



Parent GCSE Mock Exam Revision Guide

On the day...

Make sure they get up with plenty of time (preferably after a nice early night)

Encourage them to eat a good breakfast or take a banana or similar energy giving food with them to eat before the exam. The brain does not function well on an empty stomach - this is probably the biggest piece of advice we can give for on the day.

If they are going to be at school all day make sure they have a good lunch and plenty of water, or a water bottle to fill up.

Help them to try and keep anxieties at bay.

Make sure that they know where they have to be and at what time.

Do they have a pre exam session with their teachers?

Where will it be?

Where should they be before the exam?

Make sure that they know their tier of entry (Foundation or Higher) - this is printed in their individual timetable.

Make sure they have all the right equipment with them:

2 black pens, 2 pencils, rubber, ruler, compass, protractor, calculator (not just for maths)

These must be in a clear pencil case or plastic bag.



7 Ways that Parents can Help

1	<p>Have high expectations and provide plenty of support Both are needed to help your child improve, perform and develop resilience</p>
2	<p>Help them work smarter Not all revision techniques are equal. Spacing out their revision and quizzes are better than cramming and highlighters</p>
3	<p>Cope well with their setbacks There will be highs and lows. How you react to their lows will impact on how many highs they have</p>
4	<p>Minimise distractions Provide a revision area with minimum distractions (this includes mobile phones!)</p>
5	<p>Rise and dine Make sure that they eat breakfast. It plays a big role in concentration and memory</p>
6	<p>Regular bedtimes and lots of sleep If they sleep right, they will think right the next day</p>
7	<p>Avoid cabin fever Encourage them to get fresh air each and every day</p>

Hints for Parents from Parents

~~~~~  
 "Spend some time helping to create a realistic plan with plenty of breaks. Factor in some time for your child to meet up with friends for a short while."

~~~~~

"Find a place for your child away from their room so that you can keep an eye on how much they are doing. It is too easy to text or sleep when they should be revising!"

~~~~~

"Be available and set aside some time to sit with them and help if necessary."

~~~~~

"Going through past papers online with your child, is very useful in science and maths. The same questions tend to turn up again and again."

~~~~~

"Keep a good supply of biscuits, healthy drinks and regular food handy."

~~~~~

"Be realistic about the amount of time your child needs to revise for: i.e. not the bare minimum but not every waking hour of each day."

~~~~~

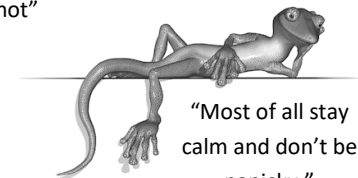
"Support your child without being overbearing. Do use traditional methods such as having a quiet atmosphere for study: e.g. no TV blaring in the background. Have them study in chunks with breaks and get them to plan their leisure time and support their leisure time."

~~~~~

"Give lots of praise for work done and give special rewards. A treat of some kind for good revision work but also an easy-to-apply sanction such as removing their mobile phone for a number of hours if not enough revision was being done."

~~~~~

"It is ok occasionally to revise in the company of a friend but be prepared to monitor this. Discussion and sharing notes can be helpful but endlessly gossiping is not"



"Most of all stay calm and don't be panicky."

## Exam Subjects

|                 |                           |
|-----------------|---------------------------|
| <u>Subject:</u> | <u>Date/Time of Exam:</u> |
| <u>Teacher:</u> | <u>Notes:</u>             |

|                 |                           |
|-----------------|---------------------------|
| <u>Subject:</u> | <u>Date/Time of Exam:</u> |
| <u>Teacher:</u> | <u>Notes:</u>             |

|                 |                           |
|-----------------|---------------------------|
| <u>Subject:</u> | <u>Date/Time of Exam:</u> |
| <u>Teacher:</u> | <u>Notes:</u>             |

|                 |                           |
|-----------------|---------------------------|
| <u>Subject:</u> | <u>Date/Time of Exam:</u> |
| <u>Teacher:</u> | <u>Notes:</u>             |

|                 |                           |
|-----------------|---------------------------|
| <u>Subject:</u> | <u>Date/Time of Exam:</u> |
| <u>Teacher:</u> | <u>Notes:</u>             |

## Exam Subjects

|                 |                           |
|-----------------|---------------------------|
| <u>Subject:</u> | <u>Date/Time of Exam:</u> |
| <u>Teacher:</u> | <u>Notes:</u>             |

|                 |                           |
|-----------------|---------------------------|
| <u>Subject:</u> | <u>Date/Time of Exam:</u> |
| <u>Teacher:</u> | <u>Notes:</u>             |

|                 |                           |
|-----------------|---------------------------|
| <u>Subject:</u> | <u>Date/Time of Exam:</u> |
| <u>Teacher:</u> | <u>Notes:</u>             |

|                 |                           |
|-----------------|---------------------------|
| <u>Subject:</u> | <u>Date/Time of Exam:</u> |
| <u>Teacher:</u> | <u>Notes:</u>             |

|                 |                           |
|-----------------|---------------------------|
| <u>Subject:</u> | <u>Date/Time of Exam:</u> |
| <u>Teacher:</u> | <u>Notes:</u>             |



### Mock Exam Timetable

|                | <b>Monday<br/>19th Nov</b> | <b>Tuesday<br/>20th Nov</b>  | <b>Wednesday<br/>21st Nov</b> | <b>Thursday<br/>22nd Nov</b> | <b>Friday<br/>23rd</b> |
|----------------|----------------------------|------------------------------|-------------------------------|------------------------------|------------------------|
| Periods<br>1&2 | English                    | Drama<br>Computer<br>Science | Maths                         | Science<br>Biology           | Geography              |
| Periods<br>3&4 |                            | Drama                        | French<br>Listening           | Spanish<br>Listening         | -----                  |
| Periods<br>5&6 |                            | Drama                        | Psychology                    | History                      | RE<br>PE               |

|                | <b>Monday<br/>26th Nov</b>   | <b>Tuesday<br/>27th Nov</b>  | <b>Wednesday<br/>28th Nov</b> | <b>Thursday<br/>29th Nov</b> | <b>Friday<br/>30th</b> |
|----------------|------------------------------|------------------------------|-------------------------------|------------------------------|------------------------|
| Periods<br>1&2 | English Lit                  | Maths                        | Science<br>Chemistry          | Science<br>Physics           | -----                  |
| Periods<br>3&4 | French<br>Writing            |                              | French<br>Reading             | Spanish<br>writing           | -----                  |
| Periods<br>5&6 | Drama<br>Computer<br>Science | Music<br>Business<br>Studies | Spanish<br>Reading            | Media<br>Studies<br>BTEC     | -----                  |

|                | <b>Monday<br/>3rd Dec</b> | <b>Tuesday<br/>4th Dec</b>     | <b>Wednesday<br/>5th Dec</b>   | <b>Thursday<br/>6th Dec</b>    | <b>Friday<br/>7th Dec</b>      | <b>Monday<br/>10th Dec</b> |       |
|----------------|---------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|----------------------------|-------|
| Periods<br>1&2 | Art                       | Food &<br>Nutrition            | Food &<br>Nutrition            |                                |                                | Photo-<br>graphy           |       |
| Periods<br>3&4 |                           | Textiles                       | Textiles                       | French/<br>Spanish<br>Speaking | French/<br>Spanish<br>Speaking |                            | Music |
| Periods<br>5&6 |                           | French/<br>Spanish<br>Speaking | French/<br>Spanish<br>Speaking |                                |                                |                            |       |