



## Lawrence Sheriff School – Revision Tips for Parents

**I have put together a few tips below to help you deal with your stroppy stressed out teenager during the exam period. Please have a read and maybe go through it with your son.**

1. Provide a dedicated quiet space with good natural light or lighting is best for studying, with no distractions. This may mean you remove TV's or PlayStations from rooms. Maybe set up an area of the house that you can all work in at the same time.
2. If you have other children who are not studying for exams, make sure that they know the importance of revision time.
3. Ensure that your son or daughter has one evening a week away from their studies. It's also important that they take regular breaks during the study periods. 10 minute breaks every 50 minutes is a good start.
4. Be around as a 'feeding station' – feed your son lots of healthy food and proper meals - not too many sugary snacks and junk food. This also includes lots of fluids as it's just as important to keep hydrated.
5. Also ensure that your son eats breakfast in the morning and that they have snacks for the rest of the day. Ensure that they drink lots throughout the day and that they have a water bottle with them. Becoming dehydrated has a huge effect on concentration levels.
6. Offer to help with testing or ask if there is something that you can do for them. Talking a keen interest is really important. Ask to see what they have been working on in lessons and help them with their homework and revision. Don't assume that they are ok revising on their own.
7. Try not to nag too much. You mean well and have their best interests at heart but teenage boys don't see it like that and may end up doing even less.
8. Reassure them you are concerned about their welfare more than the results and encourage them to talk to you about the exams and stress they may be feeling.
9. Know your son or daughter's revision timetable. Encourage them to tell you about what they are studying. If you know that they are not at their best first thing in the morning, encourage them to rest then and work when they are more lively. They should choose their weakest/sleepiest time of day to be sociable and go out, or watch TV at those times.

10. Ensure that your son does some kind of exercise regularly. This is a great way to de stress and unwind. This could be a family walk, enrolling them into a gym or ensure they go to football training. Incorporate this into their revision programme.
11. Know exactly the date, time and location for each exam and incorporate this into the revision plan. Make sure that they have the correct equipment they need for the exam (calculators, rulers etc). Know what they are not allowed to take in to the exam (mobile phones, pagers etc)
12. If your son or daughter has a medical condition, for example diabetes or hay fever, make sure that the school knows about it. There are special considerations for some conditions.
13. If there is a family crisis, for example divorce or bereavement, again ensure that your son or daughter's teacher knows about it, since the additional stress can affect your child's exam performance.
14. Make sure that your child is using the internet to study and not as a resource to give the appearance of study! There are loads of revision websites out there that they should be using.
15. Encourage your son to attend as many after school revision sessions as possible. These sessions are structured and provide a better learning environment than their bedroom. The library is open every night until 5pm
16. Incentivise them to work and revise. This could be with a financial reward, a family trip to watch a football match or allowing them more time to socialise with friends.
17. Sometimes students are unsure of where to start revising. Go through the course information and guidelines that they have been given from staff.
18. Some students don't revise through sheer terror especially if they have a mountain of work in front of them. Then if they fail they can blame it on the fact they didn't revise. Build up their confidence by reminding them of things they've done well in, in the past.

I hope the information helps. If you have any questions or need any advice them please phone or email me. My address is [andy.sellers@lawrencesheriffschool.com](mailto:andy.sellers@lawrencesheriffschool.com)

Thanks

Mr Sellers