the answers with a teacher or tutor for feedback.



Please write clearly in block capitals.

Centre number       Candidate number

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H

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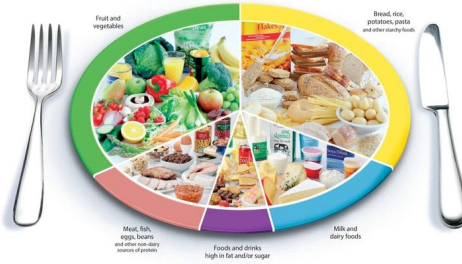
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# The Importance of Well-being

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



✓ YES



GET UP AT THE SAME TIME



EVENING WALKS



BEDTIME ROUTINE



# Sleep

**Why:** Sleep is essential for memory consolidation and overall well-being. It allows the brain to process and store information learned during the day.

## Practical activities:

- Establish a consistent sleep schedule (8-10 hours per night) and stick to it as much as possible.
- Create a relaxing bedtime routine to help your child wind down before bed.
- Limit screen time before bed and create a calming environment in their room.

✓ YES



GET UP AT THE SAME TIME



EVENING WALKS



BEDTIME ROUTINE



COMFORTABLE BED



COOL AND DARK ROOM



RELAXING BATH

✗ NO



HEAVY FOOD



BLUE LIGHT



HARD TRAINING



ALCOHOL, SMOKING



CAFFEINE



STRESS

# Nutrition

**Why:** A balanced diet provides the energy and nutrients needed for concentration, focus, and overall health. Poor nutrition can lead to fatigue, difficulty concentrating, and a weakened immune system.

## Practical activities:

- Plan healthy meals and snacks together.
- Encourage your child to eat regular meals avoid skipping breakfast.
- Limit sugary drinks and processed foods.





# Exercise

**Why:** Regular physical activity can reduce stress, improve mood, and boost energy levels. It can also help improve concentration and focus.

## Practical activities:

- Find physical activities that your child enjoys, such as sports, dancing, or going for a walk.
- Schedule regular exercise sessions into your child's routine.
- Encourage your child to take short breaks during study sessions to stretch or move around.



# Mindfulness and Relaxation Techniques

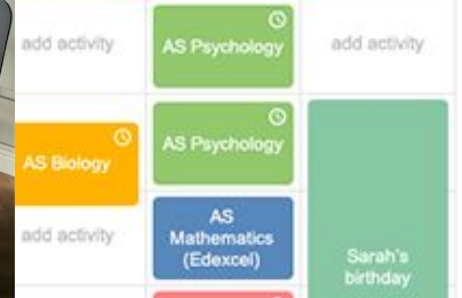
**Why:** Mindfulness and relaxation techniques can help reduce stress, anxiety, and improve overall well-being. They can also help your child stay focused and calm during exams.

## **Practical activities:**

- Teach your child deep breathing exercises or meditation techniques.
- Use relaxation apps or guided meditation recordings.
- Practice progressive muscle relaxation to release tension (helps stress and insomnia).



# Creating a Supportive Home Environment



# Designated Study Space

**Why:** A designated study space can help your child focus and avoid distractions. It should be quiet, well-lit, and free from clutter.

## Practical activities:

- Create a quiet, well-lit space for your child to study.
- Provide essential supplies, such as pens, pencils, and paper.
- Decorate the space with motivational posters or inspirational quotes.
- Have resources neatly organised by subject.





# Limit Distractions

**Why:** Distractions can make it difficult to focus and learn effectively. It is important to minimize distractions during study time.

## Practical activities:

- Turn off electronic devices and avoid noisy distractions during study time.
- Use noise-canceling headphones or earplugs if necessary.
- Create a quiet environment by closing doors or using white noise.



# Positive Reinforcement

**Why:** Positive reinforcement can boost your child's motivation and confidence. It can also help create a positive and supportive learning environment.

## Practical activities:

- Offer praise and encouragement for your child's efforts.
- Celebrate your child's successes and achievements.
- Provide positive feedback and support during challenging times.
- Be kind, helpful and specific when praising effort and achievements.



# Time Management

**Why:** Effective time management can help your child stay organised and avoid feeling overwhelmed. It can also help them prioritize their tasks and ensure they have enough time to complete their revision.

## Practical activities:

- Help your child create a realistic study schedule that balances revision with other activities.
- Use a planner or calendar to track assignments and deadlines.
- Break down large tasks into smaller, more manageable steps.

[illegible]



**Remember: you are not alone.** Many parents face similar challenges. Holbrook is here to help. By following these strategies and providing a supportive environment, you can help your child achieve their full potential in their GCSE exams.