



# GCSEs - The Parents' Survival Guide

Tell me and I forget  
Show me and I remember  
Involve me and I understand

Arrange a quiet space for revision, without distractions.

Make sure that the room is well lit, they have a pen, pencil, rubber, ruler, the books needed.

Give the lots of water and healthy food, including fruit and vegetables.

Establish a revision timetable/plan and encourage them to stick to it.

Encourage active revision (mind-maps, diagrams, revision postcards dealing with topics, lists of key words) – it's faster, more effective and much more fun.

Break revision down into small manageable chunks. Structure is important, e.g. look at the last thing you did on this topic, read your work, work for 10 minutes, take a 5 minute break, work for 10 minutes, take a 15 minute break, and revise for 5 minutes.

Establish a good time to learn.

Learn/revise something every day – even if there are built in “lighter” days e.g. Saturday is a “day off” but they could try to recall 3 key words about a topic.

Make it multi-sensory or encourage them to use at least two senses: hear it, say it, see it, do it.

Help them to relax during revision: get complete attention and complete stillness, relax without moving or making a sound.

Information in the short term memory can be easily lost. The “show that you know” technique might help to transfer that information into the long term memory – i.e. constantly review and revise key ideas.

Pupils could: 1) **read** the information they wish to learn, 2) **write / draw** some brief notes / diagrams / charts on what they have learned, 3) **summarise** the information by talking it through / drawing / writing down key ideas, 4) **listen** to someone else's summary or look at someone else's diagram.

Talk to your daughter about learning – when is the best time for them to learn? Where is the best place to learn? How do they the most effectively? What are you revising today? What have you learnt today? What are the key points from today's revision?

Hi-lighter pens are good for making notes, charts, key-words.

Use revision cards (plain postcards work well): write down a topic and five key words about that topic. Turn over the card. See if you can remember all the words on the card. Design a set of cards for each topic.

Ask your daughter to teach you about a topic.

She can't learn with the radio, the TV or music on or by texting her friends / messaging on Facebook!