

# PARENT POWER

STRATEGIES TO HELP DEAL  
WITH THE FOLLOWING  
COMMON CONCERNS...

"I DON'T KNOW WHERE TO START"

"I FEEL OVERWHELMED"

"NOTHING'S GOING IN"

"I'M USELESS AT MANAGING MY TIME"

"I FEEL SO STRESSED"

"I DON'T KNOW HOW TO REVISE"

"I CAN'T GET MOTIVATED"

"IT'S YEARS SINCE I WAS  
AT SCHOOL,  
HOW CAN I POSSIBLY HELP?"



## "I DON'T KNOW WHERE TO START"

Get a copy of the syllabus/specification for each subject.

Identify areas of weakness and use this as a starting point.

Help your child to develop a revision structure that works for them:

Example: (Revision/Break/Test/Check)

Revision	30 - 40 mins
Break	10 - 15 mins
Test	Blank paper blitz (Write down everything you can remember from the revision session)
Check	Compare blitz to content from the revision session

## "I FEEL OVERWHELMED"

The sheer amount of content can feel like a mountain to climb. This can lead to feelings of anxiety.

Always focus on **one** area of weakness at a time. (Small steps)

## "I DON'T KNOW HOW TO REVISE"

Never revise without testing yourself (retrieval practice).

Check answers against a reliable source.

Resources such as subject study guides, BBC Bitesize and past papers provide questions for self-testing (retrieval practice).

Break 'to be learned' content into neat chunks (Flashcards are ideal for this).

## FLASHCARD ADVICE

Must have Qs on one side and As on the other for self-testing.

Be well-structured (how we present info to our brains is **IMPORTANT** as regards memory!)

Don't over-design - **KEEP IT SIMPLE!**

*Colours and basic images should only be used if they're working to make the content more memorable.*

Don't overload each card with text - think 'bite-sized chunks'.

Include a mnemonic device (memory tool) if possible.



# "I DON'T KNOW HOW TO REVISE"

## NOTE TAKING ADVICE

Try the 'Cornell Note Taking System'.

It works because it makes the learner **REDUCE**, **ABBREVIATE**, **QUESTION** and **SUMMARISE** information.

Supercharge your notes by searching for 'Symbols and abbreviations for note taking'.

Avoid copying out content 'word for word'. Cut out filler words. Short, punchy bullet points are more memorable.

## What makes a good question?

Good questions do one or more of the following things:

- 1 Contextualize information
- 2 Contrast or compare new information to something you already know
- 3 Prompt you to generate examples
- 4 Force you to explain what something means
- 5 Create associations and connections
- 6 Make you think

## CORNELL NOTE TAKING EXEMPLAR

<b>Topic: Cornell Notes</b>	<b>Date: XX/XX/XXXX</b>
<b>Questions</b> 1. Why does the Cornell system work?  2. Why is self-testing effective?  3. What other self-testing methods are there?	<b>Abbreviated notes</b> 1. Because (b/c) you can cover up notes & use Qs to sit mini test.  2. b/c anything you successfully remember = more recallable in future & anything you can't remember = work on this next time.  3. a) Blank Paper Blitz (write everything you can remember on blank paper at end of study session) b) Double sided Q and A flashcards
	<b>Summary</b> 1. Cover up notes & sit test 2. Remembered material = more recallable in future 3. Blank Paper Blitz + Q & A cards



## "NOTHING'S GOING IN"

Forgetting is natural. So it is important to repeat revision sessions on the same content spread out over time (Spaced learning).

Spreading out reviews over time moves information into long-term memory.

A practical 'spaced learning' method for memorising content on flashcards is the 'Leitner System'. This method ensures that students learn efficiently. They see the content they KNOW WELL infrequently but the content they DON'T KNOW is shown to them every day until it becomes fixed in their long-term memory. There are many videos on Youtube explaining how this system works.

There are also several apps available - research 'Spaced learning apps'.

Before reviewing information, start by blitzing what you can remember on to blank paper.

## "I'M USELESS AT MANAGING MY TIME"

Help your child to establish an easily achievable habit.

Start small and build up.

Co-create a simple revision planner and stick to it. Put the planner on a wall somewhere visible.

## "I FEEL SO STRESSED"

Using a revision planner can help strike the right balance between 'revision time' and 'down-time / relaxation'.

Remember: Managing time = managing stress!

Get moving – Exercise releases 'feel good chemicals'.

Sleep prevents worries from spiraling out of control.

Watch Kelly McGonigal's TED talk on 'How to make stress your friend'.

## "I CAN'T GET MOTIVATED"

Help your child to chop everything they need to do into bite-sized chunks.

Design a revision routine that is ultra-achievable.

Establish a dedicated revision space to remove the barrier of 'getting started'.

The objective is to build a study habit over time until it becomes automatic.



Parent comment:

**"IT'S YEARS SINCE I WAS AT SCHOOL,  
HOW CAN I POSSIBLY HELP?"**

Help your child to identify knowledge gaps.

You can't be an expert on all of your child's subjects, so here are some guidelines on quizzing:

- 1 Always quiz them using a reliable resource such as a textbook.
- 2 Give your child time to think and answer.
- 3 Ideally get them to write their answers down.
- 4 Check answers against the resources you are using.

Check-in with your child to see if they are on track with their revision plan.

