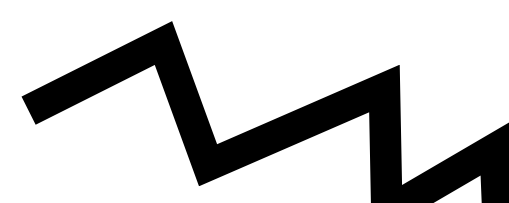




HEBBURN
Comprehensive School
WORK HARD | BE KIND | ASPIRE

Supporting your child through their GCSE exams



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Talk to Your Child

Getting Started

1

Talk honestly and openly to your child about the exam process and how they are feeling. Continue to have regular conversations about their progress.

2

Acknowledge that the exams will be challenging but remind them that we are all here to support them. We can only ask them to try their best.



Motivation

1

Encourage your child to think of the bigger picture. Tell them why you would like them to do well.

This could be:

- to get into college
- to be offered an apprenticeship
- to start working towards the job they are aiming for
- just to prove that they can do it

2

It is important to start revision as soon as possible.

Be positive about revision.

Praising progress will boost confidence and motivation.



Top Tips

Keeping your child motivated

- set small goals and offer small rewards
- remind them of their long-term goals
- use a topic planner so they can see their progress

Setting Targets

Make revision targets together, keeping them small and realistic.

Help them to break revision into topics rather than subjects and into manageable chunks.

Set reasonable timeframes.

Offer praise and rewards when targets are achieved.

Getting Started

"There's too much to do. I don't even know how to start."



Planning and Organisation

Planning in advance will make your child feel more in control and reduce the stress they feel.

Organisation will save them time.

Revision Timetable

1

Help to produce a manageable revision timetable. (See template)

Topic Checklists

2

Teachers will be able to give your child a list of the topics that they should be revising.

Encourage them to focus on the topics that need the most attention first.

Highlight them to show the progress they are making and to record the topics that still need revision.



3

Exam Schedule

We have provided a copy of the GCSE schedule so that you know the dates and times of the exams (see Page 5).

Displaying this in the house will help to organise revision and allow your child to focus on upcoming exams.

Help to Create a Revision Timetable

Getting Started

There is no set amount of time that pupils should be revising each day as everyone learns and retains information at different rates.

REVISION TIMETABLE
MONDAY - FRIDAY

Before school...
08:00
08:30
09:00
09:30
10:00
10:30
11:00
11:30
12:00
12:30
13:00
13:30
14:00
14:30
15:00
15:30
16:00
16:30
17:00
17:30
18:00
18:30
19:00
19:30
20:00
20:30

the school day...
08:00
08:30
09:00
09:30
10:00
10:30
11:00
11:30
12:00
12:30
13:00
13:30
14:00
14:30
15:00
15:30
16:00
16:30
17:00
17:30
18:00
18:30
19:00
19:30
20:00
20:30

After school...
14:15
15:30
16:00
16:30
17:00
17:30
18:00
18:30
19:00
19:30
20:00
20:30

REVISION TIMETABLE
SATURDAY AND SUNDAY

SATURDAY
08:00
08:30
09:00
09:30
10:00
10:30
11:00
11:30
12:00
12:30
13:00
13:30
14:00
14:30
15:00
15:30
16:00
16:30
17:00
17:30
18:00
18:30
19:00
19:30
20:00
20:30
21:00

SUNDAY
08:00
08:30
09:00
09:30
10:00
10:30
11:00
11:30
12:00
12:30
13:00
13:30
14:00
14:30
15:00
15:30
16:00
16:30
17:00
17:30
18:00
18:30
19:00
19:30
20:00
20:30
21:00

See templates included on Page 7 - 9

Plan for Commitments

1

Your child can't revise all the time. To begin, fill in their commitments and activities they enjoy.

This could include:

- Hobbies
- Exercise
- Part-time jobs
- Time with friends
- Holidays
- Birthdays
- Exercise



Add Subjects

2

Through discussion with your child and teachers, decide how much time to spend on each subject.

Consider:

- Which subjects they find most difficult.
- Which exams are first in the schedule

Remember to space out subjects.

Add Topics

3

Revision needs to be focused. Using topic checklists, decide which topics to prioritise and add those to your timetable first.

Include topics multiple times.

Remember to space out topics.

See example below.

Subject

Monday	Maths Volume	English Paper 2 - Question 1
Tuesday	Geography Tropical Rainforests	History The Great Depression
Wednesday	Biology Cell Biology	Break Football

Topic

4

Revision sessions on the timetable have been divided into 30 minute slots to promote the effective use of the The Pomodoro Technique, a time management method developed by Francesco Cirillo in the late 1980s.

It uses a timer to break work into intervals, usually 25 minutes in length. separated by short breaks of 5 minutes. Each interval is known as a Pomodoro.

Pomodoro is Italian for tomato



REVISION TIMETABLE

WEEK 1 - MONDAY - FRIDAY

Before school...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00					

the school day...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:40	Form class	Form class		Form class	
09:00					
10:00					
11:00	Break	Break	Break	Break	Break
11:15					
12:15					
13:15	Lunch	Lunch	Lunch	Lunch	Lunch
13:45					

After school...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14:15	English		Maths	Science	
15:30					
16:00					
16:30					
17:00					
17:30					
18:00					
18:30					
19:00					
19:30					
20:00					
20:30					

REVISION TIMETABLE

WEEK 2 - MONDAY - FRIDAY

Before school...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00					

the school day...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:40	Form class	Form class		Form class	
09:00					
10:00					
11:00	Break	Break	Break	Break	Break
11:15					
12:15					
13:15	Lunch	Lunch	Lunch	Lunch	Lunch
13:45					

After school...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14:15	English		Maths	Science	
15:30					
16:00					
16:30					
17:00					
17:30					
18:00					
18:30					
19:00					
19:30					
20:00					
20:30					

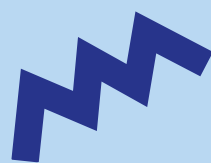


REVISION TIMETABLE

SATURDAY AND SUNDAY

SATURDAY

08:00		12:30		17:00	
08:30		13:00		17:30	
09:00		13:30		18:00	
09:30		14:00		18:30	
10:00		14:30		19:00	
10:30		15:00		19:30	
11:00		15:30		20:00	
11:30		16:00		20:30	
12:00		16:30		21:00	



SUNDAY

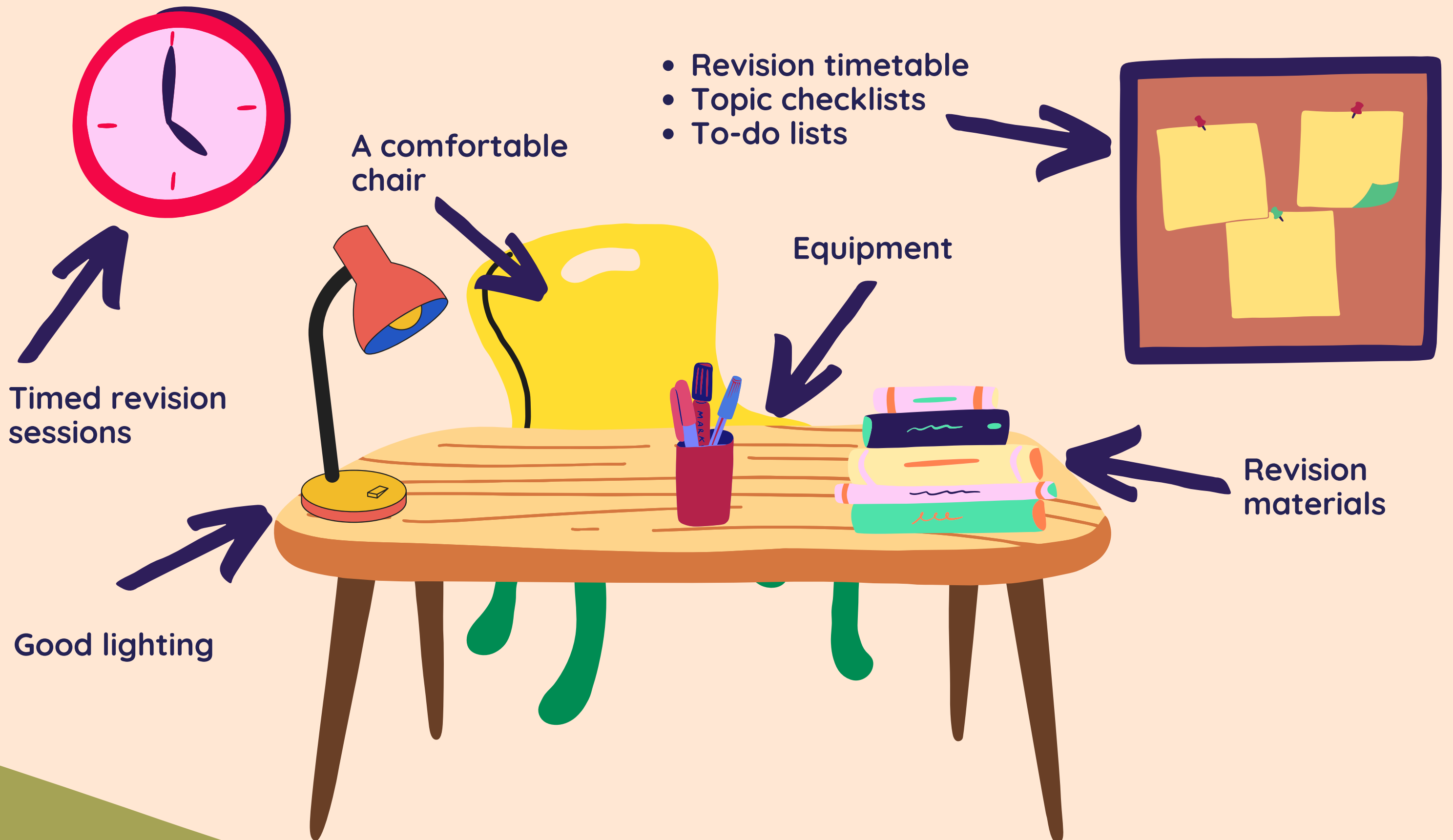
08:00		12:30		17:00	
08:30		13:00		17:30	
09:00		13:30		18:00	
09:30		14:00		18:30	
10:00		14:30		19:00	
10:30		15:00		19:30	
11:00		15:30		20:00	
11:30		16:00		20:30	
12:00		16:30		21:00	



Help to Create a Revision Space

1

A tidy, organised revision space will make it easier to revise.



2

If this is not possible, encourage them to stay and revise at school as often as they can.



3

Encourage them to turn off all distractions.



Coping with Stress

This is a stressful time for our pupils and we must work together to support them.

A small amount of stress can be good for your child. It can motivate them to work harder or focus and persevere when challenged.

However, too much stress can have a negative impact on their health.

It is important to recognise the negative signs of stress.

Getting Started

Signs of Stress

- Feeling emotional.
- Feeling anxious.
- Difficulty concentrating.
- Struggling to sleep.
- A loss of appetite.
- A sudden change in weight.

How to Help

- Encourage exercise and time outdoors.
- Encourage them to spend time with their friends.
- Time for themselves, listening to music or watching TV.
- Make sure they don't forget about hobbies and activities they enjoy.
- A healthy diet and regular sleep patterns will help to reduce stress.
- If they fall behind with their revision, help them to get back on track.
- Allow them to talk freely about their struggles.
- Do something to take their mind off revision for a while.
- Remind them how proud you are of them.



Top Tips

- Talk to your child regularly to see how they are coping.
- Acknowledge the pressure they may be feeling.
- Set achievable targets so they can make 'quick wins' and see their progress.
- Ensure they are eating healthily and drinking lots of water.
- Sleep helps the brain to process what they have learned.
- Ensure they are taking regular breaks.

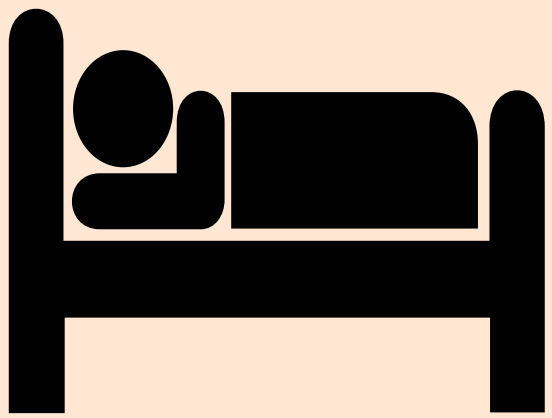


Staying Healthy

Getting Started

To help combat the stress and anxiety that the GCSE exams can cause in our pupils, we recommend they have a healthy diet and stay active.

A healthy body and mind will undoubtedly help them to concentrate during revision.



Getting enough sleep

- Sleeping improves concentration.
- During sleep the brain consolidates learning that has taken place and improves memory.



Eating healthily

- Healthy eating improves brain development.
- Encourage your child to eat breakfast each morning.
- Dissuade them from skipping meals or eating just before they go to sleep.



Drinking plenty of water

- Not drinking enough water reduces productivity, both mentally and physically.
- Symptoms can include tiredness, confusion and reduced energy levels.



Regular exercise

- Exercise can boost memory and improve high-order thinking skills indirectly by improving mood and sleep and helping to relieve stress and anxiety.

How Can I Help My Child Revise?

Preparing to Revise



Learn

Before revision can begin, your child must fully understand the content that they could be assessed on in each subject.

Teachers can provide topic checklists to support with this.

It is crucial that your child is fully focused in lessons, attending all revision and intervention sessions that have been offered.

If there is a topic they need support with, they must address this. They could re-read notes/textbooks, ask their teacher to revisit the topic, ask their peers for support or use online platforms to revise independently.



Revise

Revision is reviewing subject content that has been previously learned. This allows your child to practise their skills, but more importantly, helps to identify gaps in their knowledge.

Research tells us that revision techniques are most effective when your child is actively revising.

Passive revision methods, such as reading notes and highlighting keywords are ineffective when compared to the methods we will discuss in this guide.



Retrieval

Retrieval is the process of bringing information forward from long-term memory.

Research suggests that "the pupils who can test themselves or try to retrieve material from their memory are going to learn that material better in the long run".

(Prof Dunlosky, 2013)

After your child has revised a topic, they should self-quiz to see how much of the content they can recall.

This is an ideal opportunity to support your child with their revision. When they feel ready, ask questions and quiz them on what they have learned.

Make lists of topics that need further revision.

Developing a Growth Mindset

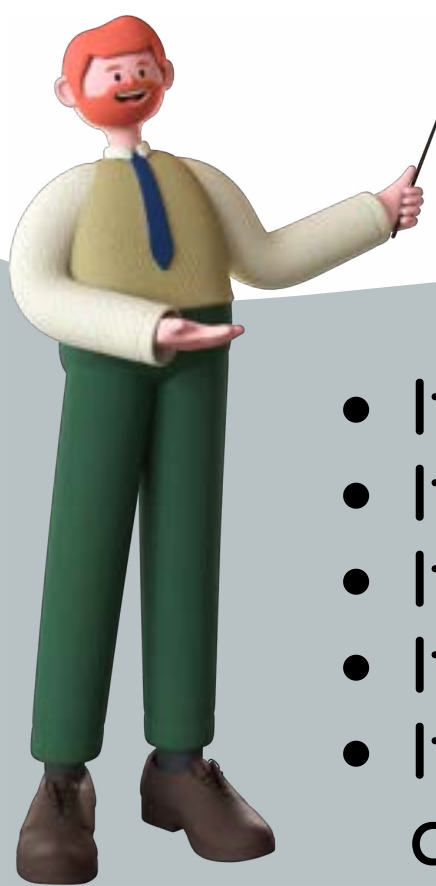
Preparing to Revise



What is a growth mindset?

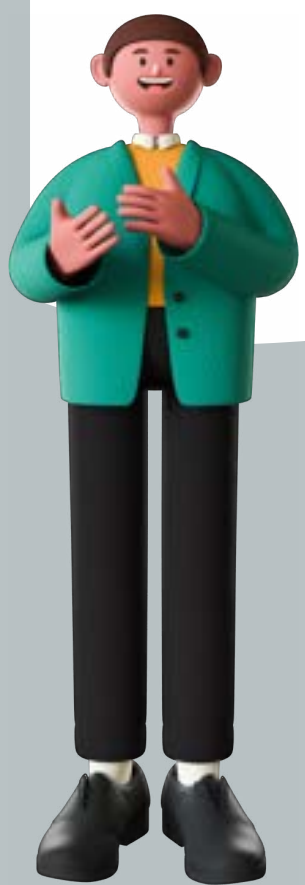
Growth mindset is a theory developed by Dr Carol Dweck.

The opposite to a fixed mindset, it is the belief that ability, intelligence and performance can be improved with effort and dedication.



Advantages of a growth mindset

- It improves self-esteem.
- It reduces stress and increases wellbeing.
- It improves determination and motivation.
- It helps improve self-regulation.
- It improves resilience, which supports the ability to cope with change or challenge.



How to develop a growth mindset

- Have high but realistic expectations and aspirations for your child.
- Support a growth culture that values learning.
- Praise your child's efforts and progress rather than their results.
- Encourage them to ask for and act on all feedback.
- Make them aware of how they speak to themselves when they are feeling under pressure or challenged and encourage positive self-talk.

Effective Techniques

Preparing to Revise

You Need to Know About



Spaced Retrieval

Every time your child retrieves information from long-term memory, connections are strengthened and the ability for them to retrieve the information again is improved. It is therefore important that topics are revisited to further develop retrieval.

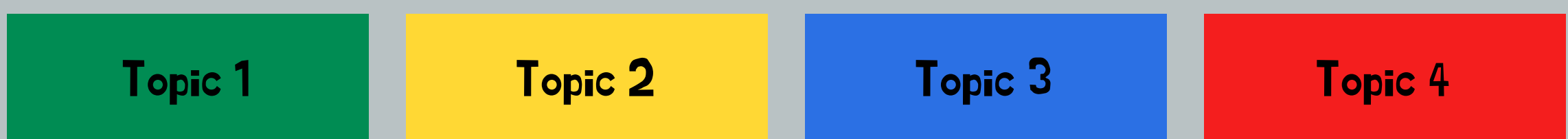
Spaced practice is a study technique where pupils revise content they have previously studied, having allowed for a period of forgetting time.

Encourage your child to revisit topics after a period of time, when they have had a chance to forget the information. Although difficult initially, this will improve their ability to retrieve information in the long term.



Interleaving

Blocking - Topics are usually covered in blocks where one topic is covered fully before moving on to the next as illustrated in the graphic below.



However, there is evidence to show that interleaving may be more effective.

Interleaving - This technique involves mixing up topics within the same subject when revising. The graphic below illustrates the difference.



Interleaving is a desirable difficulty, a term given to a learning task that is initially challenging but more effective in the long term. Research supports this, showing that learners who use interleaving regularly outperform those who use blocking. Interleaving encourages learners to make connections between topics, which aids retrieval.

How Can I Help

Revision Techniques

My Child Revise?

Research suggests that the most effective ways to revise are:

- 1) To practise answering past GCSE papers.
- 2) To self-quizz regularly.

However, it is important to try a range of revision techniques and find those which work well for your child.

This section will introduce you to a range of revision techniques.

Past Exam Papers



1) Complete the papers under exam conditions.

- Find somewhere quiet
- Time yourself
- Don't use notes



2) Use the mark scheme.

- The mark schemes tell you how marks are allocated.
- Mark your work.
- Correct any mistakes in green ink.

3) Repeat it

- When you have your mark and understand your mistakes and misconceptions, leave it.
- After a few days, try the paper again.



This is arguably one of the most effective revision methods.

HOW CAN I HELP MY CHILD REVISE?

Ensure your child has the correct environment at home to be able to complete papers under exam conditions.

Use the mark schemes and examiner's reports to check their work.

Revising with Flashcards

Revision Techniques

HOW TO MAKE FLASHCARDS

Name
the fifth planet
from the sun

Use dual coding
Include words
and pictures

Jupiter



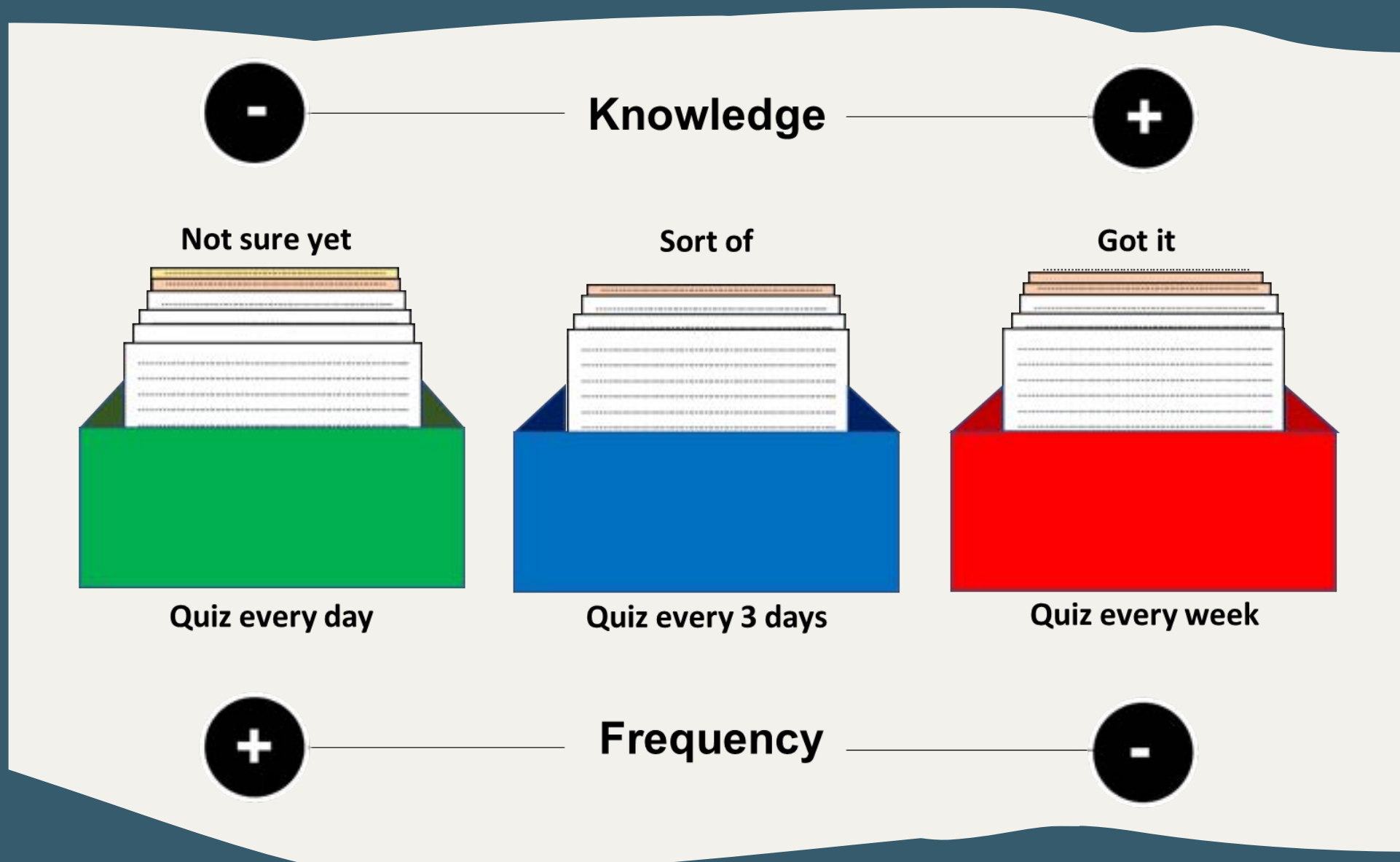
Use mnemonics
This aids memory

Questions
Write common
GCSE questions
on the front...

Answers
... and write the answers
on the reverse

HOW CAN I HELP MY CHILD REVISE?

REVISE WITH THE LEITNER MODEL



You will need 3 boxes and some flashcards.

1) Quiz your child with the flashcards, placing each flashcard in one of three boxes, as shown on the diagram.

Place correct answers in the red box.

Place partially correct answers in the blue box.

Place incorrect answers in the green box.

2) Continue to quiz your child as directed in the diagram.

Quiz them on these questions every day.
If they get the answer correct, move the flashcard to the blue box.
If incorrect, leave it in the green box.

Quiz them on these questions every 3 days.
If correct, move the card to the red box.
If incorrect, move it to the green box.

Quiz them on these once a week.
If correct, leave it in the red box.
If incorrect, move it to the green box.

3) Ensure flashcards cover all subjects that will be examined.

Revising with Knowledge Organisers

Revision Techniques

HOW TO MAKE A KNOWLEDGE ORGANISER

1) A knowledge organiser is a summary of all key facts and information included in a topic.

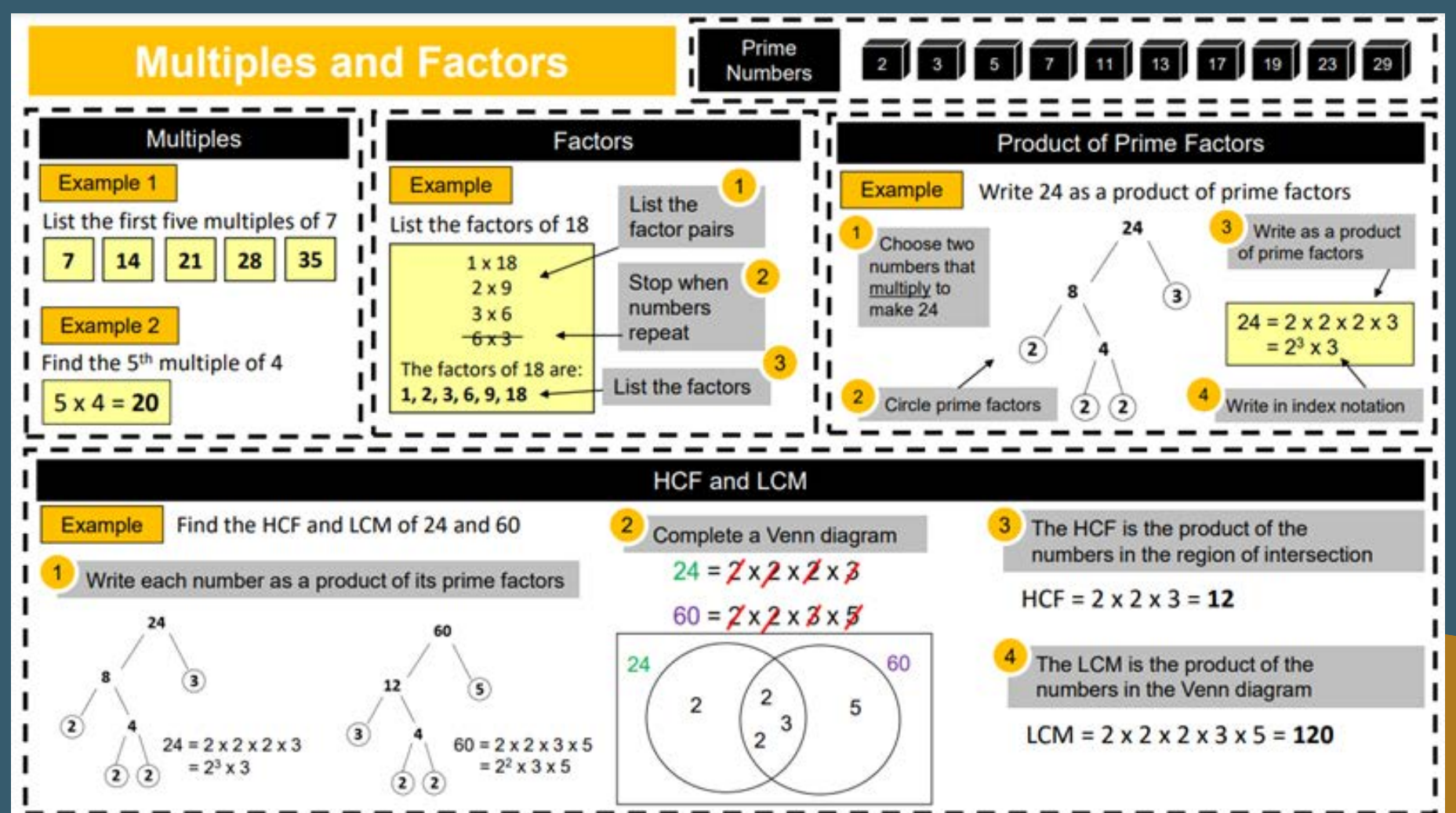
2) The information should be organised into sections.

3) Memorise it!

Choose one section at a time. Read it, cover it up and try to reproduce the information.

4) Make connections

Try to make links between the information you are trying to remember and information you already know.



5) Mnemonics

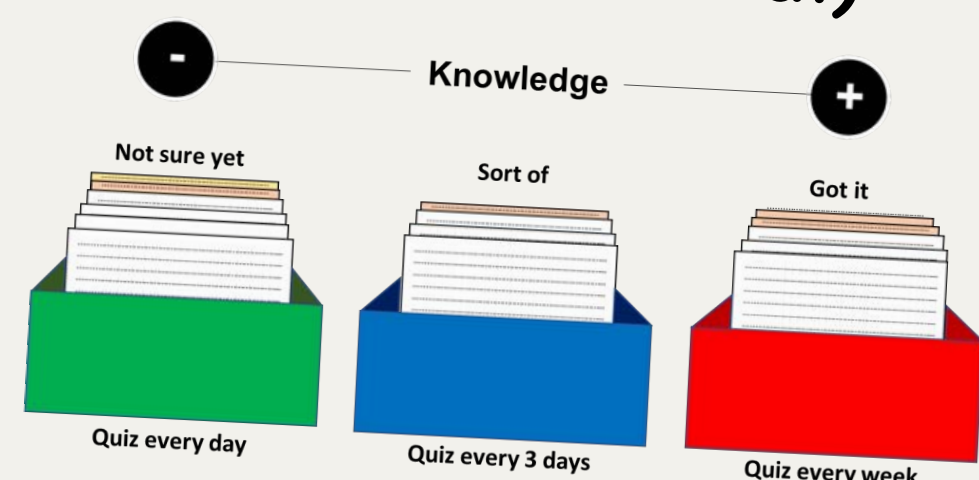
Think of a way to remember the information with a rhyme, a picture or a silly sentence.

HOW CAN I HELP MY CHILD REVISE?

Ask them to reproduce sections of the organiser from memory and check their answers for them.

Encourage them to create their own flashcards for any information they can't remember.

Use the Leitner Model to quiz your child with their flashcards. (Spaced retrieval)



Encourage them to revise the topics they are unsure of using notes or online resources.

Revision Techniques

Writing Cornell Notes

HOW TO MAKE NOTES

Topic

Write the name of the topic you are revising

Cues

Cover up your notes and write a list of ...

Summary

Write a summary of your notes in 1 or 2 sentences

Topic	
Cues	Notes
Key vocabulary	As you revise, make notes in this section
Main ideas	Use bullet points
Characters	Use abbreviations
Processes	Draw diagrams
Formulae	Include mnemonics
Possible exam questions	
Summary	

Notes

As you revise, make notes in this section

HOW CAN I HELP MY CHILD REVISE?

Quiz them on the information in the Cues section.

"What is the definition of _____?"

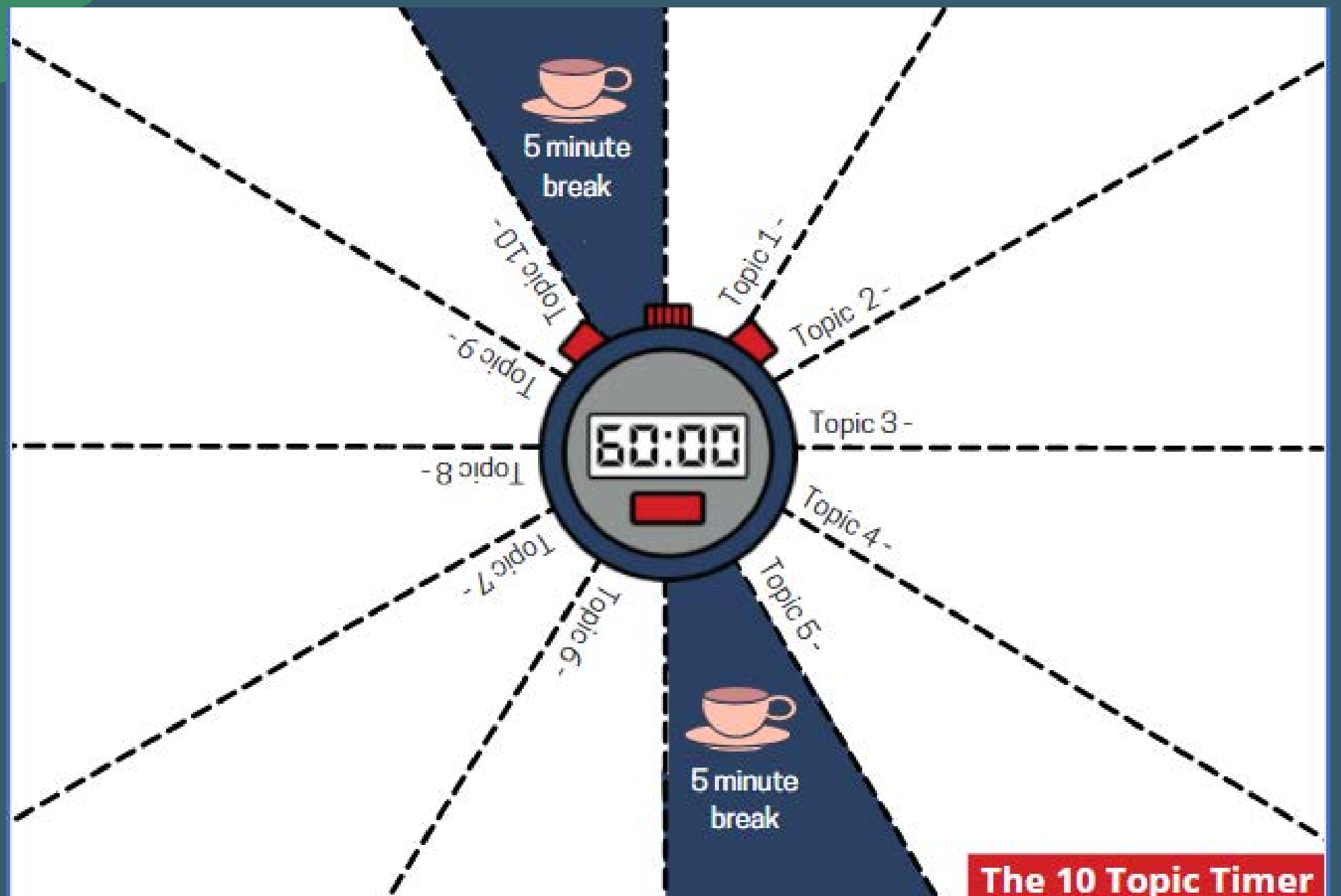
Ask them to answer GCSE questions and check their responses against the mark scheme.

The Ten Topic Timer

Revision Techniques

1) Choose a subject

Identify ten topics that you need to revise and write them on the sheet



2) Revise

Use notes, mind-maps, knowledge organisers and other resources to revise the ten topics you have chosen.

3) Time Yourself

Using a stopwatch, give yourself 5 minutes to write as much as you can about Topic 1. Repeat for Topic 2, and so on.

4) The Pomodoro Technique

Revise for 25 minutes at a time and then take a 5 minute break.



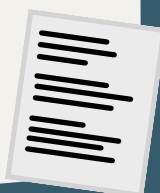
HOW CAN I HELP MY CHILD WITH THIS?



Quiz them.

Ask them questions about the notes they have made.

Keep a list of the topics they are finding challenging. Make sure they revisit these.



Challenge them to choose ten different topics from different subjects. This is called interleaving.



Encourage them to revise with a revision buddy. They can share ideas, and talking out loud helps recall.



You Could Also Try...



Revision Techniques

Elaboration

Elaboration is a technique which encourages your child to make connections between new learning and what they already know. When revising, encourage them to ask questions about how things work and why.

Consider how the ideas and concepts they are studying apply to their own experiences and memories. This will help them recall key facts in the exam.

Say It Out Loud

Reading and highlighting notes are not effective revision techniques, however, reading them out loud or singing them actively engages the learner and can be beneficial. Use different voices or tunes for different topics or key facts to aid retrieval.

The Production Effect explains how producing material when revising strengthens the connections in their brain.



Revision Buddy

As long as your child's buddy is as focused and hardworking as they are, this can be an effective revision technique.

Benefits include:

They can quiz each other.
Explaining topics that the other doesn't understand.
Healthy competition can keep both learners motivated.
They are a support for each other.



Mnemonics

Mnemonics refer to any technique that aids memory.

Creating mnemonics to remember key words or information can be fun as well as an effective revision technique.

This could include:

- Acronyms
- Vivid pictures
- Funny sentences
- Rhymes/songs

Become the Pupil

You or another family member becomes the pupil and your child explains a topic as an 'expert'.

Ask them questions about anything you don't understand. When confident, you should answer a GCSE question to test your understanding.

Let them mark it and give you feedback

Address any gaps in knowledge and focus their revision on these areas.

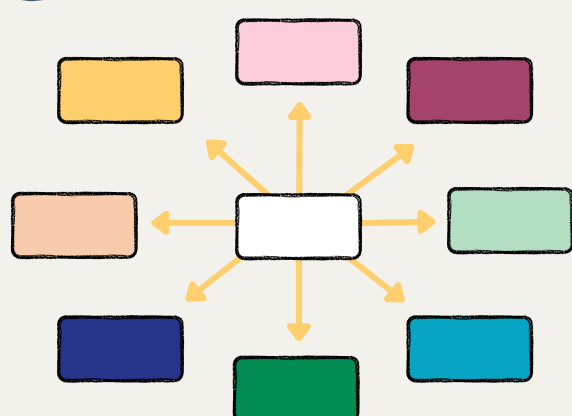


Other Ideas

Revision Techniques

It is important to keep revision engaging, so here are some other ideas you could suggest:

1



Create mind maps to help identify links between topics.

2



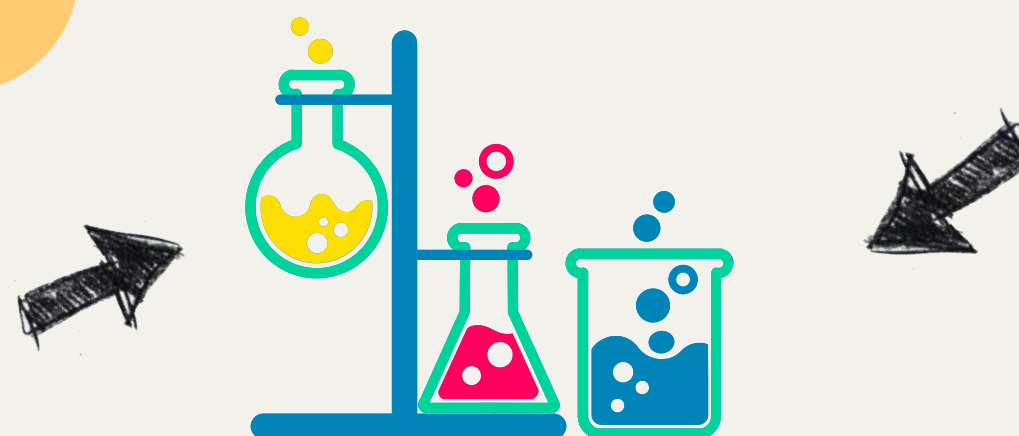
Create timelines, including pictures, to help remember dates or key events in history or literary texts.

3



Write information they repeatedly struggle to recall on sticky notes where they will see them most often.

4



Practise labelling diagrams.

5



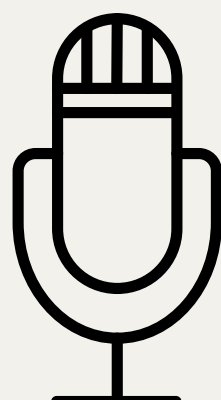
Sing revision notes along to the tune of their favourite song.

6



Record their own notes and play them back.

7



Watch and listen to videos and podcasts.

8



Encourage them to make memory journeys to help them order key ideas or processes.

By this point, the hard work has already been done. It's now a chance for your child to demonstrate what they know and the progress they have made.

On the Day



The night before the exam

1



Manage revision carefully.
Don't do too much.
It is important to avoid last minute panic.

2



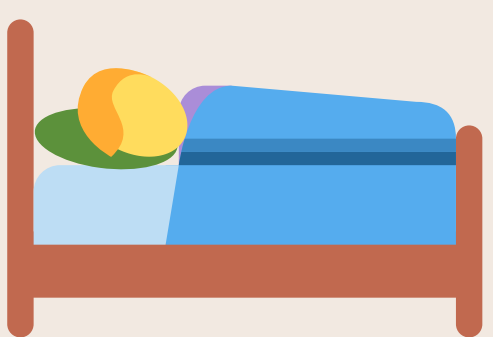
Have a healthy meal.
Don't eat too late.

3



Do some relaxing.

4



Have an early night.

5



Set your alarm and
have a backup.

6



Check that you have your
uniform and equipment
ready for the next day.

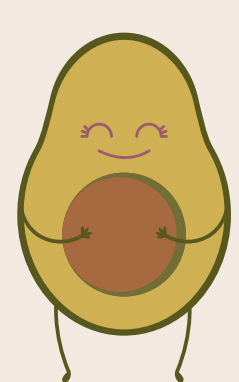
The morning of the exam

1



Make sure you wake up
at a sensible time.

2



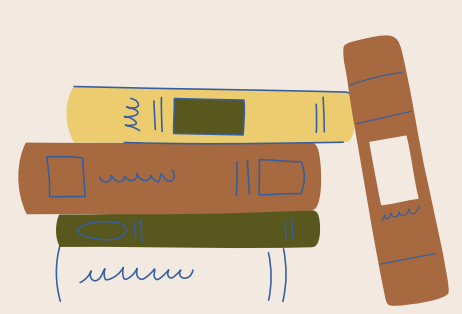
Have a healthy breakfast.

3



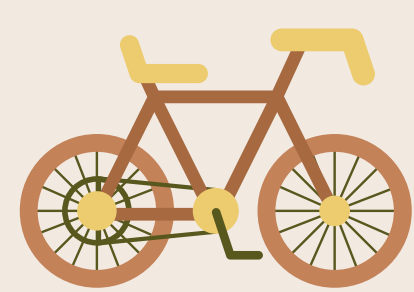
Get ready early and make
sure you have everything
you need.

4



Re-read notes if you like,
but don't try to learn
anything new.

5

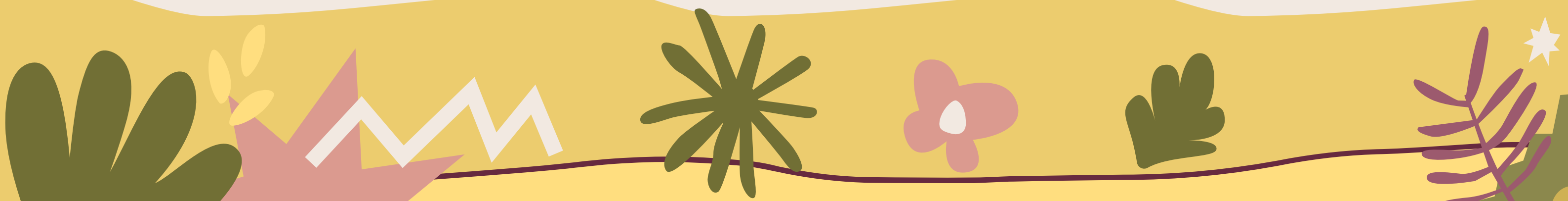


Make sure you get to
school in plenty of time.

6

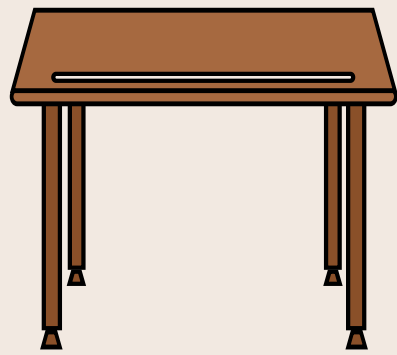


Don't listen to the other
pupils outside of the exam
hall. Stay calm, and
mentally prepare yourself
for the exam.



During the exam

1



Find your seat and get organised. Check you have the equipment you'll need.

2



Read the instructions on the front cover of the exam.

3



Read each question carefully until you understand what you're being asked to do.

4



Underline key vocabulary and command words in each question so that you know what is expected from you.

5

(4 marks)

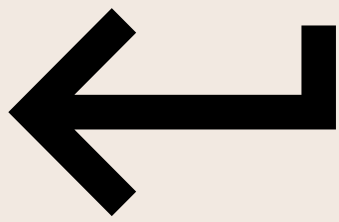
Look at the number of marks available for each question. Check that you've written enough.

6



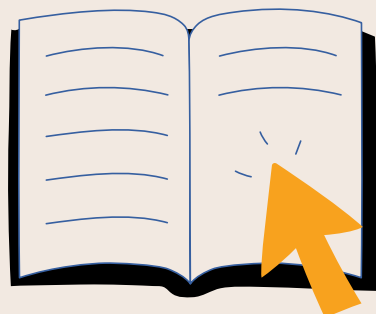
Watch the time and pace yourself. Leave time to check your answers.

7



If you can't answer a question, don't panic. Leave it and come back to it later.

8



Check that you have written something for every question.

9



Check your answers.

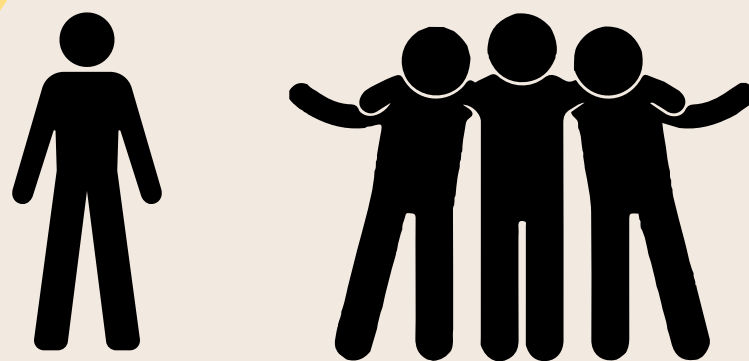
After the exam

1



Don't worry about it! You can't change anything. Take a little time to relax.

2

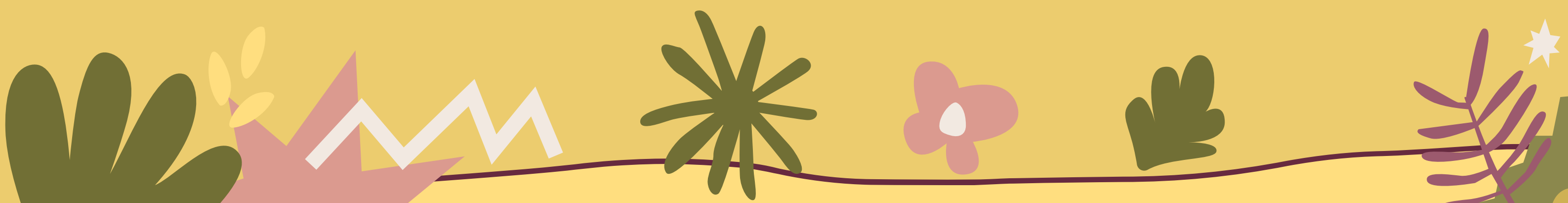


Don't talk about your answers with others unless you are happy to do so.

3



Tick the exam off your list and focus on the next exam.





Top Tips for Pupils

Start now!

Create a revision space.

Create a revision timetable.

Make sure you plan to spend time doing things you enjoy.

Revise topics over and over again, but leave a gap inbetween.

Vary revision with different revision techniques.

Do as many practice papers as you can.

Eat and sleep properly.

Avoid distractions.

Check in with your parents/carers everyday.

Support and advice from staff at Hebburn Comprehensive

The GCSE exams
are just a chance
to show how good
you all are.
Go for it!



Miss J Ludlow

GCSE Science

Remember to check the advance
notice topics that your teacher has
given you. A great place to start
revising is on the topics you know
are definitely on the exam!

Mrs Pullen

GCSE Media Studies:

What an AMAZING journey to become authentic Media Studies
students! We are SO very proud of you. Remember to:

Use ALL of that media language you've developed

Analyse denotation and connotation

Answer the question, giving yourself one minute per mark

Not forget to worship at the altar of Mrs. Fisher!

Now GO FOR IT, you MAGNIFICENT bunch of humans!

Ms Robson



Mr Longstaff

'You've revised and worked
so hard; it's time to show
off all of your amazing
reading and writing skills!
Good luck, folks!'



Miss S Ludlow

Keep calm and
carry on revising!

Miss Smith

Feeling exhausted is hard.
Keeping up good sleep habits is
hard.

Choose your hard.

Regret is hard.

Discipline is hard.

Choose your hard.

Studying for exams is hard.
Following a career path without
GCSEs is hard.

Choose your hard.

Suffering is hard.

Asking for help is hard.

Choose your hard.

Ms Robson

Business Studies (Edexcel GCSE Business 9-1)

All revision is available on Teams

Advance information is on Teams

Pupils have 2 papers, Theme 1 - content covered in Year 10
and Theme 2 - content covered in Year 11

Websites for additional revision and support:

www.businessed.co.uk (Theory notes)

www.senecalearning.com

www.bbc.co.uk/bitesize

Mrs Phillips

We Believe in You

Advice from ex-pupils

I wrote key words on sticky notes and stuck them all over the house.

I attended revision sessions before and after school; this really helped!

I used to complete an exam paper every night and my teacher would mark it the next day. This helped me to see which topics I still needed to revise.

If you are feeling stressed, tell someone. Your parents/carers will try to help you, and if they can't, they can get help from teachers.

Revise now and try your best while you have the teachers to help you. I had to resit after I left school and it was really hard.

I made a list of the GCSE questions I couldn't answer and watched videos on YouTube to help me.

I used to revise for 30 minutes and then relax for 30 minutes. Any more than that was too much.

I recorded myself reading my notes and listened to it until I could repeat it in my sleep.

Don't ignore the subjects you find difficult or don't enjoy. With a bit of hard work, these will probably be the subjects you can make the most progress with.

Good luck



HEBBURN
Comprehensive School
WORK HARD | BE KIND | ASPIRE

We thank you for your continued support.

**If you would like further advice or info about
any of the techniques mentioned in this guide,
please contact Miss J Ludlow.**

ludlowj@hebburn.net

