



TREVIGLAS
ACADEMY



EXAM

SUPPORT
FOR PARENTS

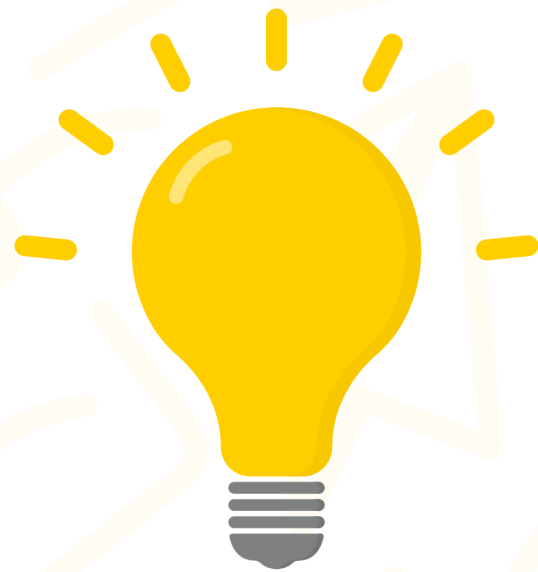
CONFIDENCE, PREPARATION, ACHIEVEMENT
EVERY DAY COUNTS.



TREVIGLAS
ACADEMY

GCSE REVISION TOOLKIT:

A PARENT'S QUICK GUIDE



General Tips: Making Study Time Work

Focus Area	Advice for the Student	Parents Could Support By... (The Facilitator)
Keep it Short	Revision is more effective in short, focused bursts (10-15 minutes of retrieval practice).	Schedule small windows of time (e.g., while waiting for dinner) for quick quizzes or mind map reviews.
Focus on Effort	Celebrate the effort and the process of revision. Consistency is the goal	Recognise and praise the attempt. For example: "I'm proud of you for sticking to your 8-minute Mind Dump, even though it was hard!"
Be the Expert	Take ownership of the material. Your job is to teach the content clearly.	Be the Patient Student. Feign ignorance and ask clarifying questions, forcing them to explain the complex concepts simply.

You've Got This! Supporting your child doesn't require subject knowledge — just structure, encouragement, and calm consistency.

I hope that you may find one or two tips that are useful. If even one or two tips from this toolkit help make revision less stressful and more effective, it will be a success.

GCSE REVISION TOOLKIT:

A PARENT'S QUICK GUIDE

Families have busy lives and time is precious. You have an important role to play in supporting your child's learning, but sometimes parents can feel a little lost with where to start. Included below are some possible approaches to support your child.

By sharing how students could use the approaches and some simple ways you can support, we hope to help **you feel confident, save time, and deepen your child's learning and memory.**

Here are a few possible suggestions you might find useful:

Building Your Timetable: The Boundary Setter

Your role here is to help establish and enforce **realistic boundaries** to prevent burnout.



Focus Area	Advice for the Student	Parents Could Support By...
Set Boundaries	Aim for 2 hours max on weekdays, 4 hours max on weekends. Protect 8 hours of sleep 😴.	Help establish these boundaries and stick to them. Gently encourage the 8 hours of sleep minimum.
Schedule Breaks	Use the 45/15 rule (45 mins focus, 15 mins break). Breaks need movement . Phones stay away until revision is finished!	Recognize the 15-minute breaks. Encourage movement and fresh air during these breaks.
Manage Friction	List subjects/topics and prioritize the hardest ones first. Keep track of what you have mastered.	Gently refer to the plan: " Maths Block 2 starts now; what do you need? " Avoid asking, "Have you finished studying?"
Praise Process	Focus on adhering to the plan , not perfecting it. Consistency is the goal.	Focus on effort, not on grades. Celebrate sticking to the plan

Final Tip: Flexibility is key. Adjust the timetable if it's causing stress. Track accomplishments (completed slots) to remind yourselves how much has been achieved.



TREVIGLAS
ACADEMY

GCSE REVISION TOOLKIT:

A PARENT'S QUICK GUIDE



Flashcards: The Friendly Tester

Flashcards are for memorising facts, dates, and definitions. Your job is to be the facilitator of active recall.

Focus Area	Advice for the Student	Parents Could Support By...
Creation & Focus	Cards should be self-made. Use Question on Front, Concise Answer on Back. Avoid decoration.	Encourage the making process, but gently shift the focus from decoration to content and usage. Help them avoid overloading any one card.
Active Recall	Say the answer aloud before flipping the card. Keep sessions short (10–20 mins) and frequent.	Quiz them aloud and ensure they verbalize the answer before checking the back. Help manage the timer for short bursts (spaced practice).
Efficiency	Use the 3-Pile System: ● Red (don't know), ◆ Yellow (hesitant), ✓ Green (know).	Help manage the piles, ensuring Red gets the most focus. Encourage them to mix subjects to prevent burnout.
Motivation	Celebrate effort. Forgetting is part of the process! Take breaks!	Celebrate effort and consistent use. Keep sessions positive and non-pressured, offering hints instead of immediate answers.



TREVIGLAS
ACADEMY

GCSE REVISION TOOLKIT:

A PARENT'S QUICK GUIDE



Mind Maps: The Visual Coach

Mind maps structure concepts and connections. Your job is to be the encouraging coach for visual and retrieval practice.

Focus Area	Advice for the Student	Parents Could Support By...
Rule for Creation	Cards should be self-made. Use Question on Front, Concise Answer on Back. Avoid decoration.	Encourage the making process, but gently shift the focus from decoration to content and usage. Help them avoid overloading any one card.
Active Recall	Say the answer aloud before flipping the card. Keep sessions short (10–20 mins) and frequent.	Quiz them aloud and ensure they verbalize the answer before checking the back. Help manage the timer for short bursts (spaced practice).
Check Understanding	Use the "Teach the Map" method: Verbally teach the concept using the map as your guide.	You could ask connecting questions: "How does Cause A on the blue branch link to Impact B on the red branch?" This forces them to explain relationships.



TREVIGLAS
ACADEMY

GCSE REVISION TOOLKIT:

A PARENT'S QUICK GUIDE



Cornell Notes: The Structural Reviewer

Cornell notes enforce structure for effective review. Your job is to ensure this structure is used for retrieval practice.

Focus Area	Advice for the Student	Parents Could Support By...
Cue Column (Left $\frac{1}{3}$)	Holds Key Questions or Keywords written after the main notes. Always cover the notes when testing yourself.	You could have the student cover the main notes and use the Cue Column questions to test their recall (Retrieval Practice).
Summary (Bottom)	1-3 sentences that condense the entire page's main ideas. Do not copy sentences.	You could check the 'Big Picture'. Ask: "If you had to explain this page to me in one sentence, what would it be?" (Forcing synthesis).



TREVIGLAS
ACADEMY



EXAM

SUPPORT

CONFIDENCE, PREPARATION, ACHIEVEMENT
EVERY DAY COUNTS.

Notes



TREVIGLAS
ACADEMY



EXAM

SUPPORT

CONFIDENCE, PREPARATION, ACHIEVEMENT
EVERY DAY COUNTS.