



**GCSE Support and Guidance
for Parents:**

Revision and Examinations



What we hear pre GCSE's

I don't need to revise for the mocks, I want to see how well I can do without

Revision doesn't work- I tried it for my Y10 exams

I don't need French/History (insert subject) for my future

It's fine, my grades don't matter, I'm going to work for my dad

I don't have enough time to revise

What's the point, I can't do it

I'm just going to focus on my A Level subjects



What we hear on results day...

I wish I'd not messed about in...

So, what can I do with these results?

Yes! The revision paid off!

I did it!

Brilliant I got on the course

I am so pleased!

Is there anyway I can get into Sixth Form?

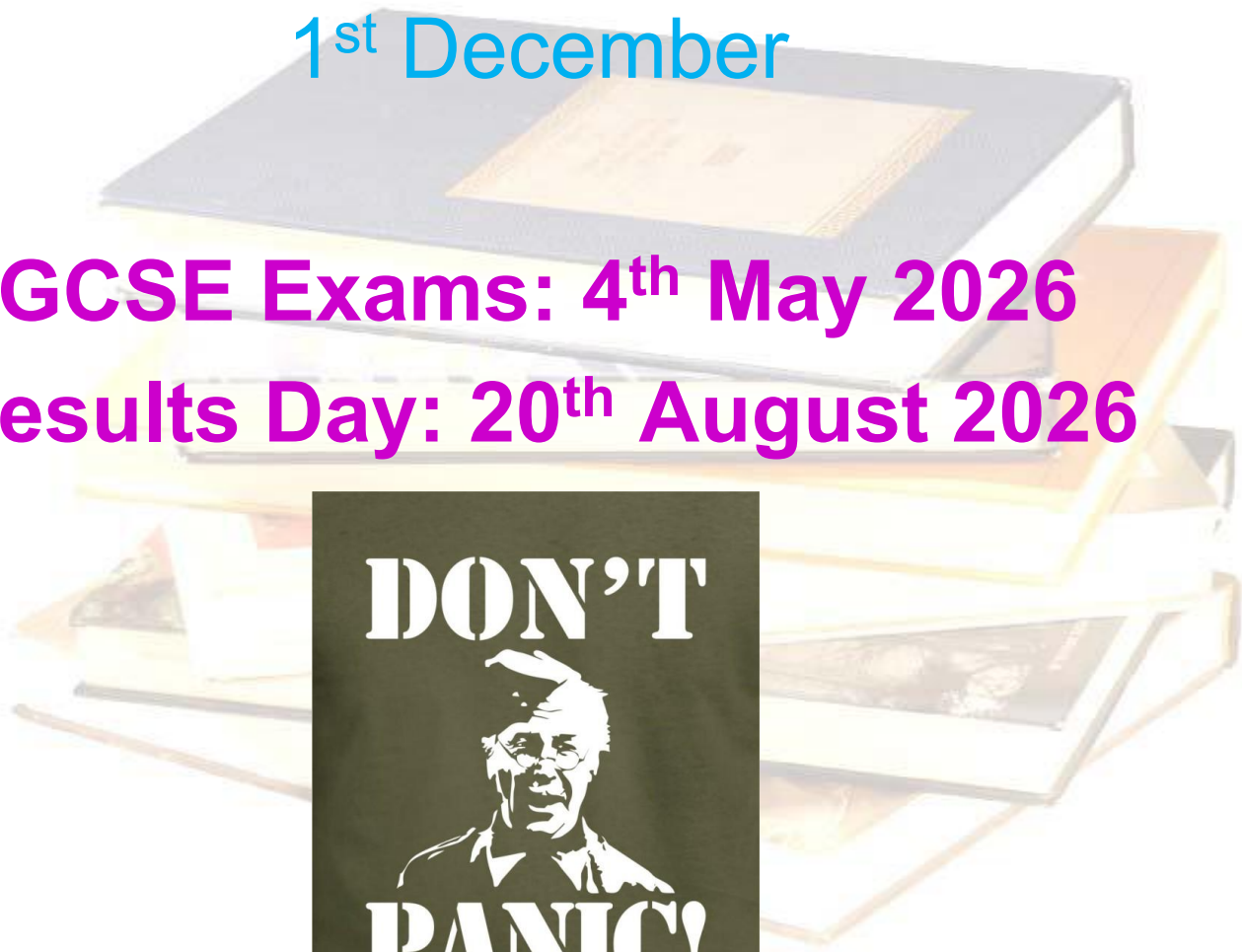


Key Dates:

November Mocks: W/B 24th November and
1st December

GCSE Exams: 4th May 2026

Results Day: 20th August 2026





Parental Engagement

One of the biggest factors in raising achievement!

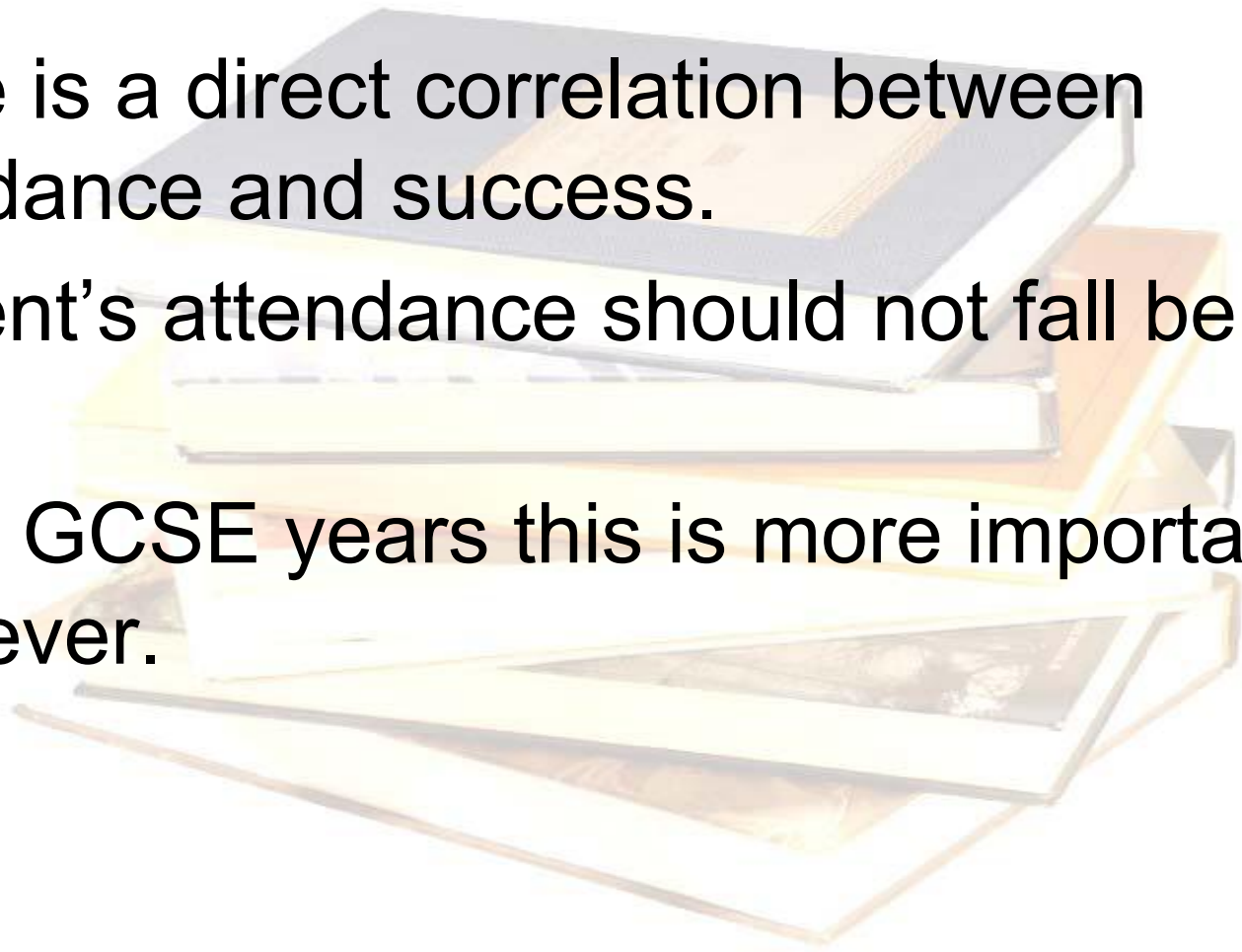
- Emotional and wellbeing
- Academic
- Positive distractions






Attendance

- There is a direct correlation between attendance and success.
- Student's attendance should not fall below 95%.
- In the GCSE years this is more important than ever.





Link between absence and attainment

- **Higher attainment at KS4 is linked to lower absence rates.**
- **Pupils who did not achieve grades 9–4 in English and math's GCSEs had an 8.8% absence rate. 17-19 days**
- **Pupils who achieved grade 4 had a 5.2% absence rate. 10 days**
- **Pupils who achieved grades 9–5 had the lowest absence rate at 3.7%. 7 days**



- Persistently absent pupils in secondary school could earn £10,000 less at age 28 compared to pupils with near-perfect attendance.
- For each additional day of absence between Years 7 to 11, the typical pupil could miss out on an average of £750 in future lifetime earnings.



Supporting Together – Key Dates

- Progress Grades reported three times a year – November (effort), December (mock result), March
- Progress Grade Reviews-in school
- Sixth form open evening – 22nd October
- Year 11 exams -24th November and 1st December
- Year 11 Parents Evening – Wednesday 26th February.



Supporting Together – Key Goals

- Basic expectations – uniform, equipment, books
- Keep a track - MCAS (My child at School)
- Detentions
- Afterschool behaviour





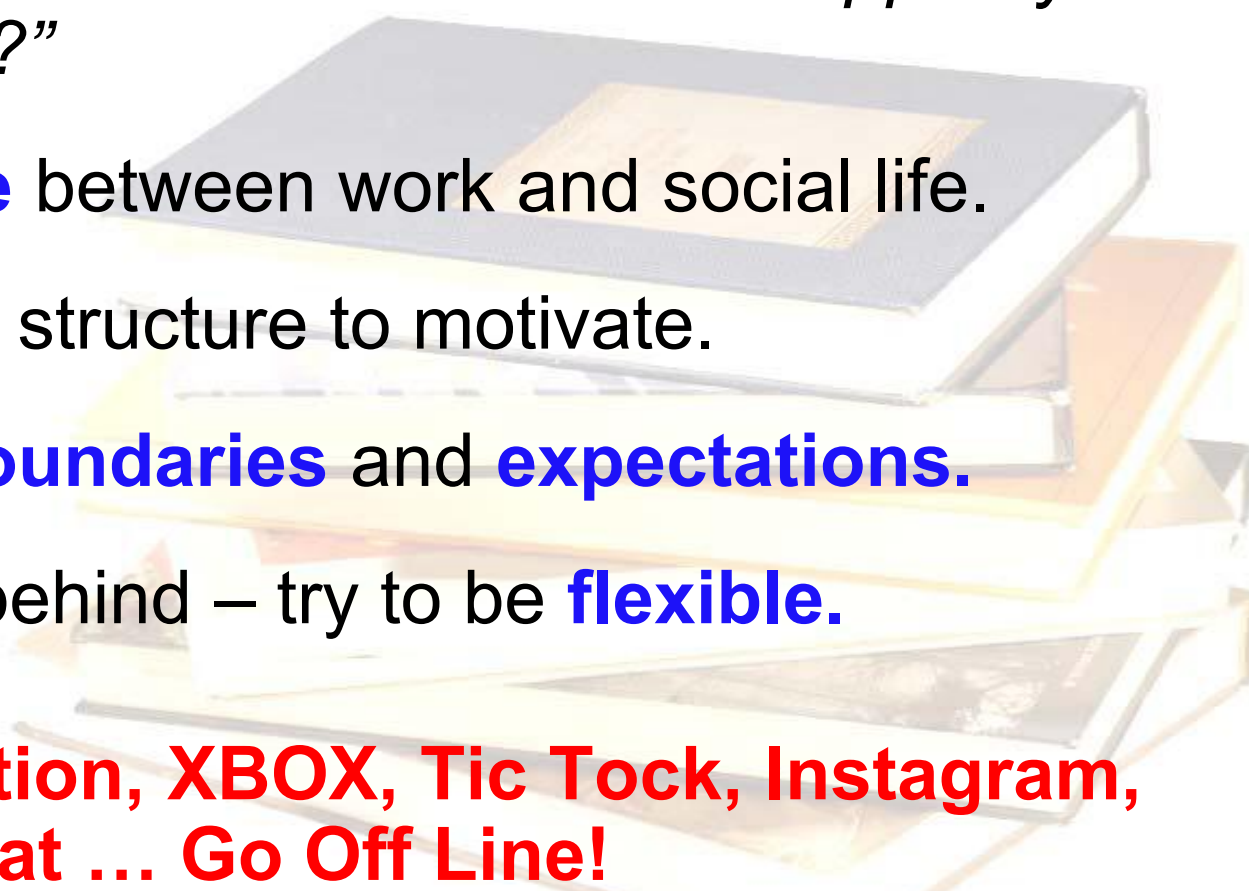
Encourage your son to read

The power of reading!

- A UCL research project found that reading 'high quality' books every day has a huge impact on academic achievement.
- Over a year, if students read daily, they increase the education that they get by 3 months.
- Other research suggests that reading for pleasure is more important for children's cognitive development than their parents' level of education and is a more powerful factor in life achievement than socio-economic background (Sullivan & Brown 2013)
- Lots students feel they are time poor, however are they using their time wisely?



General Advice for Parents

- 
- **Communication** *“How can we support you with revision?”*
 - **Balance** between work and social life.
 - **Reward** structure to motivate.
 - Clear **boundaries** and **expectations**.
 - Falling behind – try to be **flexible**.
 - **Playstation, XBOX, Tic Tock, Instagram, Snapchat ... Go Off Line!**

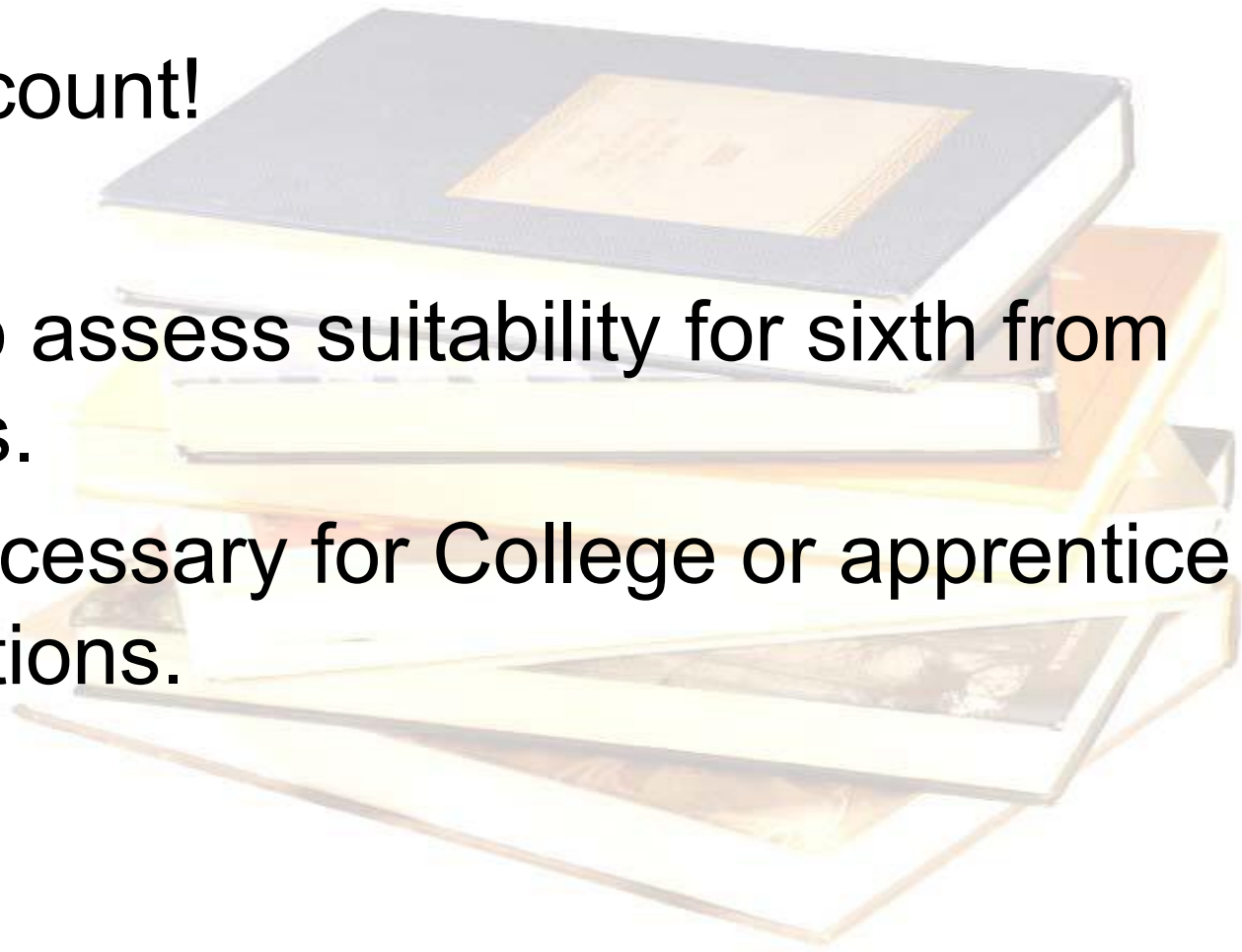


Mock exams

These count!

Used to assess suitability for sixth form courses.

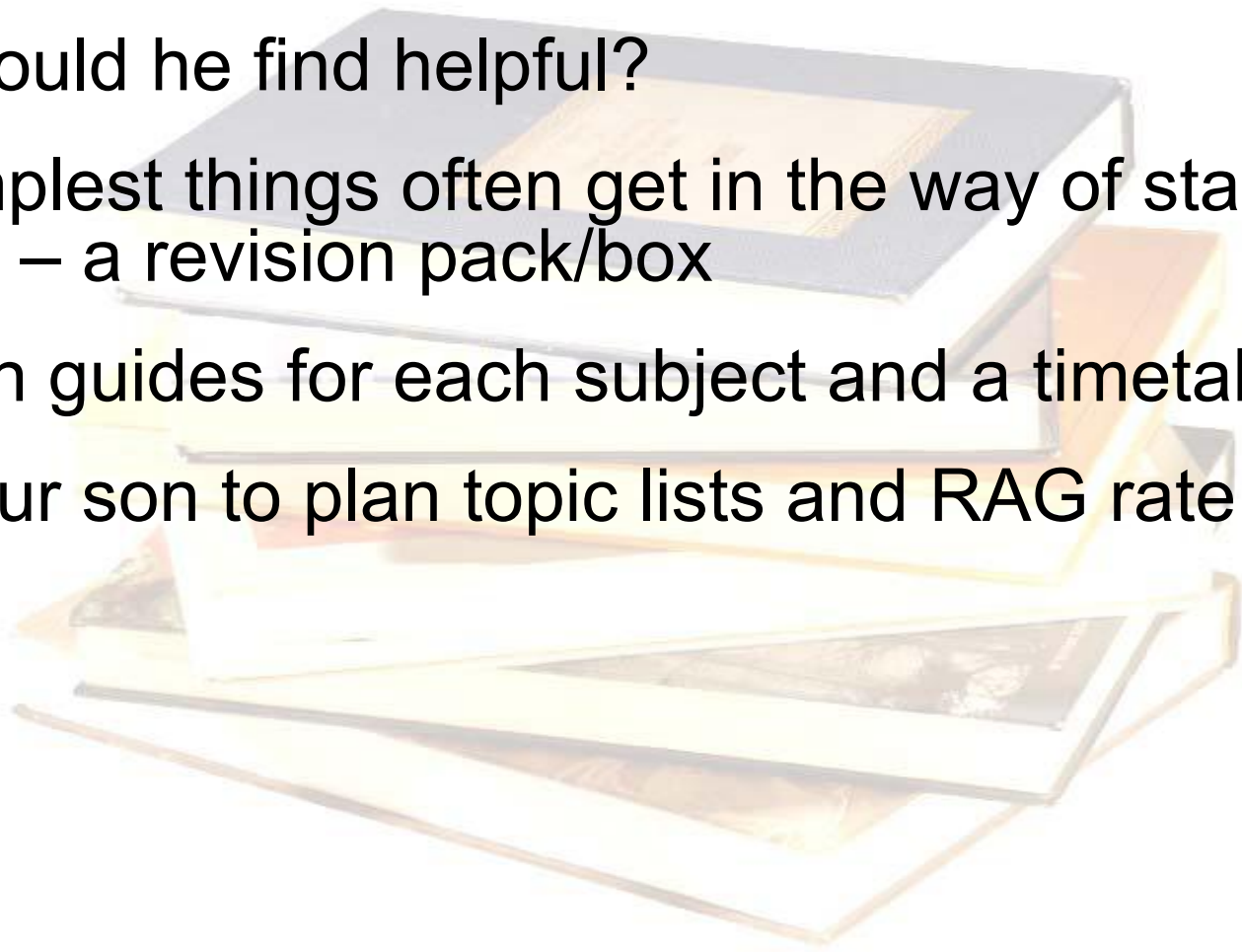
Also necessary for College or apprentice applications.





Supporting your son in **preparing** for revision

- What would he find helpful?
- The simplest things often get in the way of starting revision – a revision pack/box
- Revision guides for each subject and a timetable.
- Help your son to plan topic lists and RAG rate them.





Revision Checklist/Topic List

What do I need to revise?

Red = I am not confident answering this question **OR** I do not often get high marks on this question . I got less than 50% on this question in my mock.

Amber = I know how to answer this question but I need to practice more to get higher marks. I got 50% or more on this question in the mock.

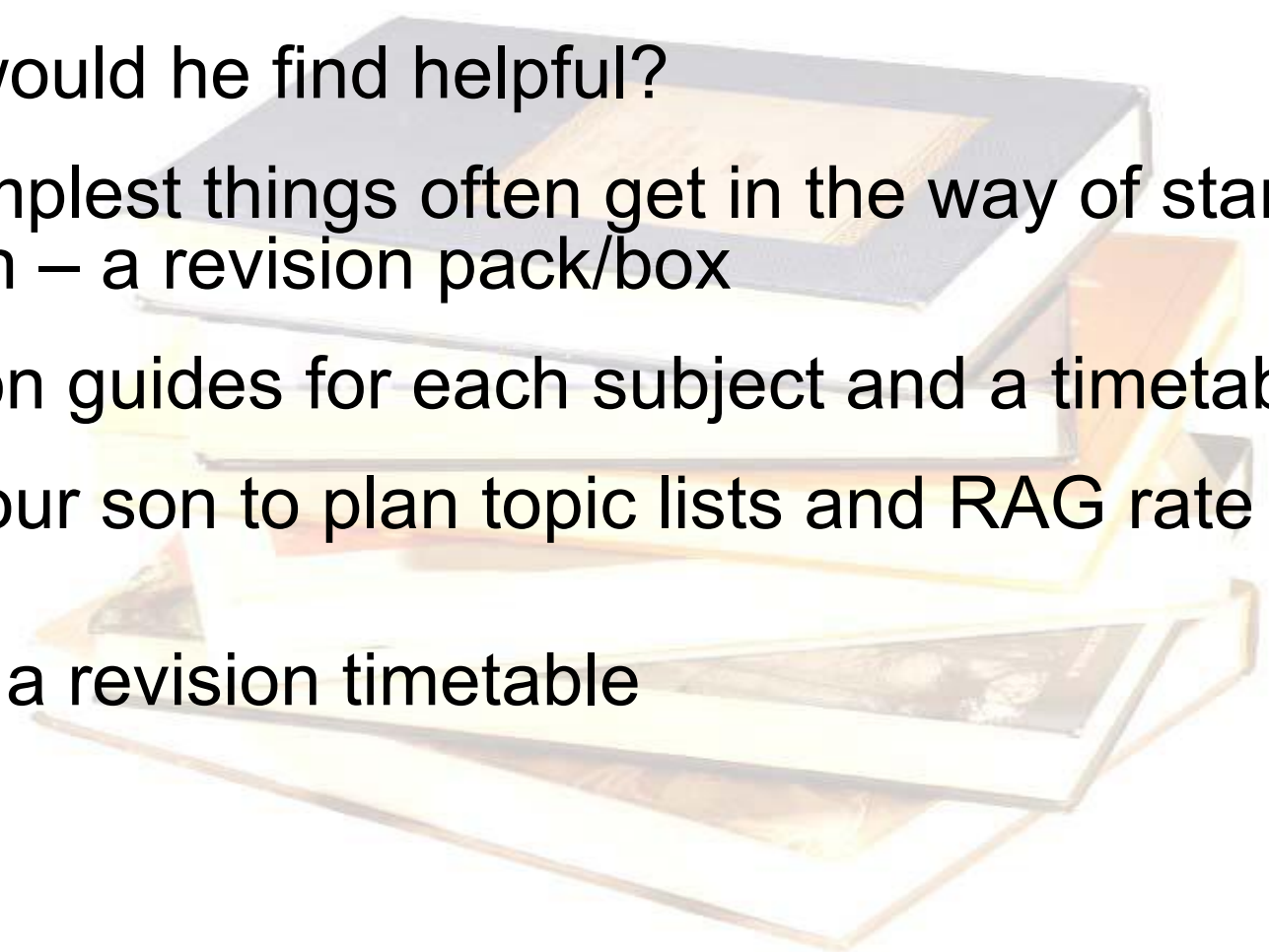
Green = I am confident answering this question and I get marks that I am happy with when I answer these. I got over 75% on this question in my mock.

TOPIC	Marks Awarded	ASSESSMENT		
		RED	AMBER	GREEN
Paper 1				
Q1 – Find and copy one word/phrase...	1			
Q2 – Find and copy two words/phrases...	2			
Q3 – How does the writer use language and structure to show...	6			
Q4 – The writer has attempted to... Evaluate how successfully this is achieved.	15			
Q5/6 – Creative Writing (Write about				



Supporting your son in **preparing** for revision

- What would he find helpful?
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- Revision guides for each subject and a timetable.
- Help your son to plan topic lists and RAG rate them
- Create a revision timetable





Important to plan but adapt as necessary...

Day	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Mon							
Tues							
Wed							
Thurs							
Fri							



Revision Timetable

	11.00 – 11.45	12.00 – 12.45	1.00 – 1.45	1.45 – 3.00	3.00 – 3.45	4.00 – 4.45	4.45 – 6.00	6.00 – 6.45
Monday	English Lang.	Maths	RE	Lunch	Physics	English Lit.	Evening Meal	French
Tuesday	Biology	History	Graphic Prods	Lunch	English Lang.	Maths	Evening Meal	RE
Weds.	Physics	English Lit.	French	Lunch	Biology	History	Evening Meal	Graphic Prods
Thursday	English Lang.	Maths	RE	Lunch	Physics	English Lit.	Evening Meal	French
Friday	Biology	History	Graphic Prods	Lunch	RE	French	Evening Meal	English Lang.
Saturday	Day Off	Day Off	Day Off	Lunch	Day Off	Day Off	Day Off	Day Off
Sunday	Maths	RE	Physics	Lunch	English Lit.	French	Biology	History



Supporting your son in **preparing** for revision

- What would he find helpful?
- The simplest things often get in the way of starting revision – a revision pack/box
- Revision guides for each subject and a timetable.
- Help your son to plan topic lists and RAG rate them
- Create a revision timetable
- Nominate a quiet place for revision- preferably not bedroom.
- Provide an area where work and revision notes can be kept safely.
- Relaxation time and plenty of rest.



Support when **doing** the revision

- Try to stick to the revision plan but be flexible!
- Provide snacks and water for revision periods.
- Keep up with regular 'check-ins'.
- Pre-agreed rewards for reaching a goal/target.
- Be aware of the pressure your son will be feeling – he might not look under pressure! He also might not know where to start.
- Anxiety management– there are a range of strategies and techniques!



Health Tips

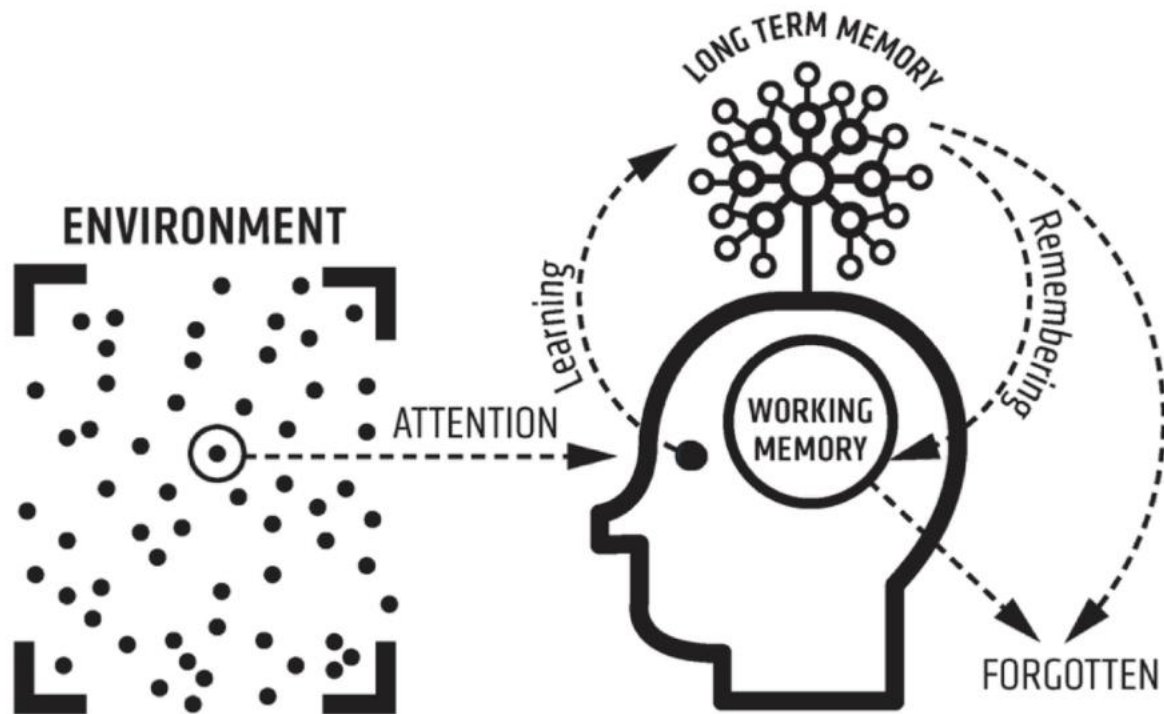
- Exams and revision are hard work.
- The right fuel e.g. fresh fruit and vegetables (and eat breakfast!).
- Caffeine vs Water.
- Regular exercise and breaks.
- A good night sleep.

More to come on this.....



Effective Revision Strategies

How does learning happen?





Key Terminology

- Photosynthetic efficiency
- Appeasement
- Pathetic fallacy
- Subduction zone
- Iteration



Photosynthetic efficiency

The rate at which energy from light is converted into stored chemical energy by a plant during photosynthesis

Appeasement

The policy of conceding to the demands of a potentially hostile nation to maintain peace e.g. Britain's response to Nazi Germany in the 1930s

Pathetic fallacy

A literary device where the weather or natural surroundings are given human emotions and feelings to reflect the mood of a scene or character, such as "the angry sky"



Subduction zone

An area at a destructive tectonic plate margin where one plate is forced below another, causing it to sink into the Earth's mantle

Iteration

A mathematical process of repeatedly applying a rule or calculation to the result of the previous step in order to find a solution



Turn to the person next to you...

What did you do in the
summer?



Test

Turn to the person next to you – can you recall the terms and definitions?



Why should you revise and review?



Your brain forgets details of work that you have done

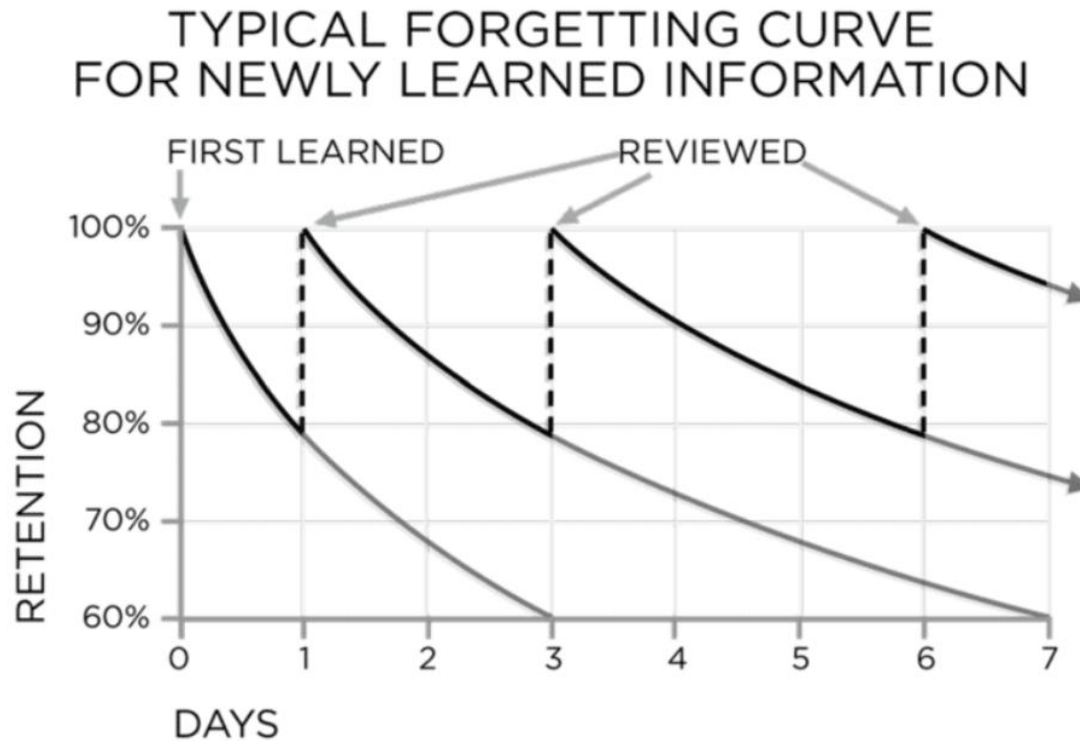


You need these details to tackle the requirements of the exam.



The more often you revisit and retrieve knowledge the easier it is to remember

Ebbinghaus Forgetting Curve





Where to revise?



A quiet place away from distractions (is the bedroom the best place?)

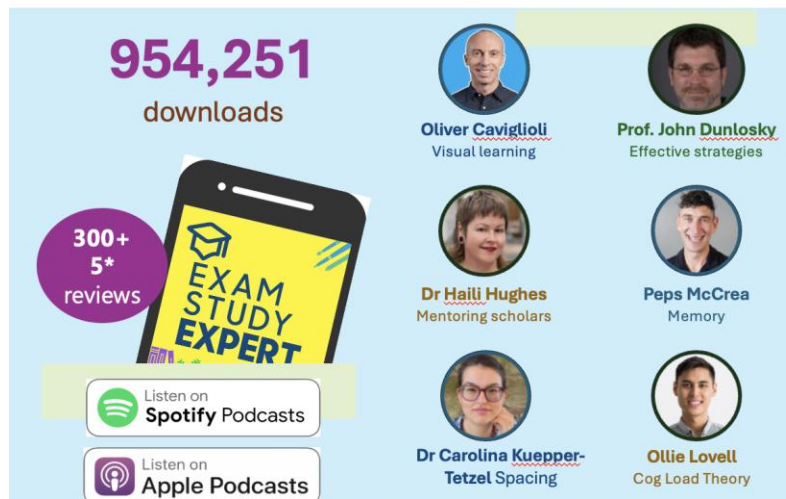


Books and revision resources in one place



A clock/timer that can be seen

How should you revise and review?









954,251
downloads

300+
5*
reviews

EXAM STUDY EXPERT

Listen on **Spotify** Podcasts

Listen on **Apple** Podcasts

 Oliver Caviglioli Visual learning	 Prof. John Dunlosky Effective strategies
 Dr Haili Hughes Mentoring scholars	 Peps McCrean Memory
 Dr Carolina Kuepper-Tetzel Spacing	 Ollie Lovell Cog Load Theory

50,000
students surveyed



As featured by:

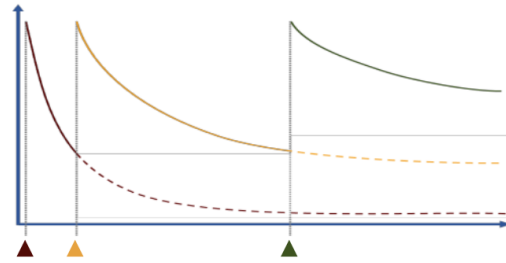


<https://youtu.be/uFHIAF3kQ3k>

2 keys to revising effectively



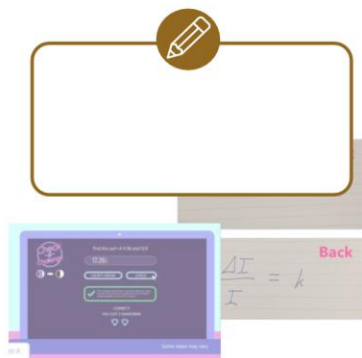
Quizzing yourself – training memory by practising recalling



Re-testing yourself multiple times, at time intervals



Three effective study techniques



1. Flashcards: quizzing point-by-point

Flashcards (paper or digital)

Pair testing



2. Brain dump: recall whole topic / area at a time

Brain dump / mind map from memory

Look / cover / write / check



3. Practice questions

Textbook / revision guide questions

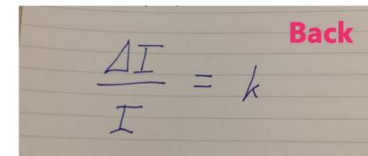
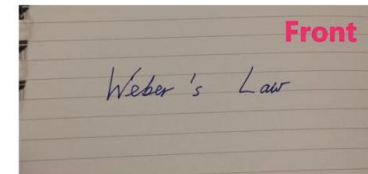
Full past papers



Flashcards

Flashcards

- **Question on front / answer on back**
- **Break it up:** one point per card. Lots of cards, few words on each.
- **Re-test the ones you got wrong** – maybe turn a corner over to remind yourself to re-test a card
- **Don't flip early** – persevere, be patient!

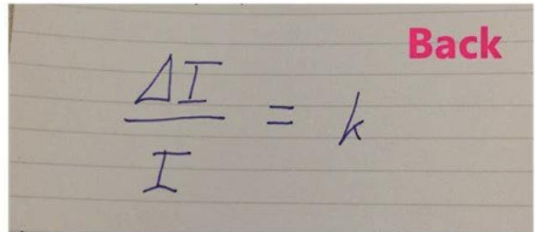
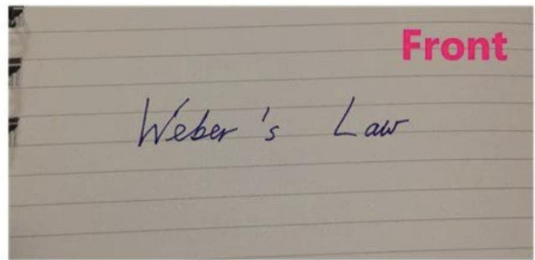
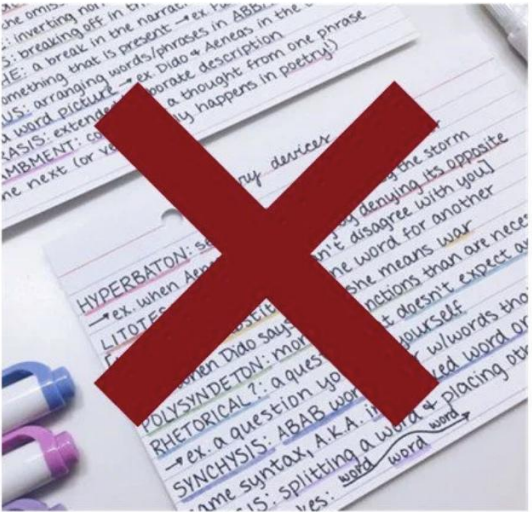




Flashcards: Technique Matters

Aaargh! Don't Write This Much On Flashcards!

This Is Much Better 😊



ExamStudyExpert.com/how-to-study-effectively





Brain Dump/Blurting

Brain dump:

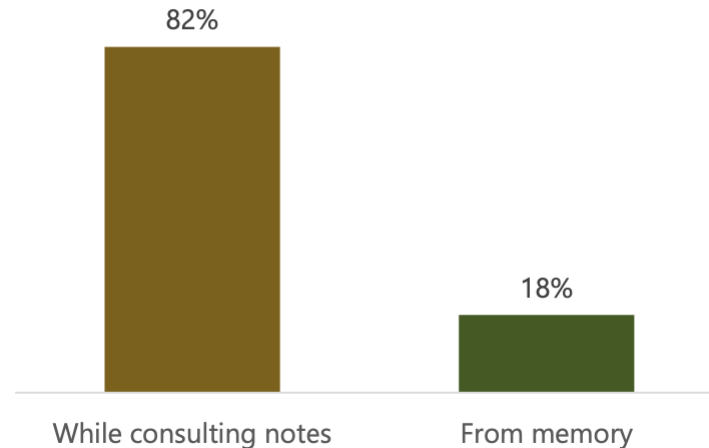
- **Writing out what you remember about a topic**
- **Persevere** – stretch your memory, what else can you remember?
- **Check, and amend in a different colour pen**
- **Throw it away, repeat 😊**





Research at Carre's shows

When you revise with mindmaps / spider diagrams, how do you usually draw them initially?





Practice Questions

Practice papers:

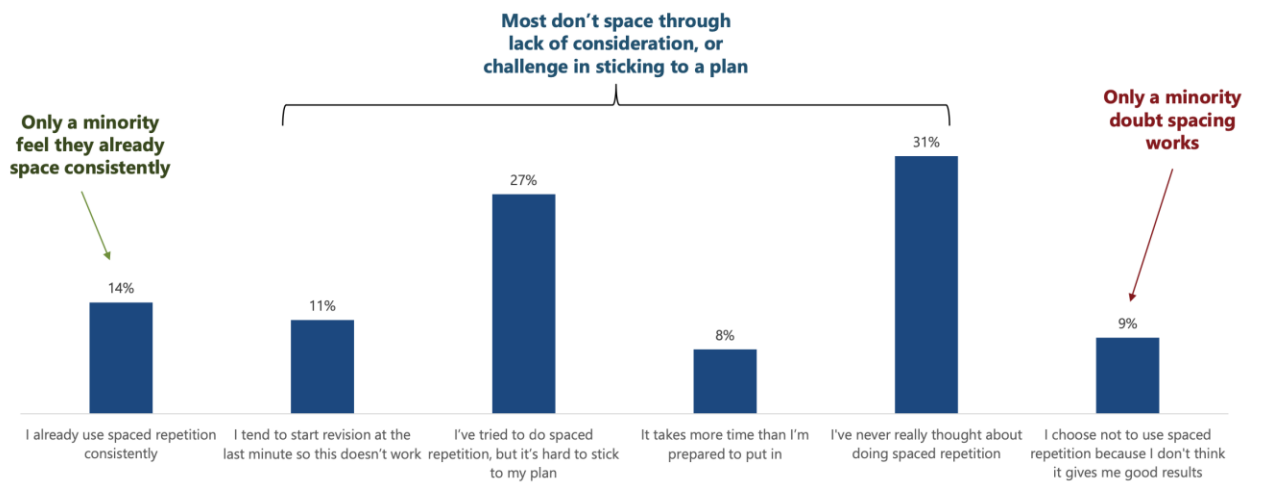
- **Try full, timed, closed-book papers before you “feel ready”** – have a go!
- **Study your corrections** well – learn what the examiners want
- Practice being **“greedy for marks”**

OCR			
Mock Paper 1			
GCSE (9-1) Computer Science			
J276/01 Computer Systems			
Time allowed: 1 hour 30 minutes			
First name	<input type="text"/>		
Last name	<input type="text"/>		
Centre number	<input type="text"/>	Candidate number	<input type="text"/>
INSTRUCTIONS			
• Answer all the questions clearly using black ink.			



Spaced Practice: Results from Carre's

Students find spacing challenging for a range reasons

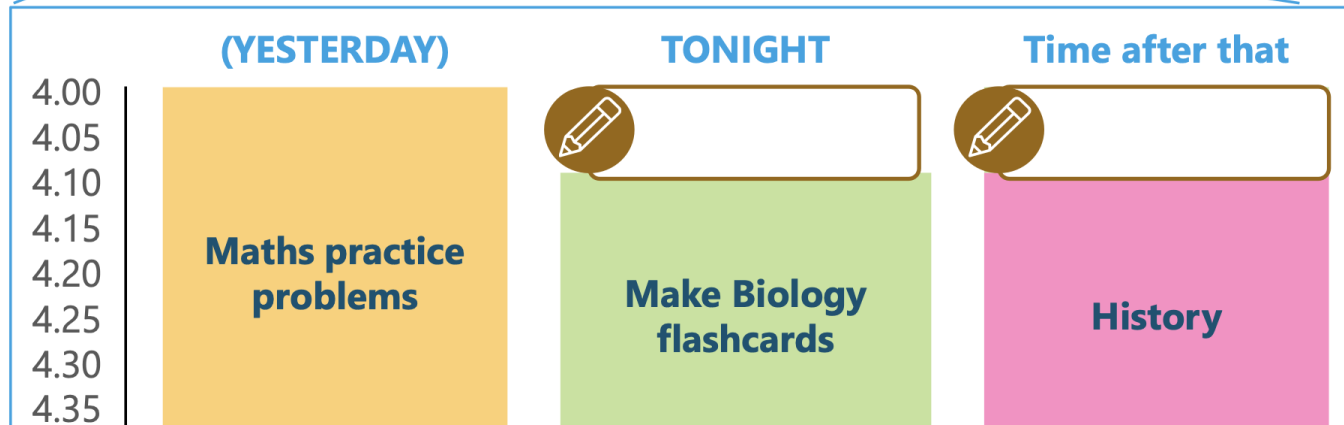




Putting 'Spacing' into practice

5 mins at start of next study session

Weekly recap session – everything from that week





Resources to help

The screenshot shows the Save My Exams website homepage. At the top left is the Save My Exams logo, followed by navigation links for 'Start studying' and 'Study tools'. A search bar is in the center with the placeholder text 'Search for a subject'. To the right are 'Login' and 'Join now for free' buttons. Below the navigation is a testimonial bar with five green stars and the text 'Trusted by 2m+ users'. The main headline reads 'Start your school year strong with exam-specific revision', with 'exam-specific' underlined. Below this is a sub-headline: 'Real expertise. Real results. On average, our resources help students go up 2 grades.' Two buttons, 'Join now for free' and 'I'm a teacher', are positioned below the sub-headline. The 'Why it works' section features three numbered steps: 1. 'Revise only what you need to' (illustrated with a student reading), 2. 'Test yourself and check progress' (illustrated with a student at a laptop), and 3. 'Improve answer by answer' (illustrated with a student looking at a stack of papers).

Save My Exams Start studying ▾ Study tools ▾ Search for a subject Login Join now for free

★★★★★ Trusted by 2m+ users

Start your school year strong with exam-specific revision

Real expertise. Real results. On average, our resources help students go up 2 grades.

Join now for free I'm a teacher

Why it works

- 1 Revise**
only what you need to
- 2 Test yourself**
and check progress
- 3 Improve**
answer by answer



PHYSICS & MATHS TUTOR

HOME

REVISION COURSES

PAST PAPERS

GCSE / IGCSE

FIND A TUTOR

A-LEVEL

UNI ADMISSIONS

SHOP

TEACHERS' AREA

CONTACT

Find a Tutor

Find an online or in-person tutor

Revision Courses

Courses for GCSEs, A-levels and University Admissions

Revision

Revision notes, key points, worksheets and questions by topic from past papers

Maths | Physics

Biology | Chemistry

Economics | Geography

Solution Banks

Solution Banks for A-level Maths

PMT Education Blog

PMT Education's advice blogs for students, parents and teachers.

<https://www.physicsandmathstutor.com>



Supercharge your revision with a tutor

Why not try the new era of learning with the Get Revising AI Tutor Bot.

AI tutors are ideal for exam preparation, they offer personalized, on-demand learning with instant feedback.

[Start Learning Now!](#)



Reach your target grades

Smart revision tools proven to boost your grades

[Get started >](#)

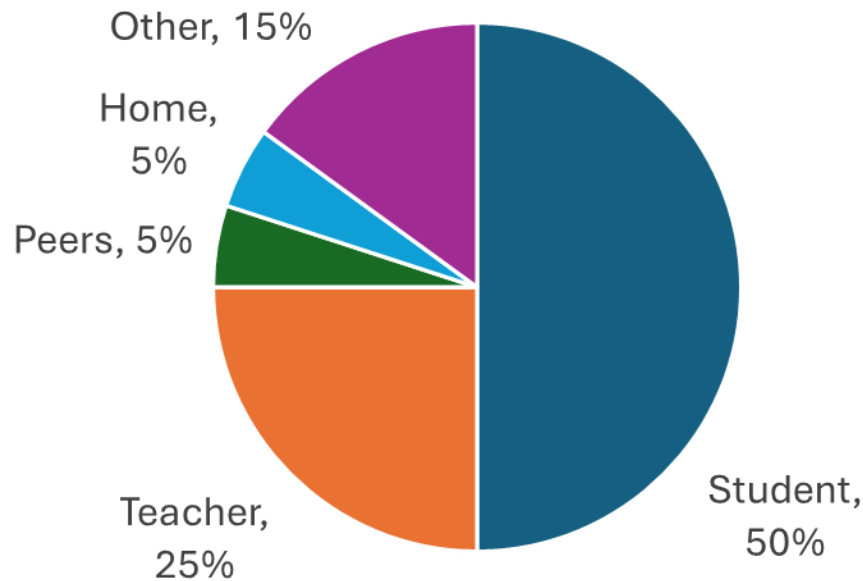
<https://getrevising.co.uk>



Other online resources

- Memrise
- Quizlet
- Seneca Learning
- Corbett Maths
- DrFrostMaths
- Free Science lessons (YouTube)
- Maths Genie
- BBC Bitesize
- Quizlet
- DuoLingo
- Mr Bruff (YouTube)

“Student” factors explain 50% of the variance in academic outcomes – e.g. conscientiousness, quality of study strategy



Seminal meta analysis based on 250,000,000 individual student responses (not a typo)

Dunlosky & Gurung, based on Hattie, 2015

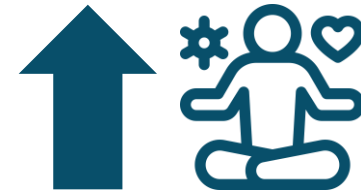
Why study (even) smarter?



Higher attainment



More time effective



Improved wellbeing



Learning Scientists

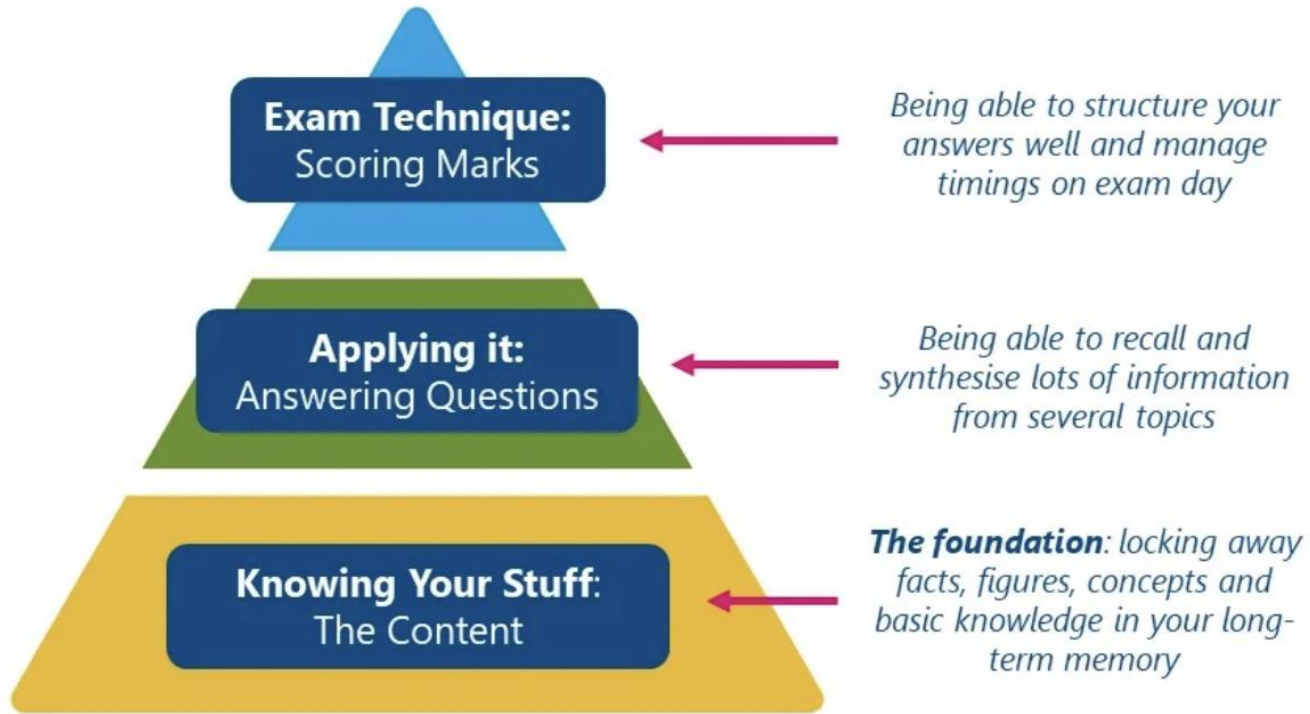


[Downloadable Materials — The Learning Scientists](#)



The Pyramid of Learning

There are three layers of learning that build up a solid study strategy:



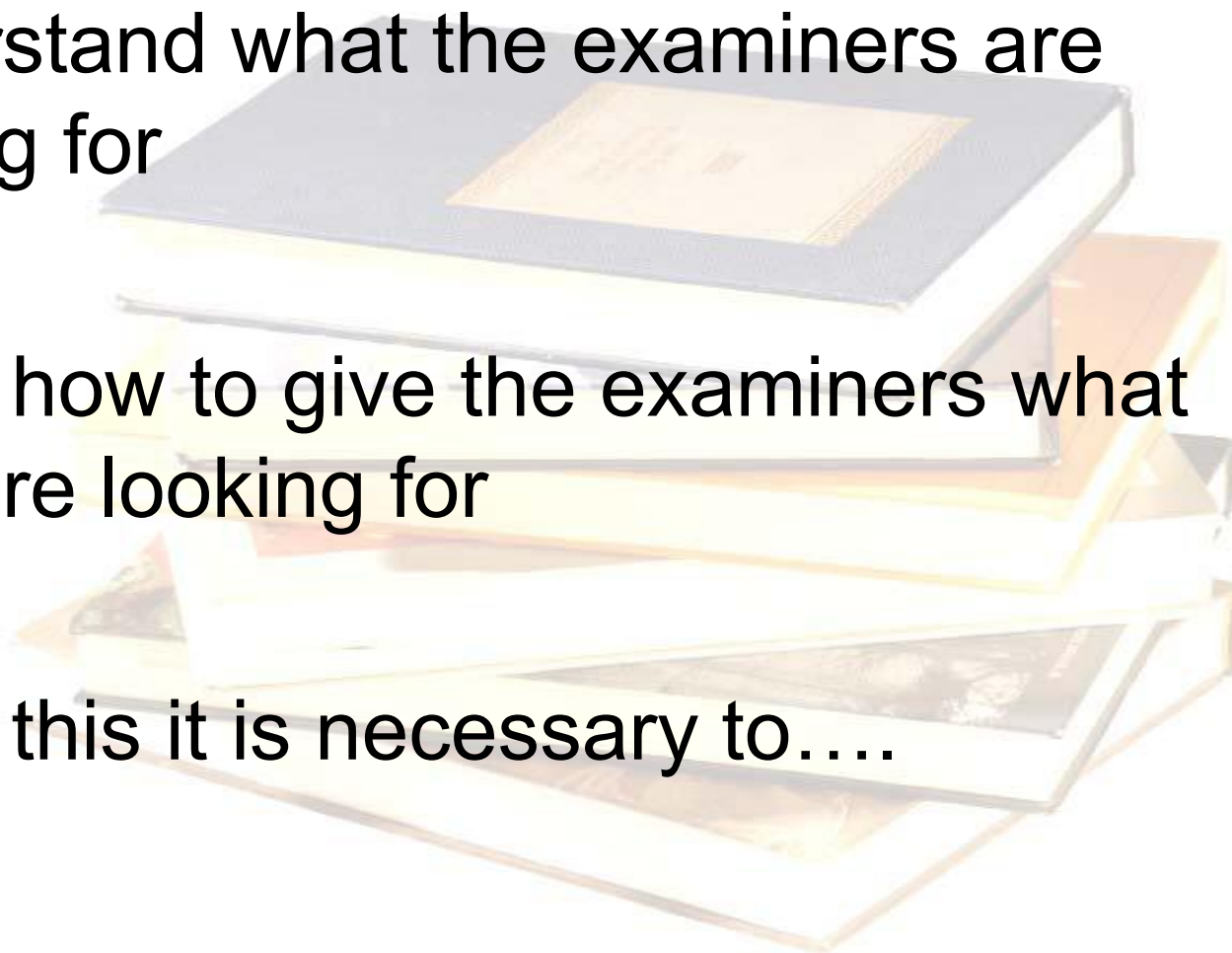
ExamStudyExpert.com/three-learning-methods





The 'Exam Game'

- Understand what the examiners are looking for
- Learn how to give the examiners what they are looking for
- To do this it is necessary to....





Exam Skills

❖ Understand how the exam papers are structured:

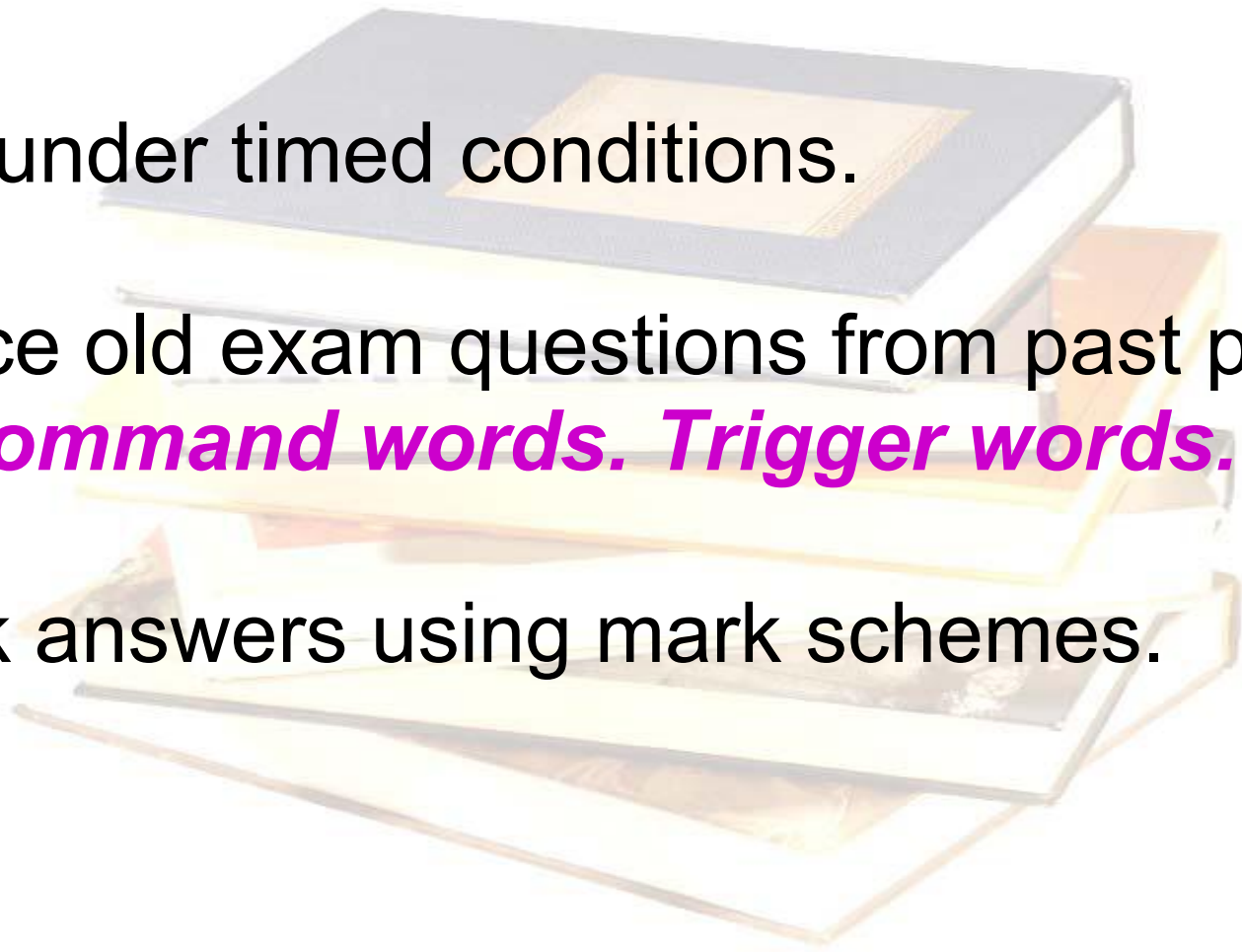
- a) How long is the exam?
- b) How many questions do you have to answer?
- c) What format are the exam questions in?
- d) How are the marks divided?
- e) How are the exams marked?

❖ It is also necessary to.....



Exam Skills

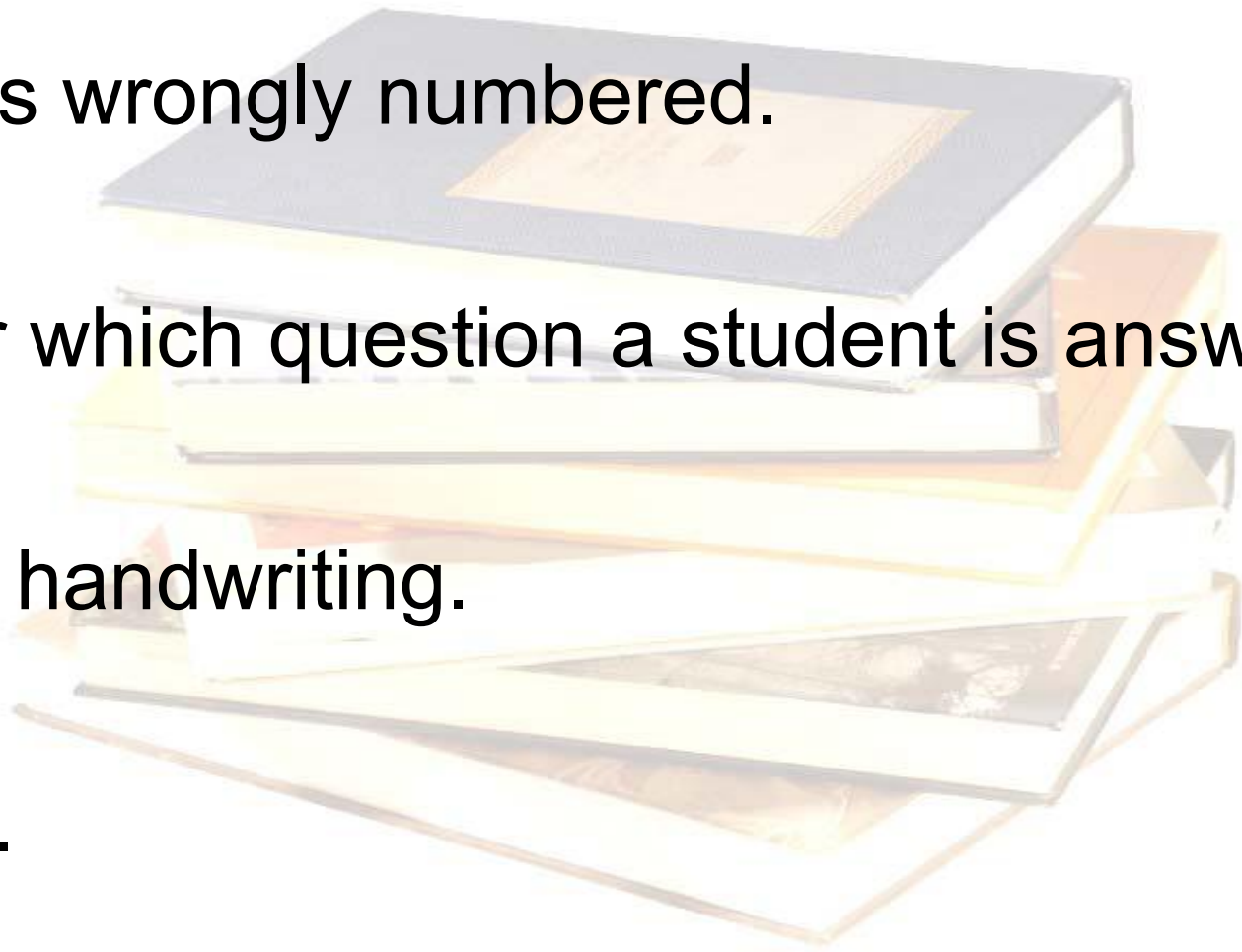
- Practice in realistic conditions.
- Work under timed conditions.
- Practice old exam questions from past papers.
Command words. Trigger words.
- Check answers using mark schemes.





Common irritations for examiners

- Answers wrongly numbered.
- Unclear which question a student is answering.
- Difficult handwriting.
- 'Waffle'.





On the day...

- Eat breakfast.
- Arrive promptly for the exam.
- Avoid too much conversation with friends.
- Use the anxiety techniques we now know.



Looking after yourself











Dealing with exam stress

- It is **normal** to feel worried about exams, in fact, we benefit from a small amount of anxiety to help us perform at our best.
- However, exam stress can lead to feelings of **anxiety** and **low mood** which can impact on our lives.
- If your exams are **impacting negatively** on your life, just remember that you are not alone and you can **do something** to help manage these feelings.



Why do people experience exam stress?



-  Worry they might fail
-  Feel they need to compete with others
-  Have other things happening in their life
-  Don't have much time to study
-  Need to get a certain result
-  Don't think they will do well
-  Find it hard to understand what they're studying
-  Feel pressure from others to get good marks

You need to try
and put an
action plan in
place to address
that worry.

Categorising worries

Worrying is **normal** but it doesn't help us solve our problems
or help us feel better in the long term

When it is not helpful, it can prevent us from doing what we need to do
to be successful!

Worries can be categorised:

Worries you **can do** something about
I haven't done any maths revision

Worries you **can't do** anything about
What if a difficult question comes up in the exam?

You need to try
and let go of
these worries
and focus your
attention on
something else.

Signs to look for....

Cognitive Symptoms

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

Physical Symptoms

- Aches and pains
- Nausea, dizziness
- Butterflies
- Chest pain, rapid heartbeat
- Frequent colds

Behavioural Symptoms

- Eating more or less
- Sleeping problems
- Isolating yourself
- Neglecting responsibilities

Emotional Symptoms

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation

Remember everyone experiences stress & anxiety differently and on different levels. You know your child if you have concerns talk to your GP or Student Support team.

Self-Care: Look after yourself

Put yourself first –this is an important time for you



Environment-ask your family for support with finding a comfortable space which suits your study needs



•**Diet**–it is important to eat a healthy balanced diet, especially at exam time



•**Sleep**–aim for 8-10 hours sleep each night –give yourself time to unwind before bed



•**Exercise**–regular exercise is great for your emotional wellbeing and helps you to focus

Give yourself regular breaks to do the things that you enjoy



Healthy eating

It is important to eat a healthy balanced diet, especially at exam time, because it helps with concentration and sustained energy levels

Don't skip breakfast

5 fruit and vegetables a day (or as close as possible)

Healthier snacks (avoid too much sugar or salt)

Stay hydrated

Three meals a day



Balanced diet -The Eatwell Guide -NHS
www.nhs.uk



Sleep

- Aim for **8-10 hours** sleep each night
- Give yourself time to **unwind** before bed
- **Limit screens** in the bedroom (at least an hour of screen free time before sleep)
- Regular **exercise**
- Try have a **separate study space** –try keeping your bed as a space for only sleeping
- Cut out **caffeine** (coca cola, energy drinks, tea and coffee)
- Don't eat too much or too little close to bedtime
- Create a sleep friendly bedroom (dark, cool, quiet and comfortable)
- Avoid long weekend lie-ins (body clock/routine)
- Talk through any problems before bed

Be Kind To Yourself

Think

Think about all the things that you have already achieved in both your school life and your personal life. You might find it helpful to write a list of your positive qualities and what others' value in you.

Let

Let your friends and family know if you are struggling –so that they can support and encourage you.

Ask

Ask for help, don't struggle on your own. Talk through any worries with school, these are familiar difficulties. Think about any practical support that may help you.

Tell

Tell yourself that you can do this and believe in yourself!

Tell yourself that you can do this and believe in yourself!



Sources of Information and Support.





Dates to consider

GCSE Contingency date – 26th June 2026.

Sixth form Induction days – 24th & 25th June

Prom – Friday 26th June





Exam results released on

Thursday 20th August 2026

Mock results:

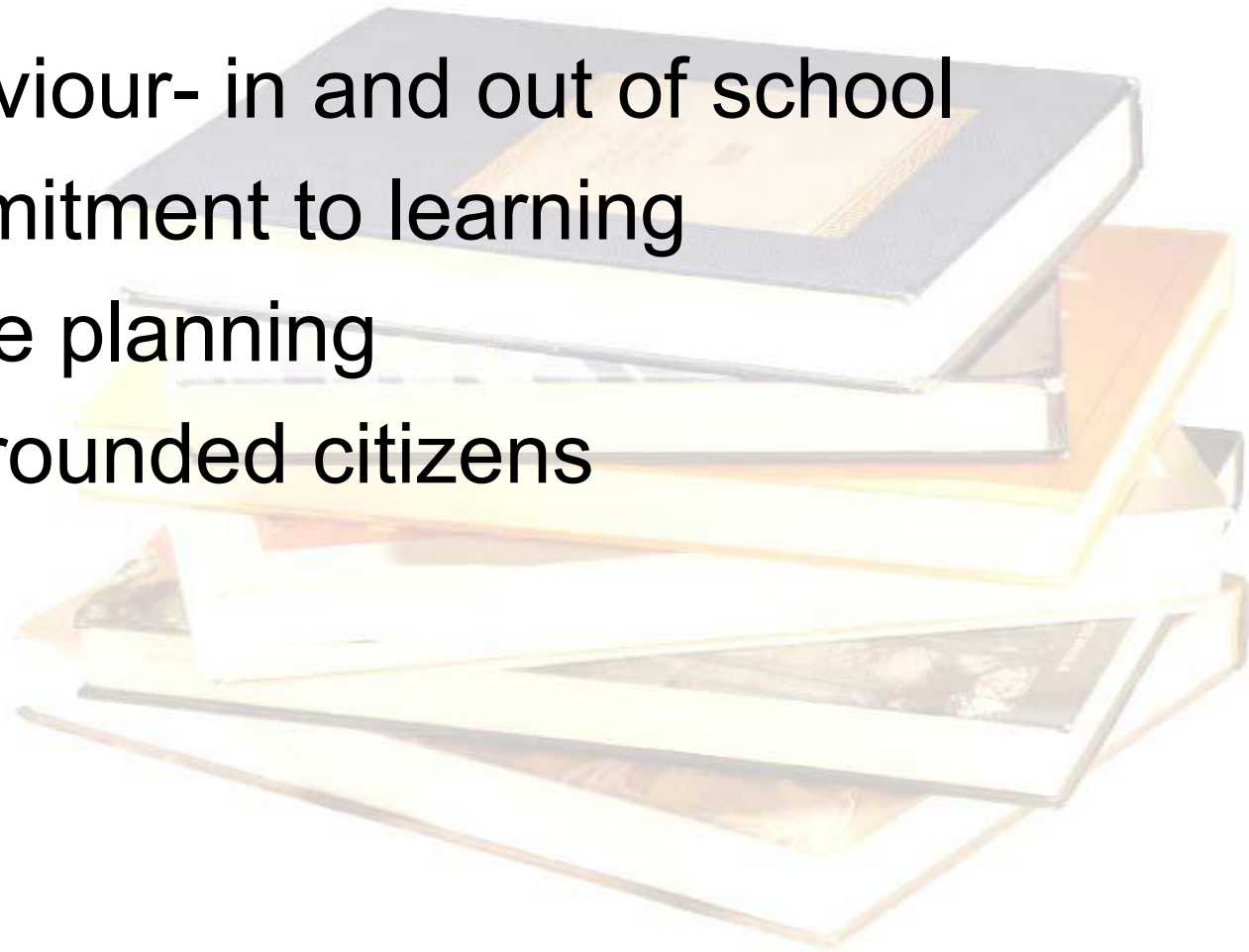
How would you feel if they
were the real thing?



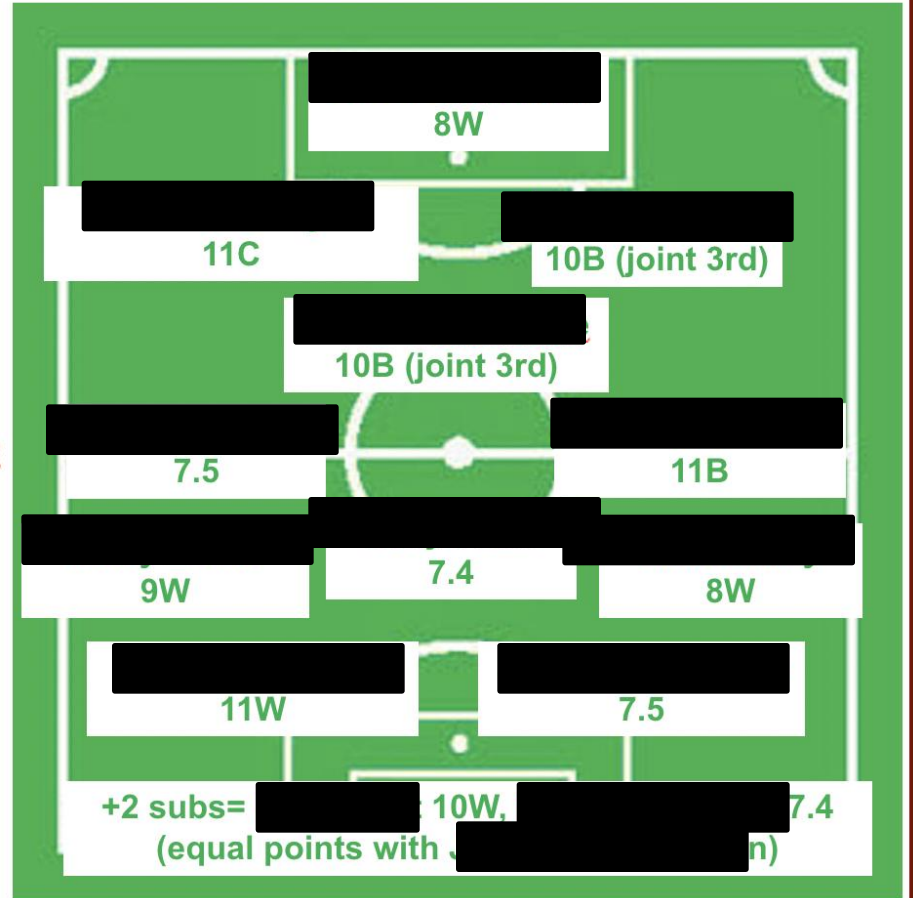


Expectations

- Behaviour- in and out of school
- Commitment to learning
- Future planning
- Well rounded citizens



Team of the Week



Early break Fridays/ Swap Shop/ Town Leave/ Rewards Assemblies, Prom