

Parent Handout: Supporting Your Child with GCSE Revision

Being Organised

- Help your child create a realistic revision timetable.
- Use short focused sessions (30–45 minutes) with breaks.
- Encourage balance: revision, rest, meals, and physical activity.

Using Time Effectively

- Plan revision across subjects rather than cramming.
- Use evenings for lighter tasks, mornings for harder subjects.
- Ensure regular reviews of previously revised topics.

Healthy Habits

- Teenagers need 8–10 hours of sleep per night.
- Limit phone and device use, especially before bed.
- Encourage a quiet and organised study space.

Four Key Revision Strategies

- Flashcards (Leitner System): Repetition and self-testing build memory.
- Mind Maps: Visual connections help recall.
- Worked Examples: Practise step-by-step solutions to exam-style problems.
- Knowledge Organisers: Use summaries to test and review key facts.

Why Maths and English Matter

- These are essential for college, apprenticeships, and most careers.
- Strong grades in core subjects open more future options.
- Every grade improvement can increase opportunities and future earnings.

How Parents Can Help

- Show encouragement and interest in their work.
- Help them stick to their timetable.
- Celebrate small successes to boost confidence.

Key Takeaways

- Organisation and structure are vital.
- Use proven strategies: Flashcards, Mind Maps, Worked Examples, Knowledge Organisers.
- Balance revision with sleep, rest, and healthy routines.
- Maths and English success opens doors for the future.