

Elevate parent revision session

1. Revision/study should be in three equal parts – Note taking, Memorising notes and finally practice papers. The practice papers are the part of revision often left out by students.
2. Note taking – use trigger words, highlighting and colour coding. Aim to cut down words by 80% and use mind maps and visuals. Apps and programs like Xmind and imindmap. Or app called I Dictaphone so record notes to listen to on the phone at another time eg on the way to school.
3. Practice papers – aim to do at least 5 practice papers for each subject. Initially they should be open book (can use textbook or notes) and open time (as long as require), then closed book (without notes) and timed (time limit as in actual exam). Use programs like Quizlet.com, memorise.com make own questions, useful for testing yourself
4. Finding time to revise

Produce a Study timetable called a weekly plan. Initially put in when can't study due to commitments like sports or a club then add subjects to study and tick these off as go through them. Aim to do a minimum of 2 hours on a school day.

At weekends and half term holiday aim to mirror the school week. Work from 8.45 to 3.30 or 4.00 pm. Advantage – if do this can take evening off to help relax.

Have revision check lists that they tick off. This helps with focus. Ideally have 2 copies of the weekly plan one where they study and the second visible to everyone eg on the fridge.

5. Sleep. Ideal time – 8 ½ hours sleep. Why? We sleep in 90 minute cycle and at start when get more REM sleep is when brain develops. Melatonin reduced by using phone/ iPad before sleep makes it harder to fall asleep so **avoid technology** before bed.

If you have to use the laptop before bed Download f.lux or programs like this which reduces brightness of light to where live, so adjusts and allows you to sleep better.

6. Distractions to revision

- a) Social media doesn't go with revision. Block sites for a period of time eg block it for 40 minutes or give a quota for a week. Programs to use include Focus me for pc. Self control for Mac or Cold turkey.
- b) Music. Why use music if they use music to concentrate then they will need it to do the exam so learn to revise without music. Use an app called Study which is proven to help students boost concentration when studying in noisy environment.

7. How to get over problems with revision

- a) When they don't like subject – will avoid revising it so try working a study group or attend support sessions at school.
- b) If have too much work break into small parts becomes easier

8. Dealing with stress

Important to get routines before exam – lots of sleep, avoid social media. Exercise a bit before exams. Use guided meditation websites. 1 giant mind or headspace are very good and help to calm students.

Finally the elevate company provide study support for students via their website www.elevateeducation.com (user name: elevate Password: pacco) or twitter feed @ukelevate.

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