



GCSE Support and Guidance for Parents:

Revision, Examinations
and wellbeing



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

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

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

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

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

I don't have enough
time to revise

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?



“Revision actually works!”





Key Dates:

Mock Exams: W/B 16th & 23rd November

GCSE Exams: 10th May 2027

Results Day: 19th August 2027

Contingency day: 23rd June 2027

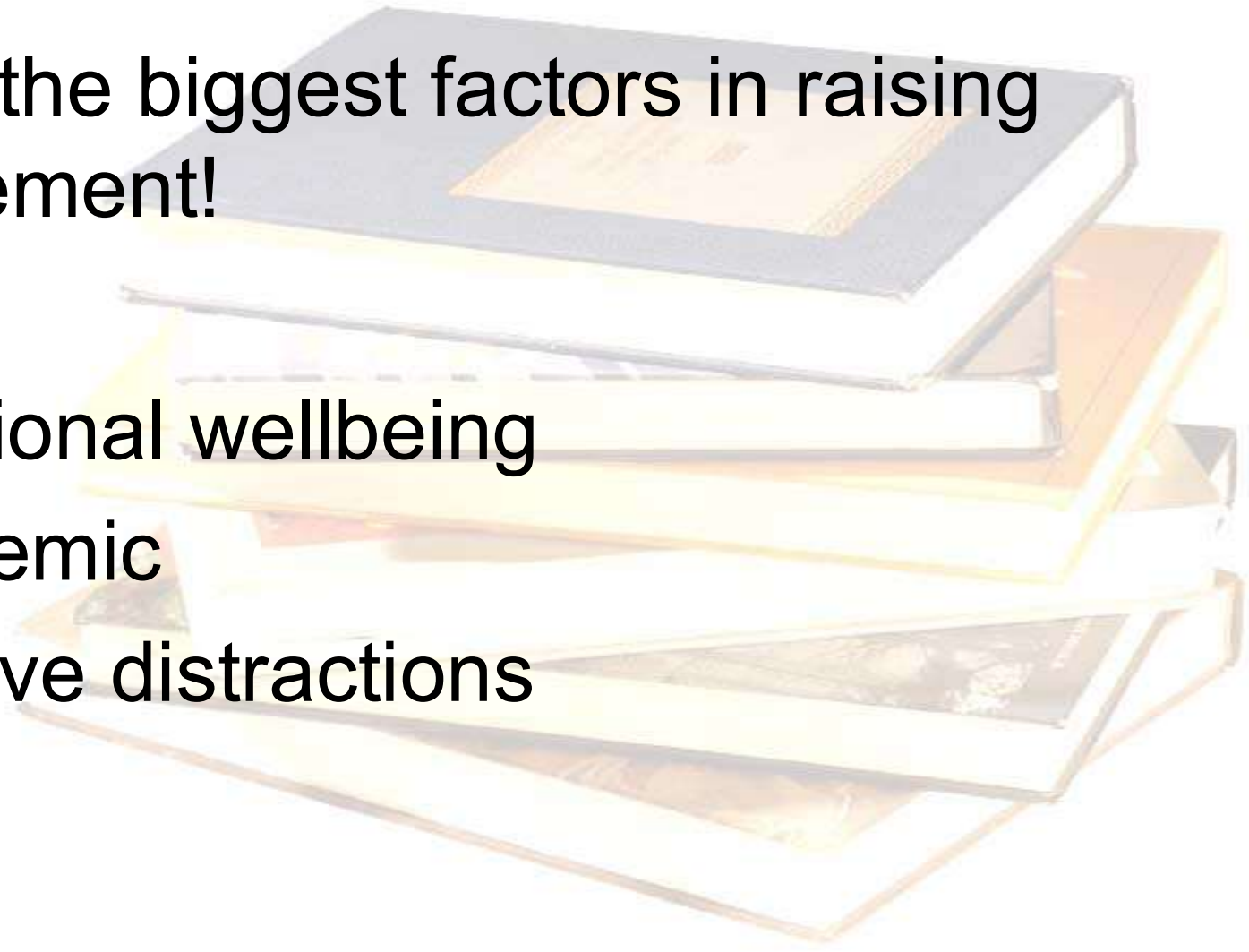




Parental Engagement

One of the biggest factors in raising achievement!

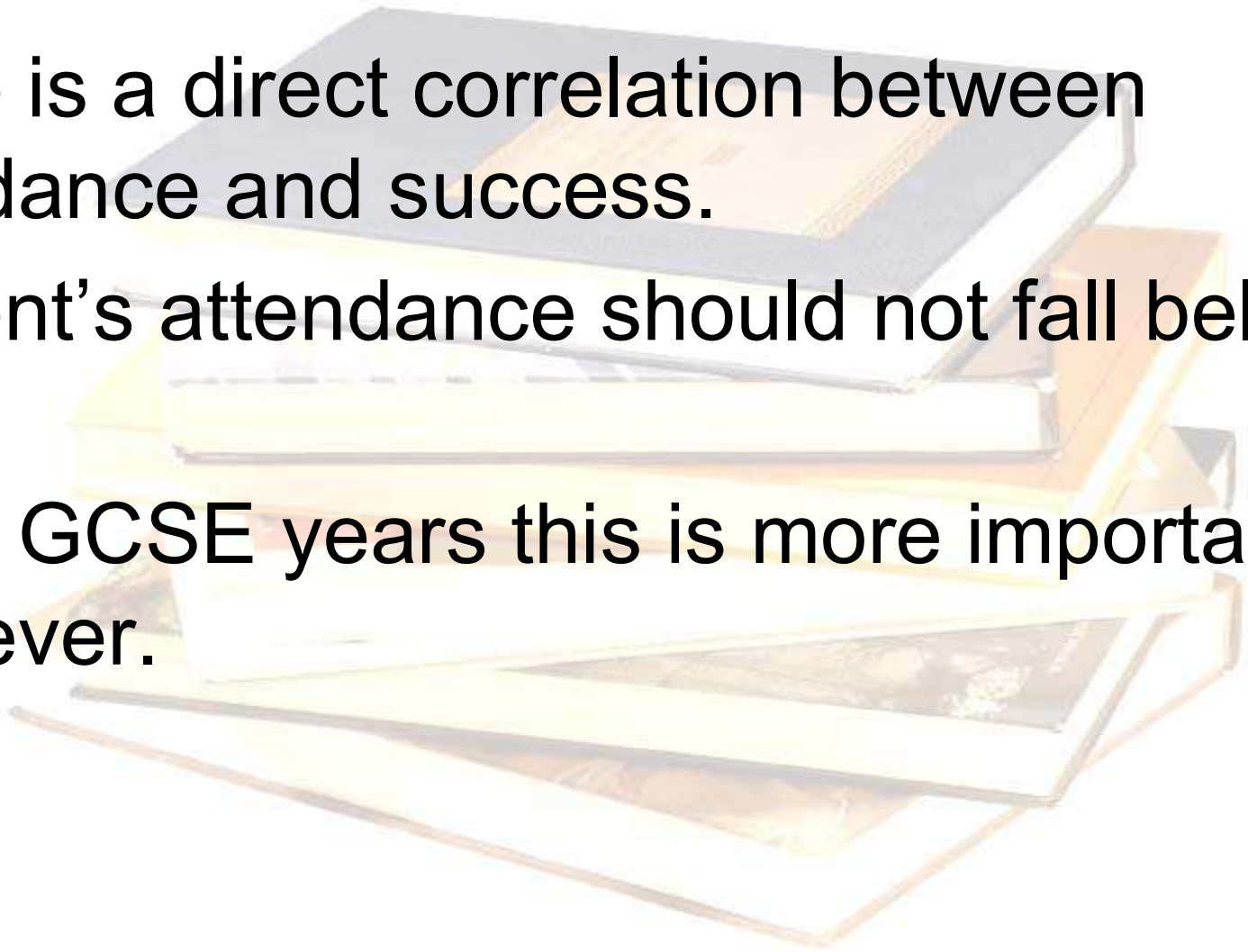
- Emotional wellbeing
- Academic
- Positive distractions





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**
- **It is estimated that for every 13 days of absence, a child is likely to experience a 1 grade decrease.**



Supporting Together – Key Dates

- Progress Grades reported three times a year – November(effort), December (mock result), March
- Progress Grade Reviews-in school
- Yr 11 assembly – Post 16 choices 1st October
- Sixth form open evening – 21st October
- Year 11 exams -6th & 23rd November
- Year 11 Parents Evening – Thursday 21st January.



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!**

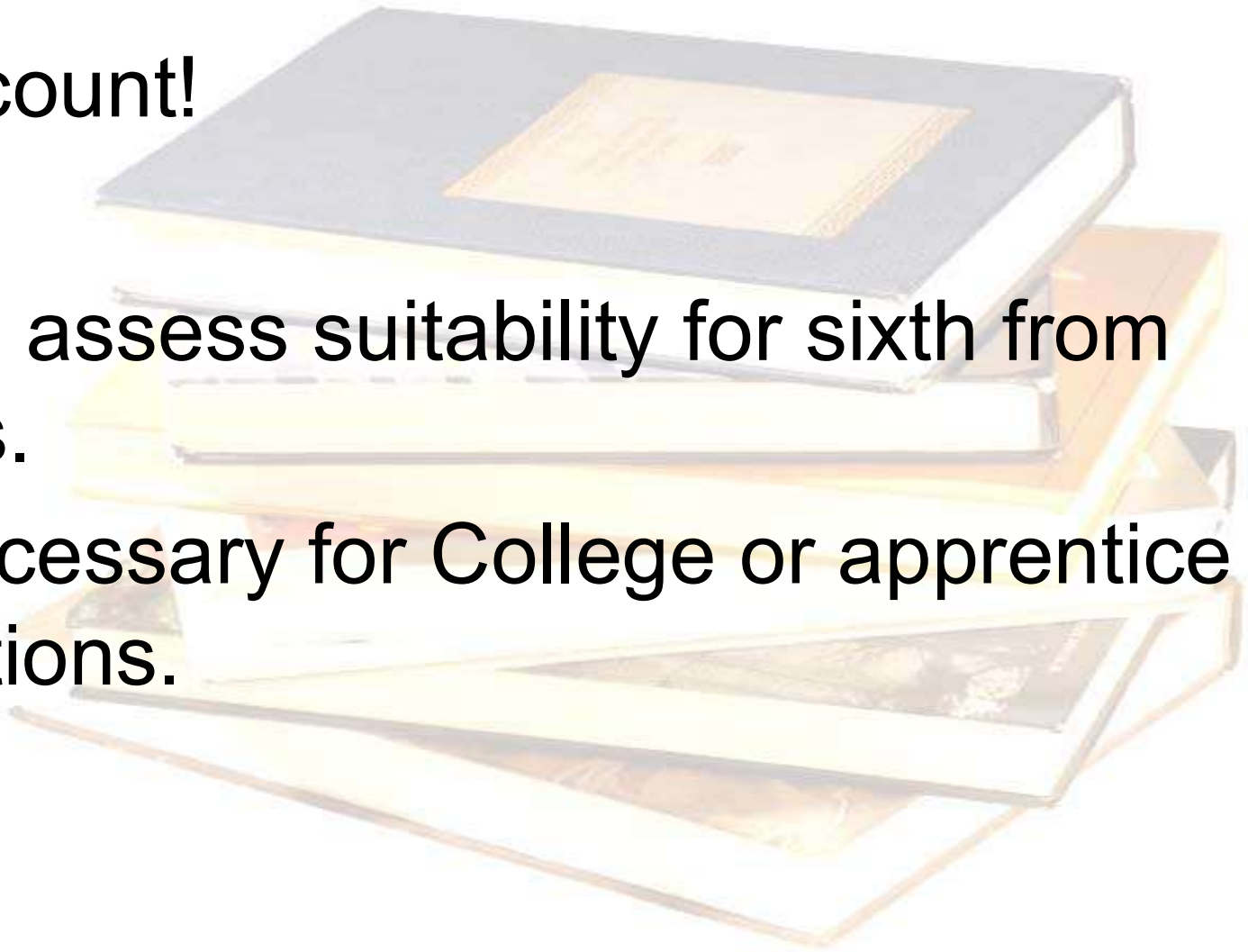


Mock exams

These count!

Used to assess suitability for sixth form courses.

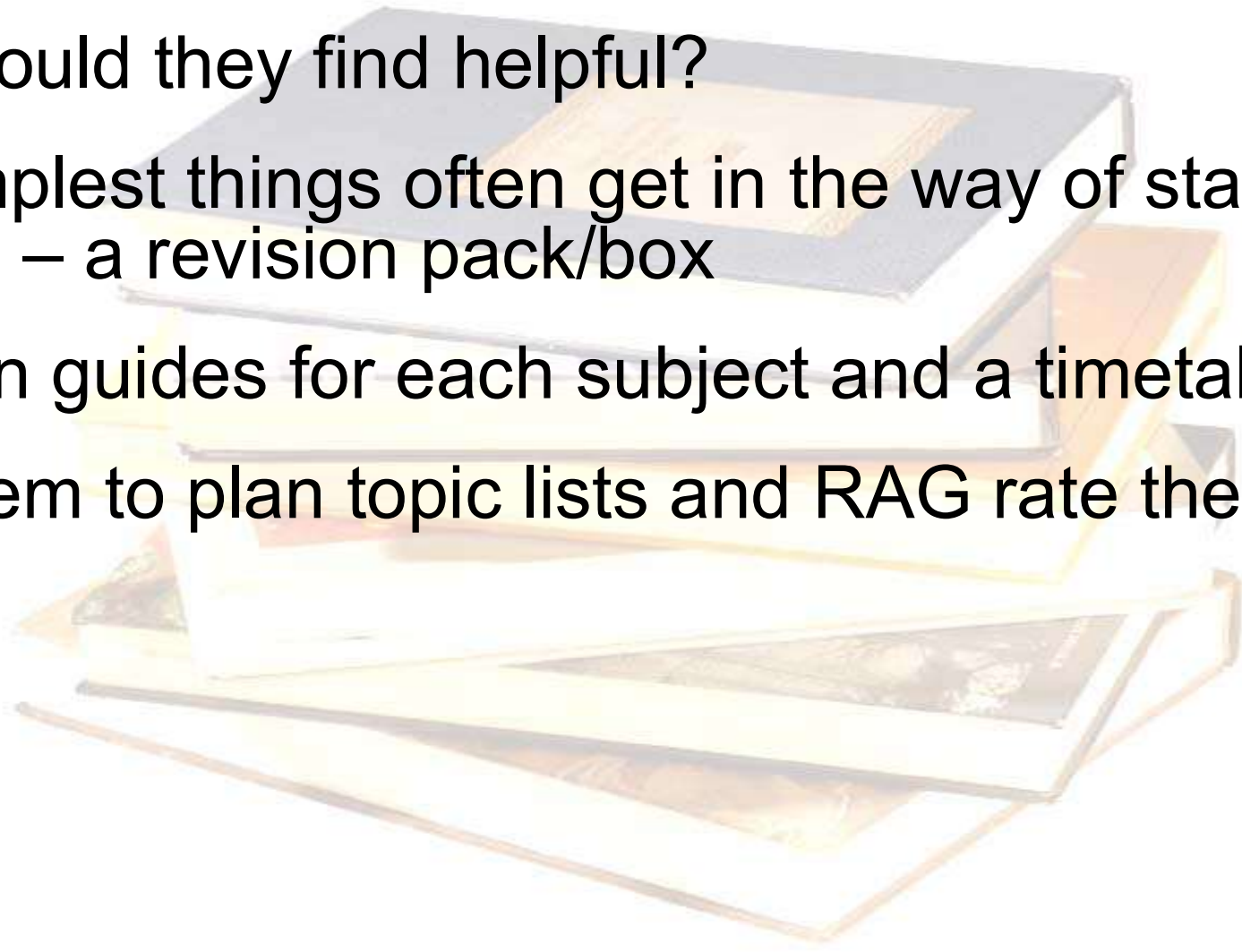
Also necessary for College or apprentice applications.





Supporting your Child in **preparing** for revision

- What would they 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 them 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		ASSESSMENT		
Paper 1	Marks Awarded	RED	AMBER	GREEN
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 Child 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



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

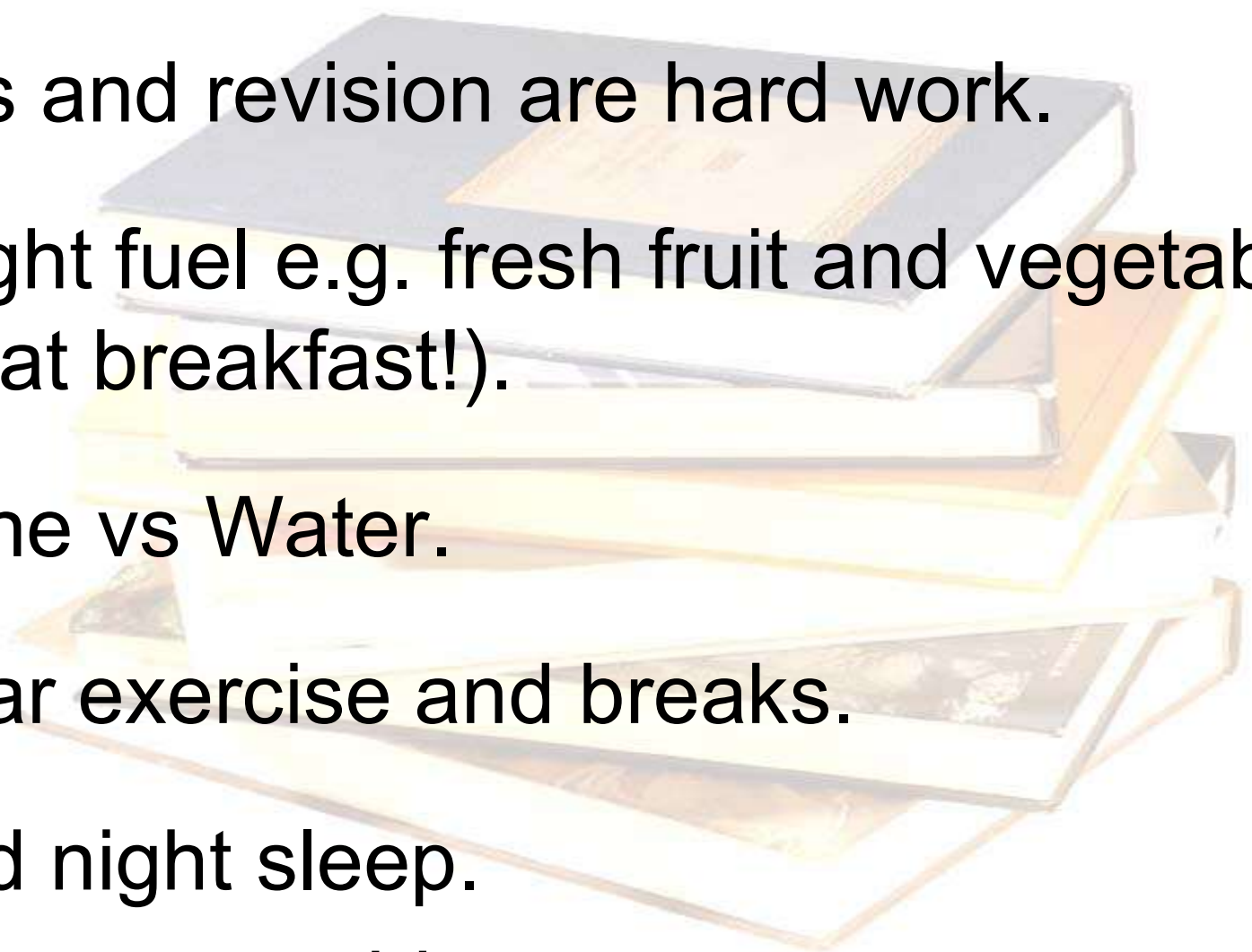


Support when **doing** the revision

- 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 – they might not look under pressure! They also might not know where to start.
- Anxiety management– there are a range of strategies and techniques!



Health Tips

- 
- A stack of several books of different colors (blue, orange, yellow, brown) is positioned behind the list of health tips, slightly out of focus.
- 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.

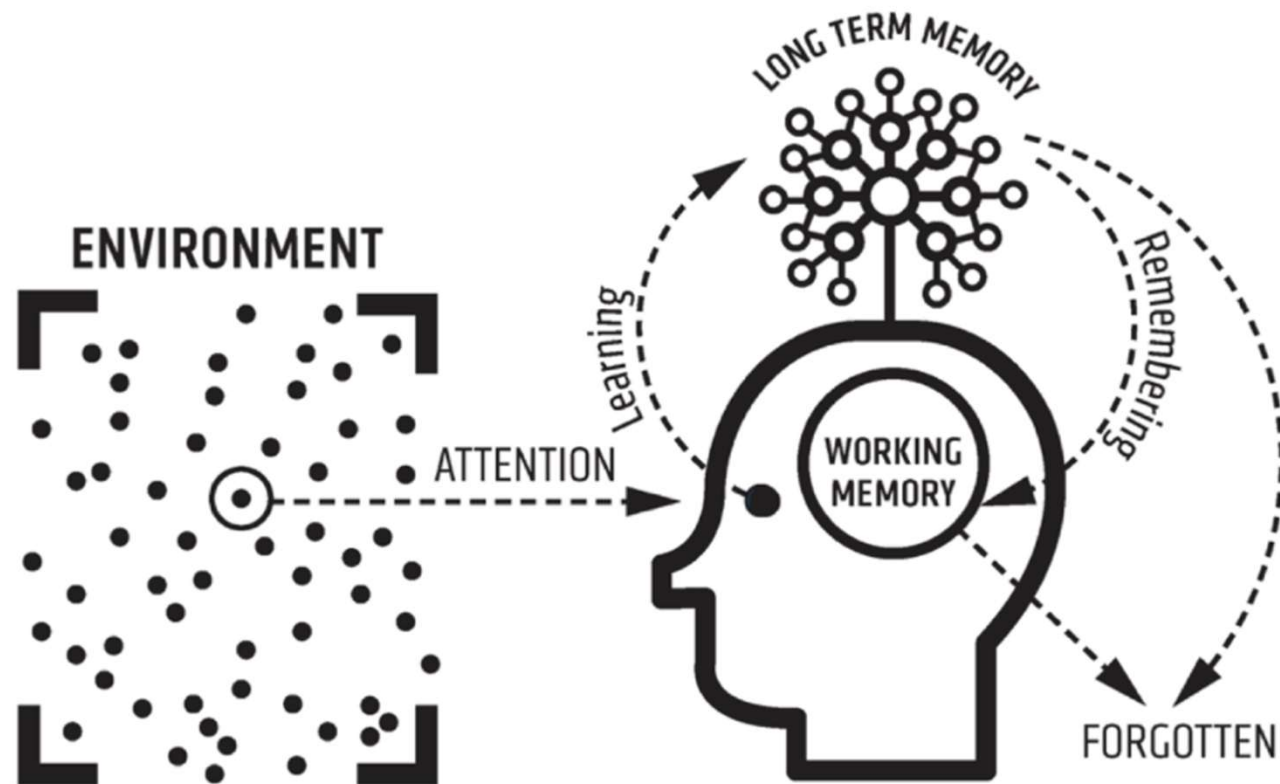
More to come on this.....



Effective Revision Strategies



How does learning happen?





Key Terminology

- Photosynthetic efficiency
- Appeasement
- Pathetic fallacy



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"



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

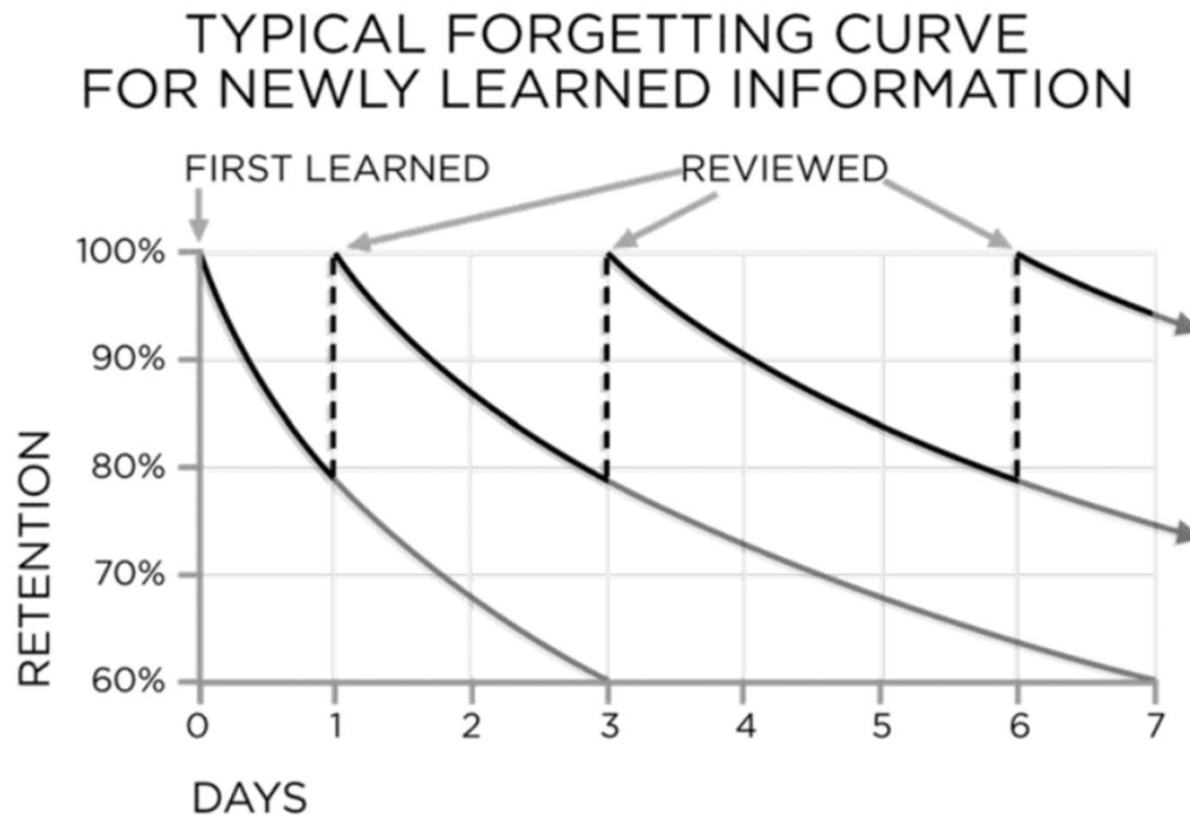


You need these details to tackle the requirements of the exam.



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?)

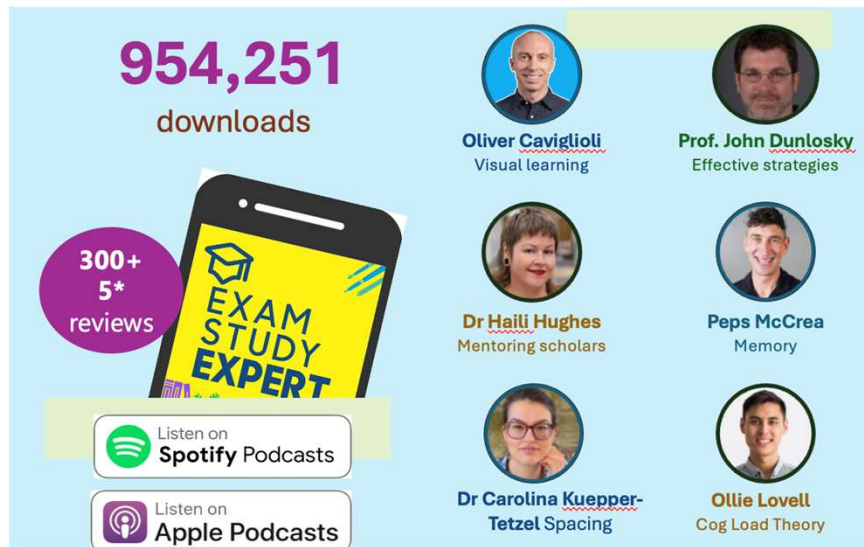


Books and revision resources in one place



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 McCreagh Memory
 Dr Carolina Kuepper-Tetzl Spacing	 Ollie Lovell Cog Load Theory

50,000 students surveyed



As featured by:



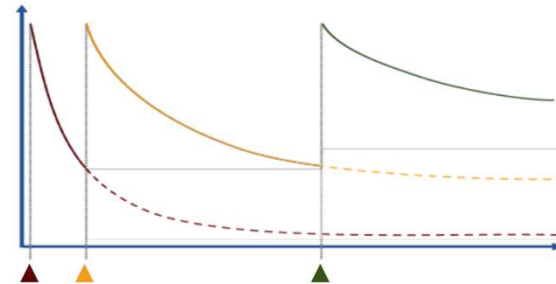
<https://youtu.be/uFHIAF3kQ3k>



2 keys to revising effectively



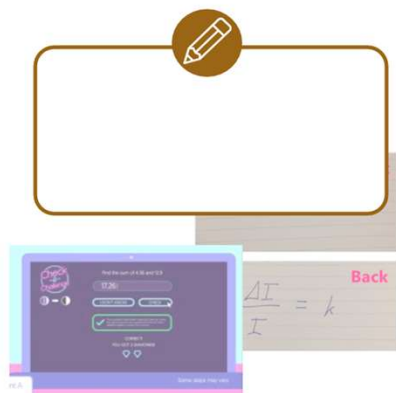
Quizzing yourself – training
memory by practising recalling



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

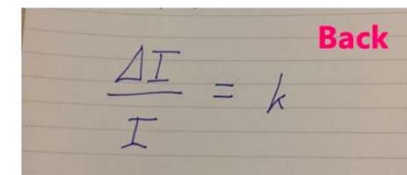
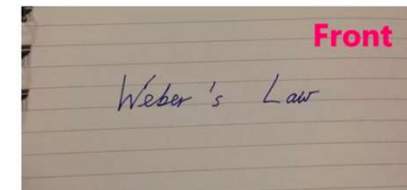
Full past papers



Flashcards

Flashcards

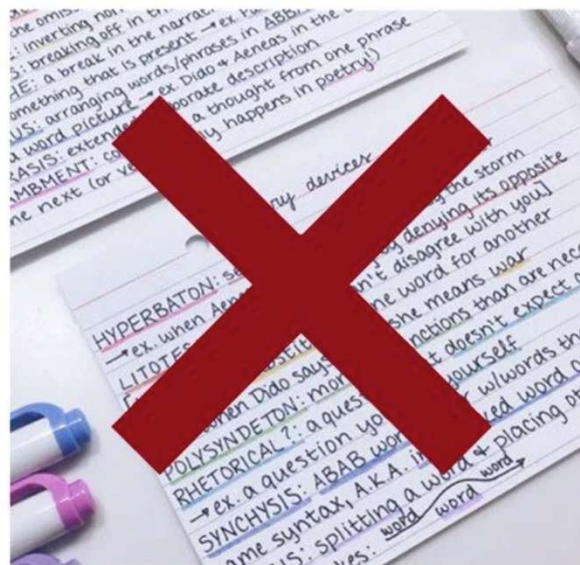
- **Question on front / answer on back**
- **Break it up:** one point per card. Lots of cards, few words on each.
- **Re-test the ones you got wrong** – maybe turn a corner over to remind yourself to re-test a card
- **Don't flip early** – persevere, be patient!



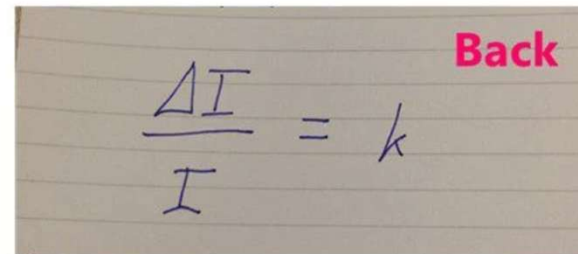
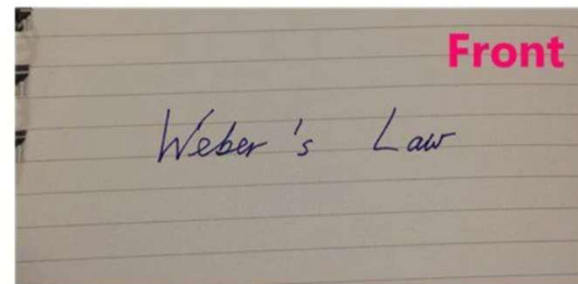


Flashcards: Technique Matters

**Aaargh! Don't Write This
Much On Flashcards!**



This Is Much Better 😊



[ExamStudyExpert.com/how-to-study-effectively](https://www.ExamStudyExpert.com/how-to-study-effectively)

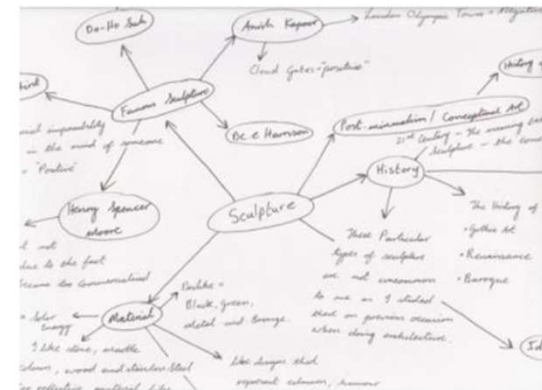




Brain Dump/Blurting

Brain dump:

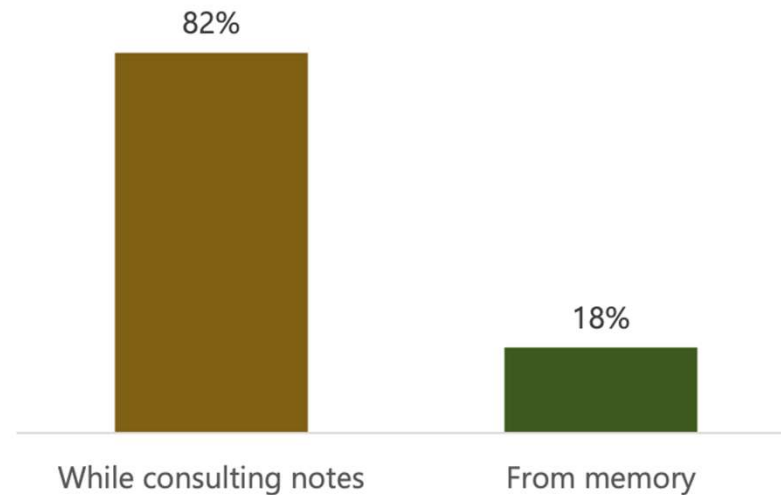
- **Writing out what you remember about a topic**
- **Persevere** – stretch your memory, what else can you remember?
- **Check, and amend in a different colour pen**
- **Throw it away, repeat 😊**





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			
Last name			
Centre number		Candidate number	

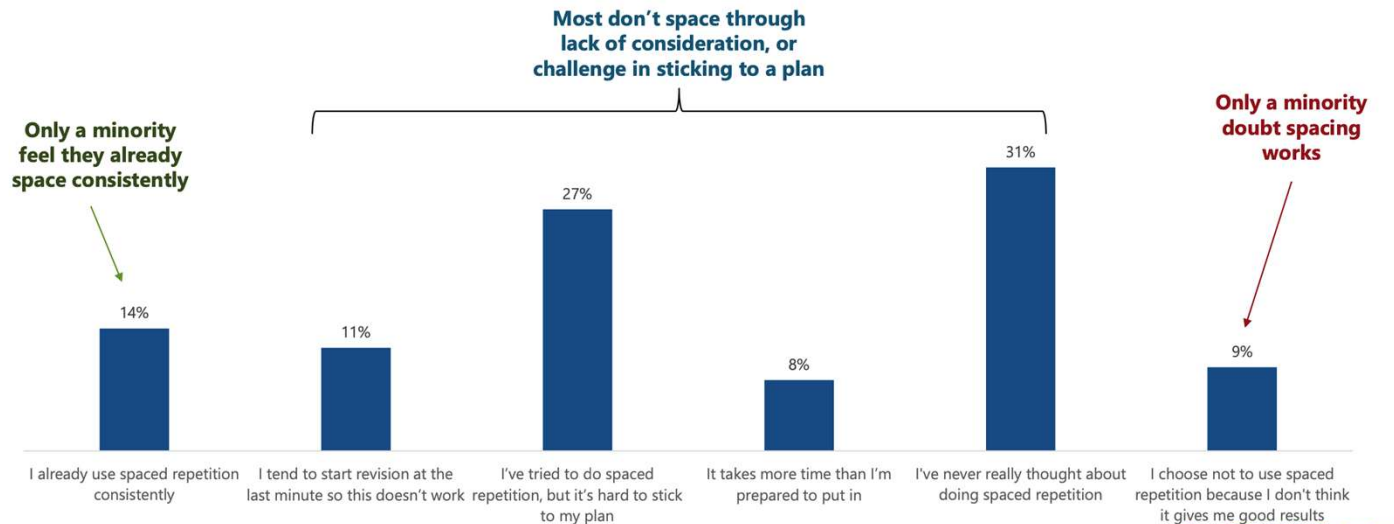
INSTRUCTIONS

- 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

(YESTERDAY)

TONIGHT

Time after that

4.00
4.05
4.10
4.15
4.20
4.25
4.30
4.35

Maths practice problems



Make Biology flashcards



History



Resources to help



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

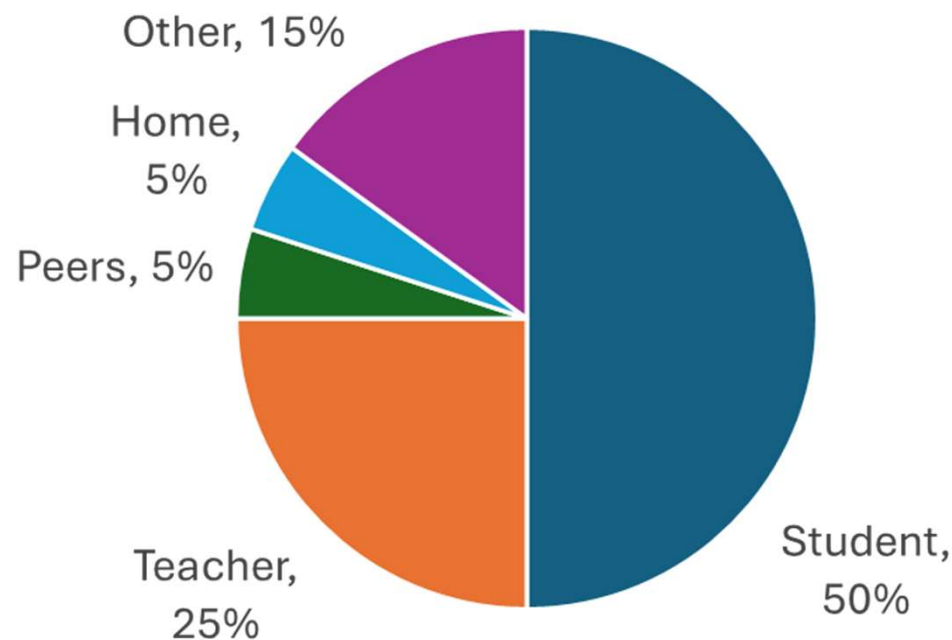
PMT Education's advice blogs for students, parents
and teachers.



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



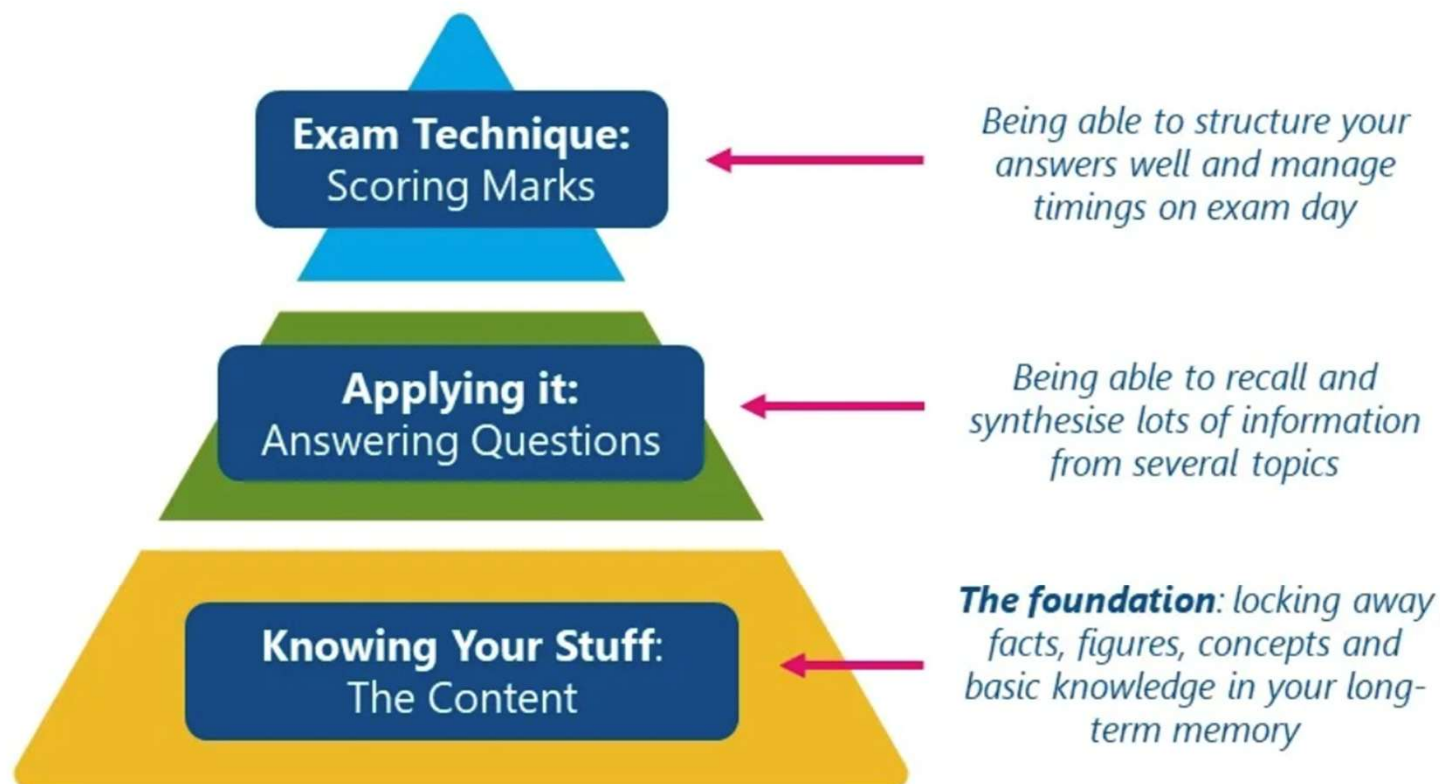
Seminal meta analysis based on 250,000,000 individual student responses (not a typo)

Dunlosky & Gurung, based on Hattie, 2015



The Pyramid of Learning

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



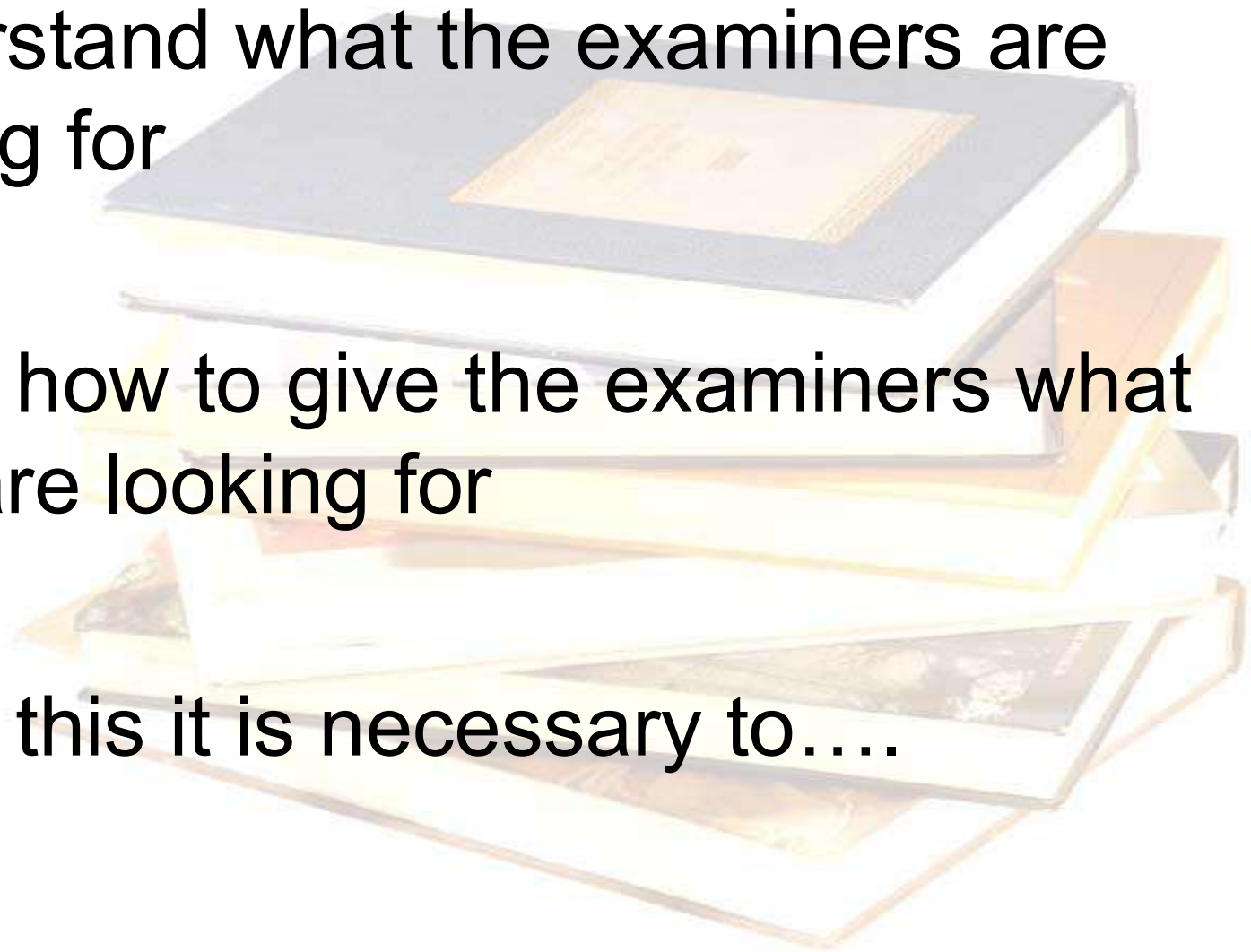
ExamStudyExpert.com/three-learning-methods





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:

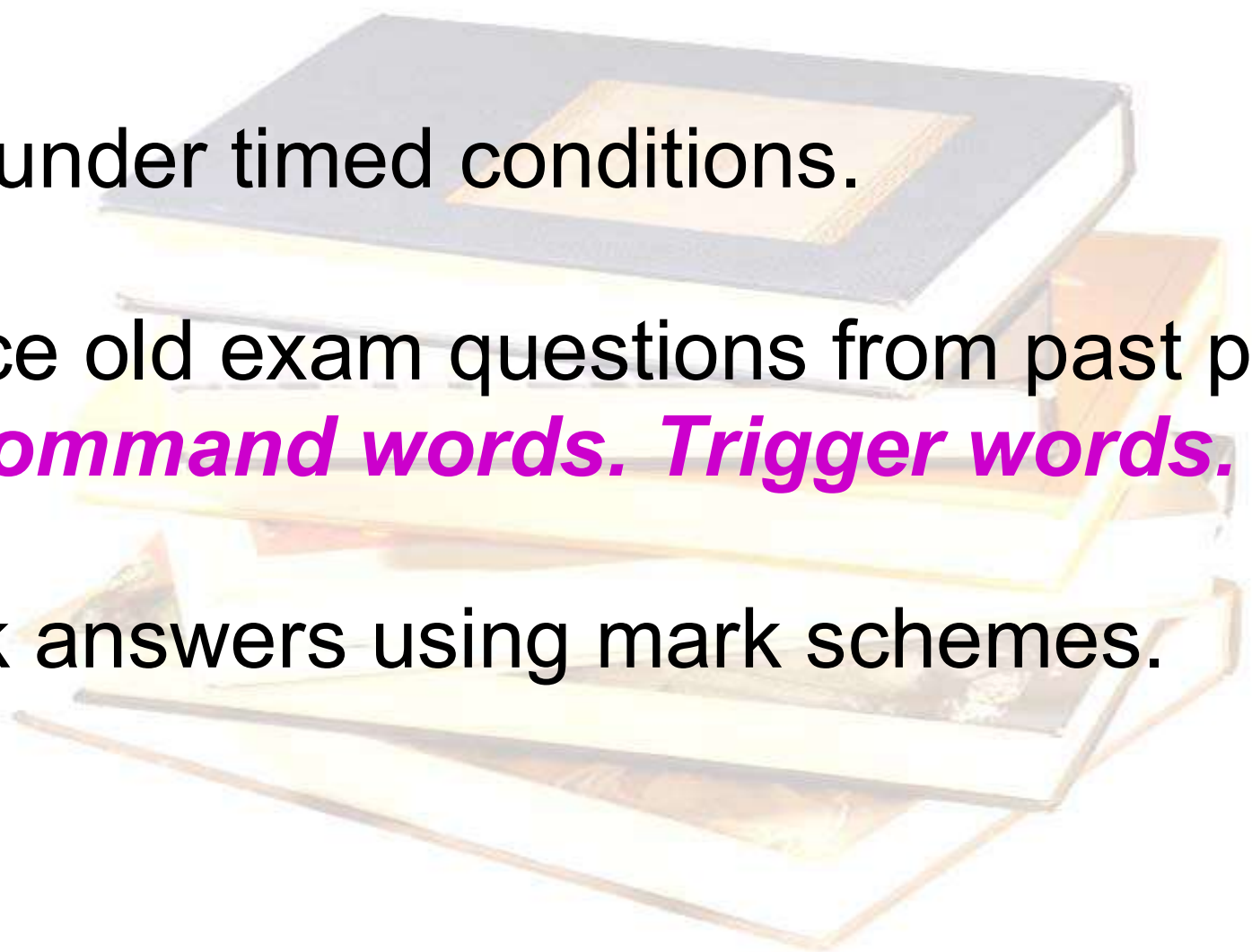
- a) How long is the exam?
- b) How many questions do you have to answer?
- c) What format are the exam questions in?
- d) How are the marks divided?
- e) How are the exams marked?

❖ It is also necessary to.....



Exam Skills

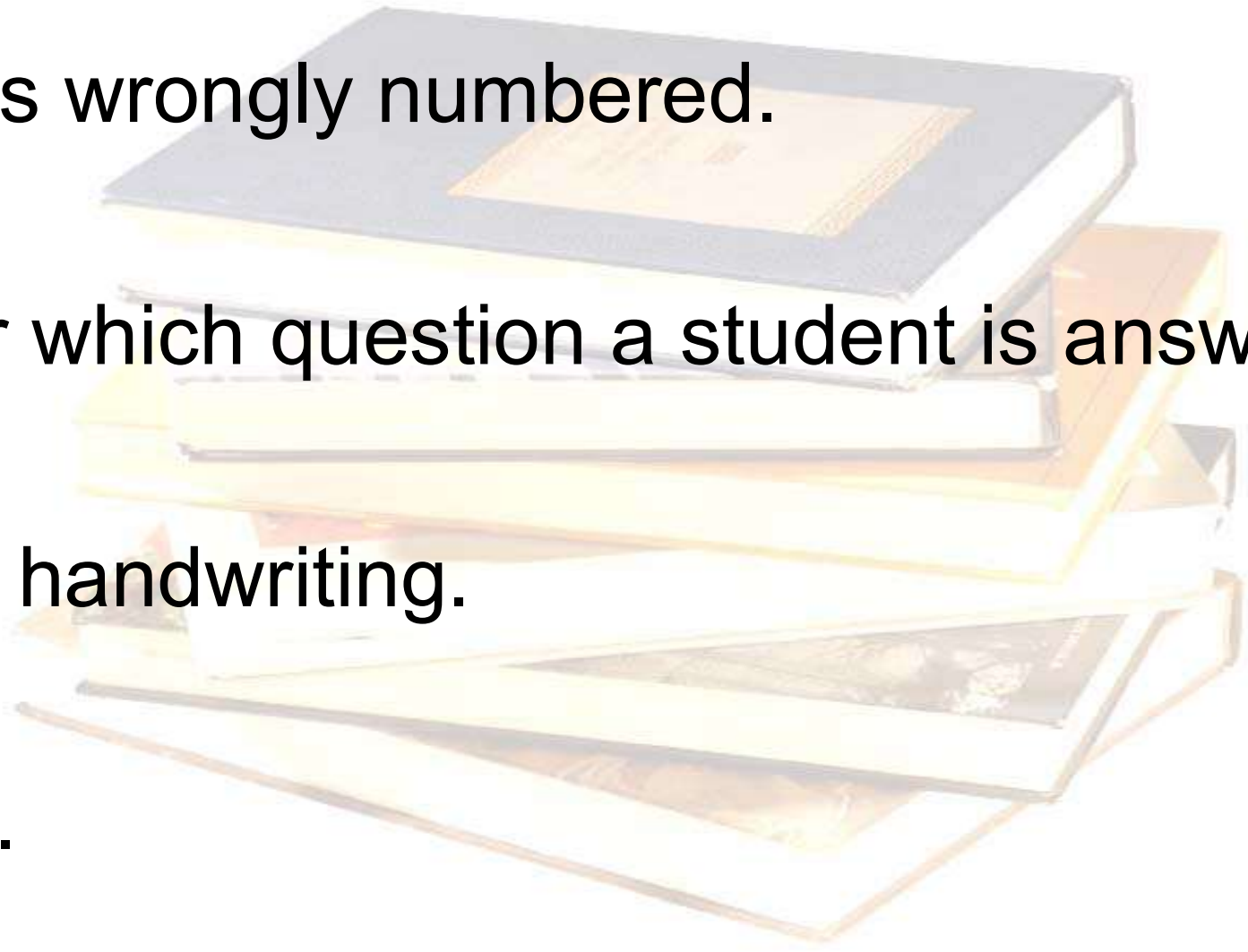
- Practice in realistic conditions.
- Work under timed conditions.
- Practice old exam questions from past papers.
Command words. Trigger words.
- Check answers using mark schemes.





Common irritations for examiners

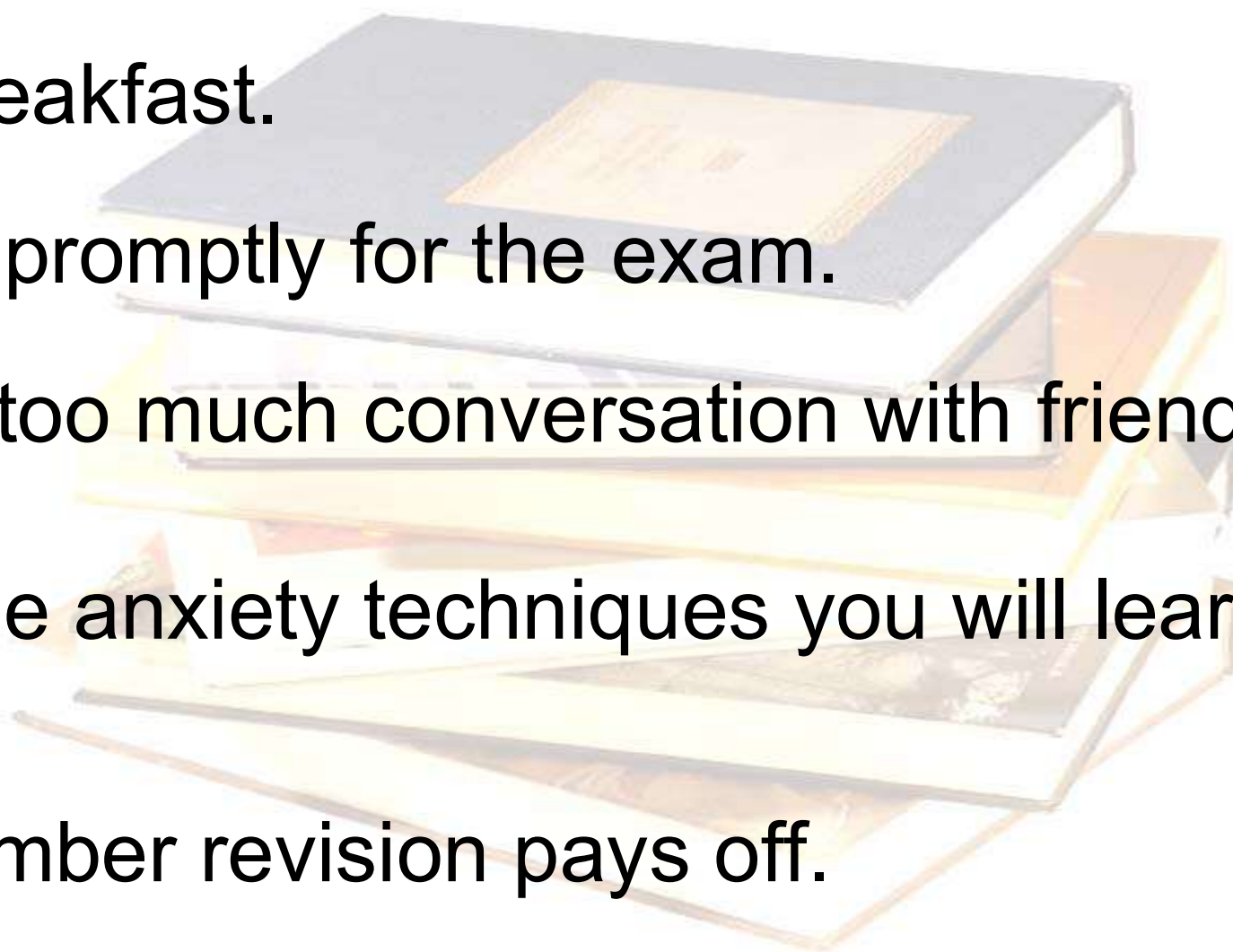
- Answers wrongly numbered.
- Unclear which question a student is answering.
- Difficult handwriting.
- 'Waffle'.





On the day...

- Eat breakfast.
- Arrive promptly for the exam.
- Avoid too much conversation with friends.
- Use the anxiety techniques you will learn.
- Remember revision pays off.



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.





Exam results released on

Thursday 19th August 2027

Mock results:

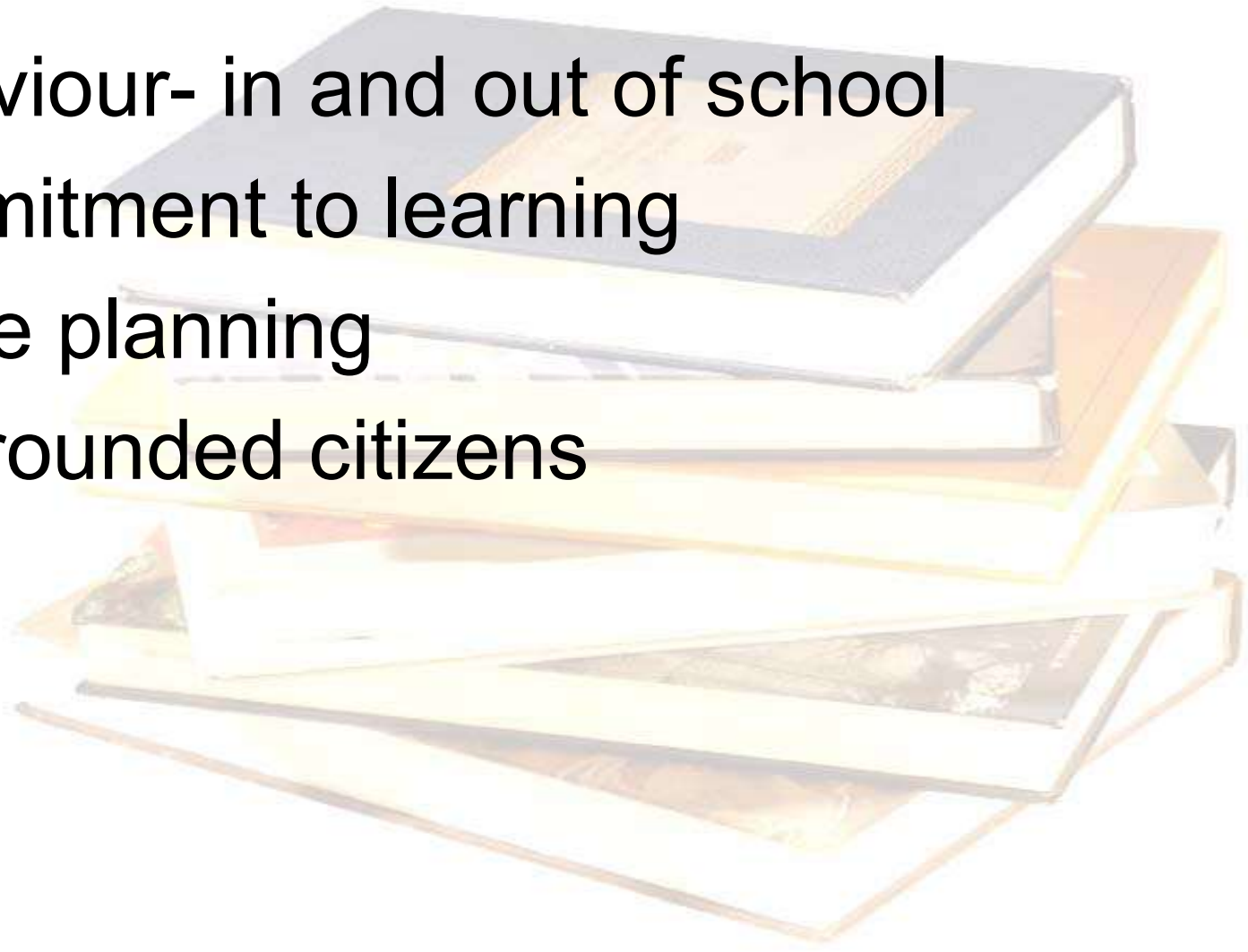
How would you feel if they
were the real thing?





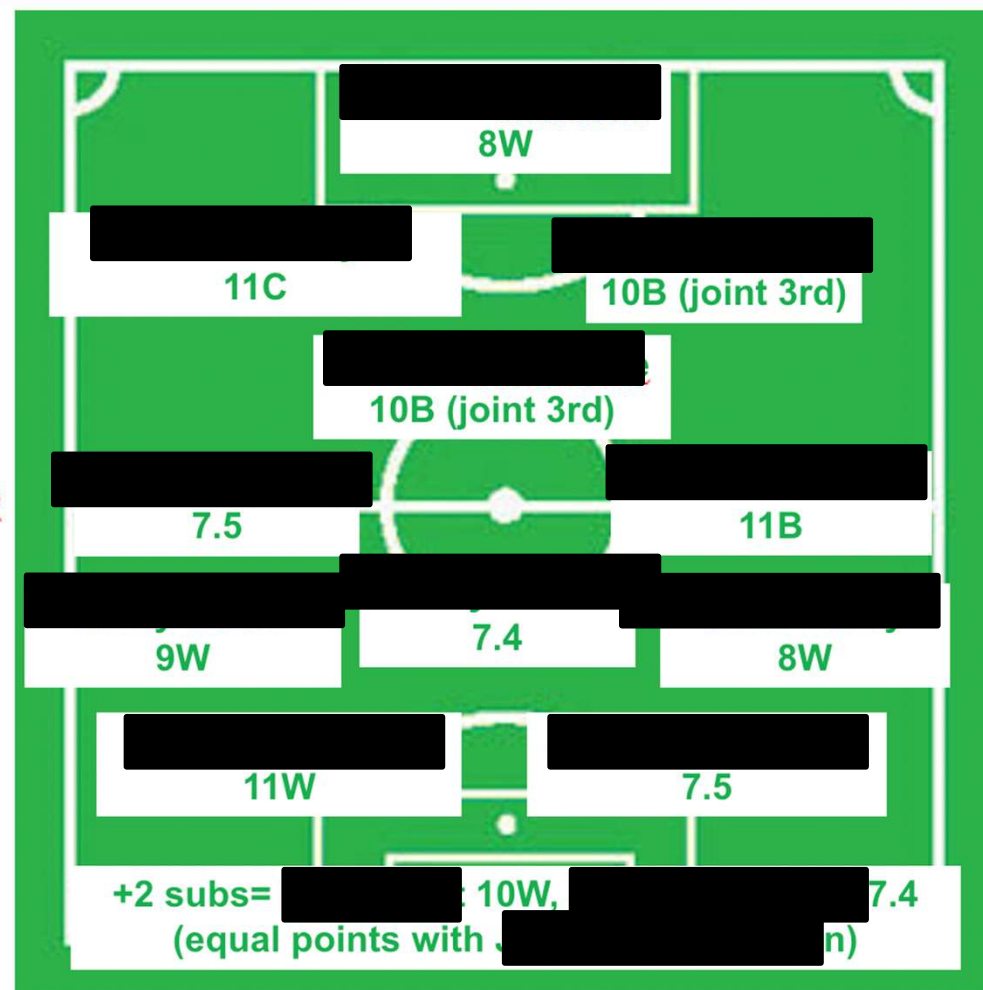
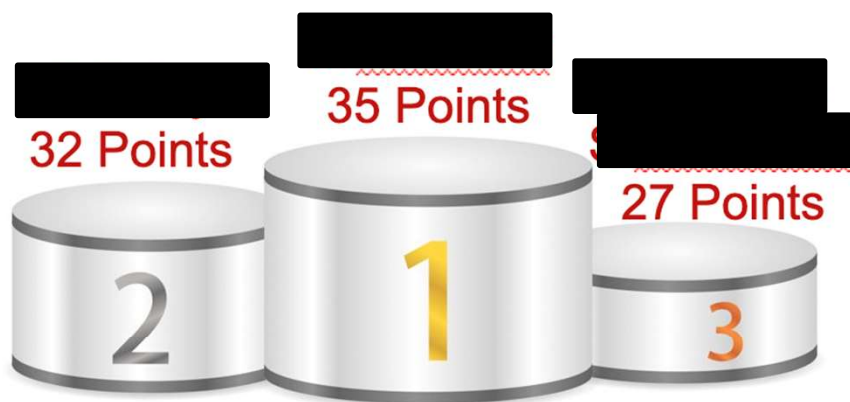
Expectations

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





Team of the Week



Carre's Grammar School

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

Carre's Grammar School