



# Hillside High School

## Guide on Effective

# STUDY

### How?

## Spaced Revision

Remember it isn't just the "what" you are revising but the "when" too.

Regularly revisit previously learnt materials.

Do not spend long periods of time on one topic. Spend maximum 20 minute blocks of time and then continually revisit information from each subject.

Build your revision around 'repetition, repetition, repetition'.

## T Target Weaknesses

Regularly self-reflect – look over feedback from teachers/topic lists in revision guides and reflect on areas of strength and areas for development.

RAG rate topic lists or prioritise them on a scale from 1 – 10.

Force yourself to tackle those topics which might be tough and not interest you to improve your scores.

## U p-Skill

Read little and often both fiction and non-fiction built into your revision timetable.

### How?

Go through predictor papers and highlight the command words, do you know what all these mean? There is often a dictionary of these on the exam board website too.

Practise writing at length to improve stamina e.g. 20 minutes writing as much as you can about a topic or practise an essay question.

Practise planning for longer answer questions.

## D evelop Links

Plan revision so the next 'chunk' links in some way to the previous chunk where possible. Adding an extra bit of information each time.

Making mind maps or word walls to link information together on large pieces of flip chart.

## Y ou!

Regular exercise.

Good diet.

Giving yourself regular breaks.

Get the right amount of sleep!

Be organised.

## How can Parents Help?

### S<sub>paced</sub> Revision

Regular repetitive quizzing. E.g. quote recall.

Regularly ask about learning e.g.

***“What did you learn today in ....”***

***“Tell me about the knowledge you have learnt in your revision tonight”***

### T<sub>arget</sub> Weaknesses

Encourage critical self-reflection. E.g. rather than asking “how did lessons go?” or “was maths good today” ask:

***“what parts of your maths lesson did you find easiest today, which part was the hardest?”***

***“what have you chosen to revise for Biology this evening, why?”***

Read over feedback from teachers with your child e.g. exam papers/RAG rated feedback, pick out the areas for development and talk positively about how they are going to tackle them.

## How can Parents Help?

### U<sub>p</sub>-Skill

Listen to your child read. This may take you back to Primary days however, it is just as important for their exam preparation now. Even if it is ten minutes twice a week.

Provide your child with writing challenges e.g. see how much they can write about a particular topic within 10 minutes. Keep a note and try again the next week – challenge them to write more lines to help them continue to build stamina.

### D<sub>evelop</sub> Links

Rather than simply saying “what did you revise tonight?” follow this by asking ***“what topic have you chosen to do next time for ....., how does this link?”***

Act as a scribe for your child as they create a large word wall or mind map on flip chart paper/poster paper.

## How can Parents Help?

### Y<sub>ou!</sub>

Many studies show stress is contagious! Parent stress is often passed onto their child. Try and remain as positive and calm as possible when talking about exams.

Research shows having consistently high aspirations and expectations for your child has the biggest impact on improving grades.

Have high expectations for their revision – at this stage of Year 11 a minimum of 2 hours each evening split into 20 minute sessions. Don’t forget to remind pupils out LRC is open every night after school and provides an excellent environment for study.

Regularly talk about life after Hillside, being successful attending University/apprenticeship courses etc.

