

Editable text communications with parents & pupils for revisiting information



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Parents:

There are many different techniques young people can use to help them revise. Please could you help your child to try out strategies such as using flashcards, mind maps, quizzes and exam questions.

We have launched some new parent & student leaflets to support young people to revise and study more effectively. Please could you take some time to go through these with your child and to try out some of our top tips.

Learning information for exams can be tricky. Research shows that reviewing information as you go along can help improve memory retention. Help your child get into good habits of revisiting information regularly each week.

Did you know that physically active students have more active brains? Research shows that exercise can also improve exam performance and mental wellbeing. Please encourage your child to keep active and take regular breaks when studying.

Productive people work smarter, not harder. Please encourage your child to take regular breaks when studying and to revise in shorter intervals.

Revising can be a daunting experience. Encourage your child to break down information into bitesize chunks, form patterns and connections to help them learn.

Research shows that we have a limited 'working memory'. Encourage your child to use varied revision techniques to maximise their memory to perform better.

Distractions can get in the way of your child revising effectively. Help them to create a calming environment to work in and limit distractions such as phones, TV, music etc as these can interfere with the learning process.

Being proactive will help young people take responsibility and action. Support your child to think ahead and to prepare for their lessons in advance by speaking to their teachers about topics coming up.

Research shows that revising for a whole day on one subject is not effective. Encourage your child to mix up their learning by revising for different topics in short bursts of time. This will help to strengthen their memory recall.

Our brains hold onto some information but let go of others. If young people are feeling swamped and overloaded, they can't revise effectively. Encourage them to space out their revision into regular intervals and to build a realistic revision timetable.

Pupils

Did you know that revising for eight hours in one day is not as effective as doing one hour of revision for eight days? Think about doing revision little and often and get yourself into good study habits.

We have launched some student leaflets to help you revise and study more effectively. Take some time to go through and try out the different revision techniques and to try out some of our top tips.

There are many different techniques you can use to help you revise. Try out some strategies such as using flashcards, mind maps, quizzes and exam questions.

Learning information for exams can be tricky. Research shows that reviewing information as you go along can help improve memory retention. Get yourself into good habits of revisiting information regularly each week after your lessons rather than last minute cramming!

Did you know that physically active students have more active brains? Research shows that exercise can also improve exam performance and mental wellbeing. Make sure you keep active each week and take regular breaks when studying.

Productive people work smarter, not harder. Don't overload yourself and make sure you map out your revision to include regular breaks. Studying and revise in shorter intervals rather than for long periods of time.

Revising can be a daunting experience. Try to break down information into bitesize chunks, form patterns and connections to help yourself learn more effectively.

Research shows that we have a limited 'working memory'. Make sure you use varied revision techniques to maximise your memory to perform better.

Distractions can get in the way of you revising effectively. Try to create a calming environment for yourself to work in and limit distractions such as phones, TV or music as these can interfere with the learning process.

Being proactive will help you take responsibility and action. Try to think ahead and to prepare for your lessons in advance by speaking to your teachers about which topics are coming up. You could carry out some homework prior to the lesson to help yourself understand key topics.

Research shows that revising for a whole day on one subject is not effective. Make sure you mix up your learning by revising for different topics in short bursts of time. This will help to strengthen your memory recall.

Our brains hold onto some information but let go of others. If you are feeling swamped and overloaded, then you can't revise effectively. Try to space out your revision into regular intervals and to build a realistic revision timetable.