



# Parent Guide to Revision

**Helping you to support  
your child through  
effective, low stress  
GCSE Revision**

# Question Cards

Whilst some students embrace the challenge, some will find the process daunting and some may even feel overwhelmed by the prospect of exams. At Stone Lodge we try to prepare the students the best we can, however, often the best preparation is by diving in and seeing what suits the individual. We all learn in different ways and at different speeds. As a result, we have put together this handy parent guide to revision, so you can support your child to start to plan and stay focussed on their study as well as ensuring they have healthy habits and some free time as well.

## 1 The Most Effective Revision Habits

### **Short, regular revision works best**

The most efficient approach is:

- 20-25 minutes of revision
- 5 minute break
- 2-4 sessions per evening

Small bursts = better memory + less stress

Encourage:

- Starting early
- Spreading revision across weeks
- Building in rest, hobbies and family time

This helps them stay motivate and avoids overwhelming them.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23 <sup>rd</sup> Jan -Maths -History	24 <sup>th</sup> Jan -Afterschool club -Science	25 <sup>th</sup> Jan -Art -French	26 <sup>th</sup> Jan -Music lesson -English Tutor	27 <sup>th</sup> Jan -DT	28 <sup>th</sup> Jan -Sport	29 <sup>th</sup> Jan -English
30 <sup>th</sup> Jan -Maths -History	31 <sup>st</sup> Jan -Afterschool club -Science	1 <sup>st</sup> Feb -Art -French	2 <sup>nd</sup> Feb -Music lesson -English Tutor	3 <sup>rd</sup> Feb -DT	4 <sup>th</sup> Feb -Sport	5 <sup>th</sup> Feb -English

## 2

### Make a Simple Weekly Revision Plan

Planning revision before starting helps your child use their time well and reduced anxiety.

# 3

## Retrieval Practice (The #1 Most Effective Strategy)

Retrieval = trying to remember something without looking. This is scientifically proven to dramatically boost memory.

The best retrieval method:

- Flashcards
- Self-quizzing (creating questions from notes and then answering them without the notes present)
- Past paper questions
- Online quizzes (Sparx, Carousel, Seneca, Languagenut)

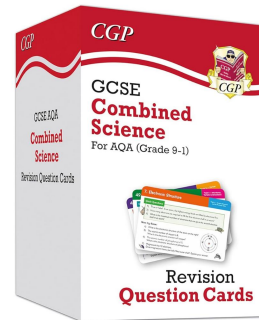
If your child is not testing themselves, they aren't really revising.

# 4

## Flashcards That Actually Work

Flashcards are excellent for:

- Definitions
- Quotes
- Formulas
- Vocabulary
- Key Facts
- Processes



# 5

## The Leitner System

The Leitner system is a way for organising flashcards so that students spend more time on what they don't know and less time on what they do. It's based on spaced practice, one of the strongest memory techniques in cognitive science.

You divide flashcards into 5 boxes. Each box has a different review schedule

- Box 1 – Daily
  - New Flashcards start here
  - Cards you get wrong always go back here
- Box 2 – Every other day
  - Cards you know quite well move here
- Box 3 – Twice per week
  - Cards you know well move here
- Box 4 – Once per week
  - Cards you know very well move here
- Box 5 – Once per month
  - Cards you know perfectly move here

Start with box 1, test yourself on each card, if you get it correct move it to box 2, if incorrect keep in box 1.

On day 2 review all cards in box 1 and cards in box 2.

On day 3 review all cards in box 1 and cards in box 3.

On day 4 review all cards in box 1 and cards in box 2

On day 5 review all cards in box 1 and cards in box 4

On day 6 review all cards in box 1 and cards in box 3

Once a month review all cards in box 5 as well

# 6

## Past Papers Build Exam Confidence

Past papers teach students

- How questions look
- How to structure answers
- How to manage time
- How marks are earned

Students should use the mark schemes to mark their answers, correcting mistakes and then reattempting the same style of question. They should then revisit this a couple of days later.

# 7

## The right kit to revise

Obviously, revision doesn't have to have lots of equipment, however knowing that you have the right equipment to hand is a must. A calculator, pens, pencils, highlighters in easy reach is the best way to get the revision environment right. One book that I have recently discovered is this:



**Luxpad Wirebound Revision and Study  
Desk Pad with 48 Printed Pages  
£5.85 from Amazon**

This has lots of support and templates to support your child to revise well.

# 8

## The Identify → Fill → Practice Cycle

Step 1 – Identify Gaps

Review topic lists & attempt past paper question to identify weak areas.

Step 2 – Fill the Gaps

Use notes, guides and videos, update your notes or create a mind map.  
Make flashcards on the key knowledge

Step 3 – Practice

Complete exam question and test yourself on this knowledge

Step 4 – Revisit

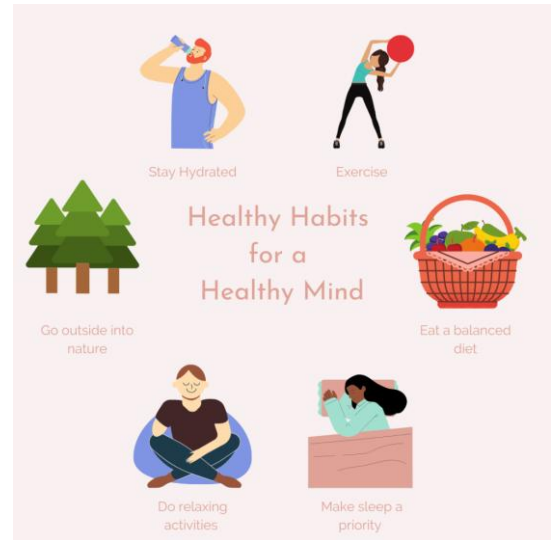
Schedule your next review of weak areas and add it to your weekly planner.

9

## Make Time for Wellbeing

People revise best when they are:

- Sleeping well
- Eating a regular balanced diet
- Hydrated
- Taking Breaks
- Exercising
- Supported, not pressures



10

## Considering notes and Cornell Notes

Lots of highlighting doesn't really work as effectively as we often think – you tend to end up with more highlights than not. An alternative is to read your notes and condense them. One useful tool for this is the Cornell Notes method: You can split your page into sections with the largest section for key ideas and then the margin for key terms or any questions. The bottom section will be a summary which should be no more than a couple of sentences.

