

# Exam Hints & Tips for Students *and for parents!*



# Getting started

Starting your revision early is always a good move. The more time you give yourself, the more opportunity you'll have to go over each subject thoroughly, avoiding stress. With extra time, you can practice what you need to learn and reinforce it in your memory.

## USE POST-IT NOTES

Placing post-it notes on the bathroom mirror or the fridge door, means you can glance over them and get them embedded in your memory faster.

## KEEP YOUR PHONE OUT OF REACH.

Phones are useful, but they're also a major distraction. Take our advice and tuck it in a drawer while you're revising -- you'll thank yourself later!

## Revision techniques

There's no "right technique" for revision. What helps your friend might not be the best for you. It's all about trying out different methods and seeing what works for you!

[Explore popular revision techniques](#)

[Revision tips from students](#)

## Make a timetable

Creating a revision timetable will allow you to spread out your study time evenly and avoid overloading during the days leading up to your exams. You can also allocate more time to any subjects you're struggling with. Be mindful when scheduling your study time, to make time for breaks, food, exercise and sleep.

[How to plan your time with revision timetables](#)

## Mix it up

Work out which learning styles work for you. This could be mind mapping, using sound or through reading and writing. Once you have a few different revision techniques, switch things up to keep your revision fresh and engaging, so that revision doesn't become repetitive or dull.

# Make it fun...

## Set mini goals

Set small daily goals in your timetable. This will give you an idea of how much revision you need to do and what's ahead. Breaking your study into manageable chunks will prevent you from feeling overwhelmed.

## Revise with others

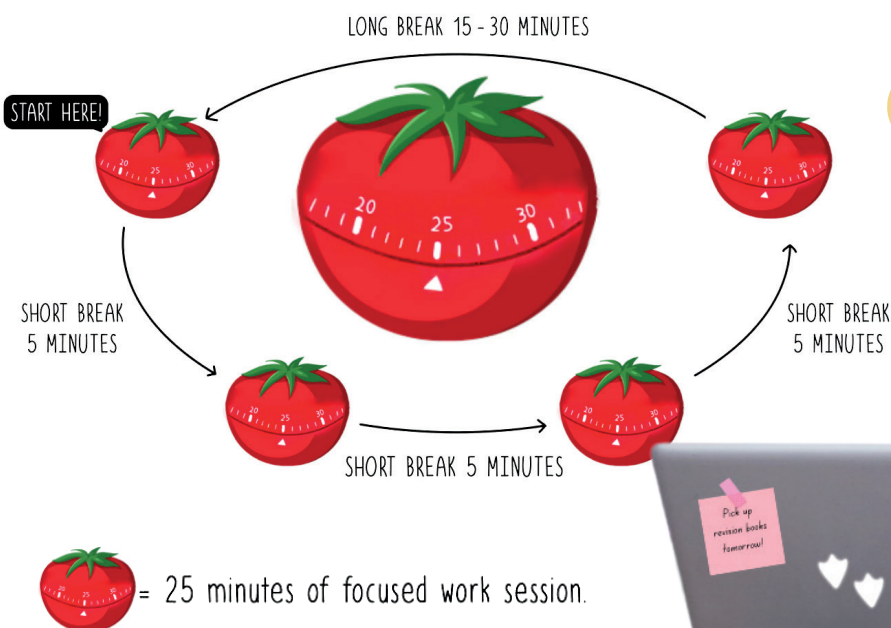
Sharing what you know by teaching or quizzing others can be super helpful. It's a great way to help your friends while also spotting any gaps in your own knowledge. Plus, studying in a small group can be fun and a great way to come up with creative ways to remember key information together.

## Practice papers

Try using practice papers to get comfortable with the format of your exams and how the questions are set up. Time yourself while doing them to get a feel for how long you should spend on each question. This way, you'll be less stressed when it's time for the real thing!

## Take breaks

Taking breaks are important, and you can make them work for you too. Time-management known as the **pomodoro technique** (after the Italian word for tomato), is based on splitting your work into 25 minute long sessions with a short break inbetween. Giving your brain a chance to relax and recharge, you'll also stay focused for longer and get less distracted. Try it out!



## Remember to fuel your body

### SLEEP

These GCSE revision tips won't work their magic without enough sleep! Make sure you're getting 7-9 hours a night. Sleep helps lock in what you've learned and boosts your brainpower for the next day.

### EAT HEALTHY & EXERCISE

Use breaks for healthy snacks or a quick walk to boost your energy. Choose healthy snacks like nuts or fruit to stay energised. Don't worry, you can still enjoy your favourite treats - just keep it balanced!

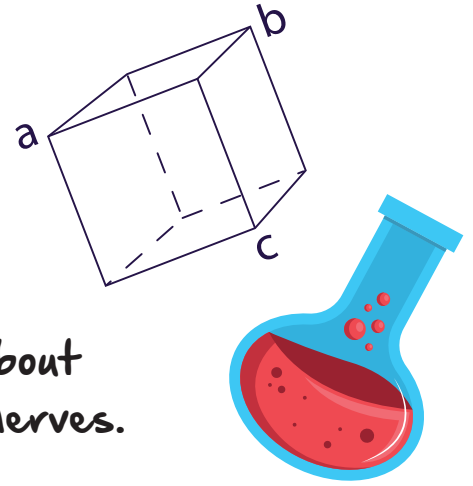


“Exams matter, but so do you!  
Take care of yourself  
- you've got this!”

PEANUT WHITBREAD



# How to support your child during exams



Watch for signs of stress.



Talk about exam nerves.



Make sure your child eats well.



Encourage exercise during exams.



Help your child get enough sleep.



Do not add to the pressure.



Be flexible during exams.



Make time for treats.



Help them study.  
Consider purchasing Revision Guide books.



Create a calm and quiet space for them to revise in.

