








How can I support my child through their GCSEs?

As you know, your child is about to begin their GCSE examinations. We know this is a busy time and at times it might be quite stressful. Try to use some of the advice below to support your child and help them to maximise their potential.

<p>Flash cards</p> 	<p>A great way to support revision is through flash cards. Here are a few top tips for effective use:</p> <ul style="list-style-type: none"> • Write a question on one side and a short, bullet-pointed answer on the other • Mix up the order • Go through them regularly starting with the ones that they got wrong last time.
<p>Quizzing</p> 	<ul style="list-style-type: none"> • Quizzing is a very effective method to help with memory and recall • Use the flash cards to support your questions • Quiz your children as often as you can—whilst making tea, before bed, or on any journeys!
<p>Exam papers</p> 	<ul style="list-style-type: none"> • After using flash cards and quizzes, it is then effective to answer exam questions • Ask your child to show you some of the exam papers they have been through in their lessons • Encourage them to practise as many as possible.
<p>Provide a quiet space</p> 	<ul style="list-style-type: none"> • Where possible, provide a quiet space for your child to revise • This does not have to be a separate room, it could just be that you set aside time for the TV to be off or other people in the house to provide quiet time.
<p>Sleep</p> 	<ul style="list-style-type: none"> • There are multiple studies that stress the importance of sleep • Whilst your child may want to use as much of their time as possible revising, it is important to encourage them to get a good night's sleep each night • For a teenager it is recommended they have approximately 8-9 hours sleep a night. This supports their concentration through the day.
<p>Remove distractions</p> 	<ul style="list-style-type: none"> • When your child is revising, ask them to leave their phone in another room • Your child should spend around 15/20 minutes revising in one sitting, focusing on one subject. For this 15/20 minutes they should have no distractions • At the end of the 15/20 minutes, encourage them to physically move away from their revision. At this point, let them check their phone or get a snack • After a 5/10 minute break, encourage them to head back to their work
<p>Take a break</p> 	<ul style="list-style-type: none"> • Whilst working hard is important, so too is rest • Encourage your child to take regular breaks • Regular exercise will also support your child with their revision • Encourage them to keep up with any regular exercise they usually take part in.