

Guide to Exam Preparation for Parents & Carers



CARLETON
HIGH SCHOOL



1

Help organise:

- Exam dates & times.
- Revision timetable.
- Uncluttered study space.
- Revision resources.



2

Build confidence:

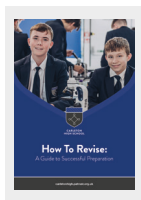
- Keep calm strategies.
- Wish them luck.
- Reassure.
- Celebrate success.

3

Attend achieve and holiday sessions

4

Read “How to revise: A guide to successful preparation” for tips, resources and strategies.



5

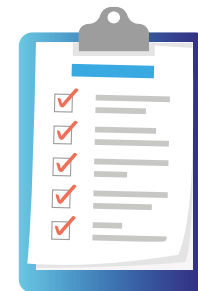
Project manage:
2 hours independent revision per day.



6

On exam day ensure your child:

- Is up on time.
- Has breakfast.
- Has all their equipment.
- Arrives at school on time.



Guide to Revision Support for Parents & Carers



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Test their knowledge:

Use their notes, mind maps and flash cards to check they are remembering key points.



2

Practice past exam papers

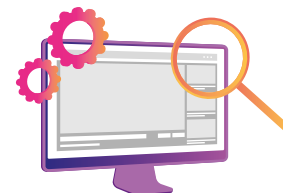
Copies available in school or online from exam board websites.



3

Online revision websites/ apps

Quizlet, SPARX, Seneca, BBC Bitesize, etc.



4

Adjust their tech

Use do not disturb mode, no notifications, or keep phones away.



5

Chunk down work

For example:

- 45 minutes work followed by 10-15 minutes break.
- 20 minutes work, 5 minutes break x 3.



6

Revision notes:

Use colour, diagrams and pictures in notes and flash cards to support retention and recall.

