

# Exam Preparation and Revision Support

"You have brains in your head.  
You have feet in your shoes.  
You can steer yourself any  
direction you choose. You're on  
your own. And you know what  
you know. And YOU are the one  
who'll decide where to go..."



# Revision Festival

Effective Exam Preparation  
and Revision Support

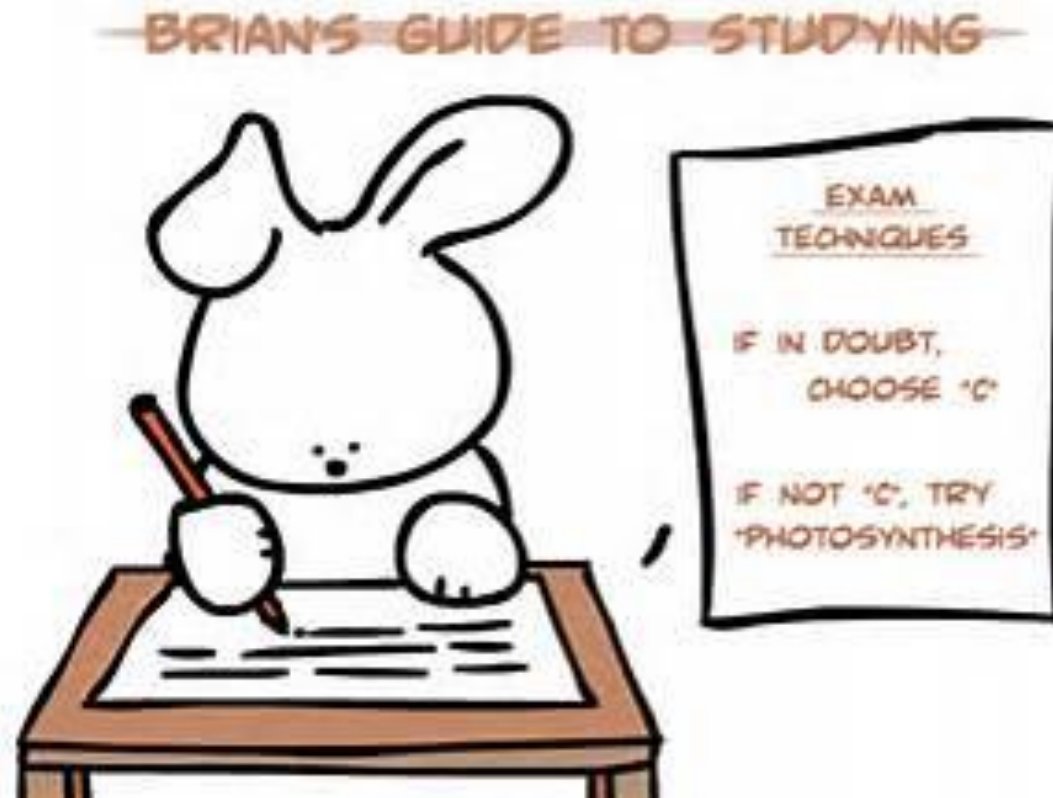
There are times we feel like this...



We don't want this...



The days of this strategy have gone...



**Belief + Hard Work + Support = Success**

Tonight is about the “Hard Work” and “Support”

# The reason we like to engage parents and families is to...

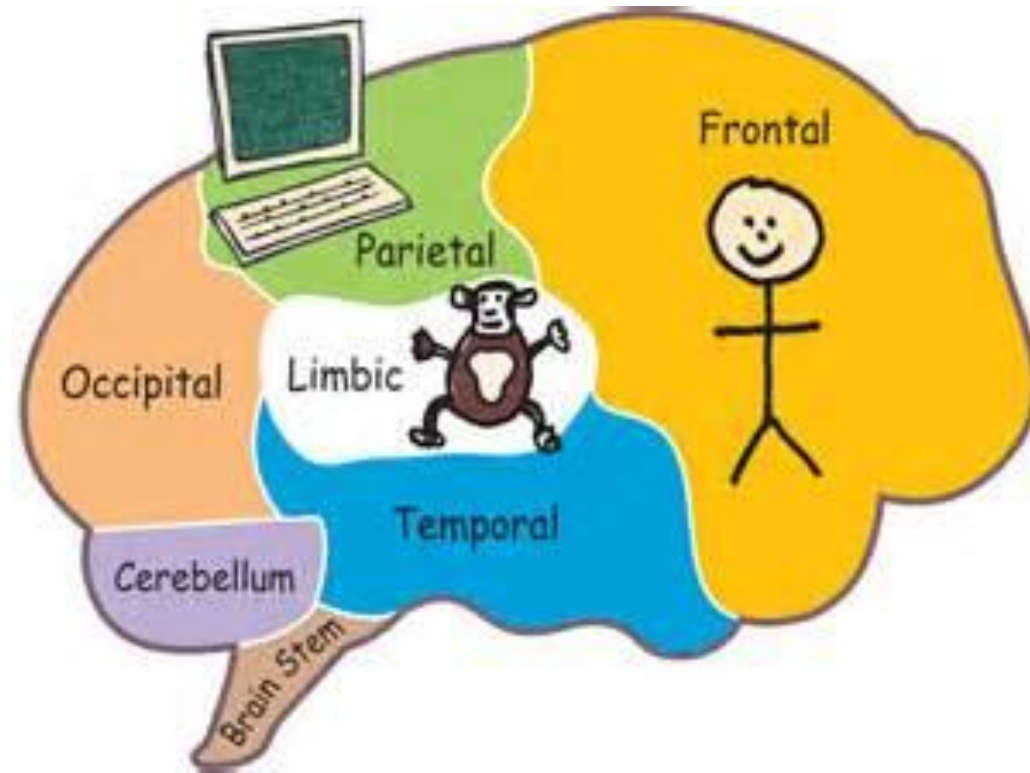
- Understand the challenge
- Give advice on how to support and monitor revision
- Push when needed
- Enforce a rest or a break when needed
- Provide moral support
- Recognise the signs of pressure building

# We can enhance our performance by...

- Not leaving things to chance! “Do Well” concept.
- “Control the controllables”.
- **Marginal Gains** – the sum of marginal gains across many areas can add up to significant impact as a whole.
  - Revision guides, calculators, VMG, Enrichment, Option, our school day, exam breakfasts, masterclasses before exams, flashcard packs...all add up in small amounts to make a big difference!



# Fight or Flight?



# Managing our “Chimp”



# Chimp Management: Control the controllables

- Know your exam timetable.
  - Plan your revision, stick to it...builds and breeds confidence.
  - Be on time...leave a margin for error or traffic.
  - Be prepared: black pens, pencils (sharp), ruler, calculator, geometry set, phone off and handed in, know your seating plan place.
  - Pack your bag the night before.
  - Don't forget to eat and stay hydrated!
- 
- Drains and radiators! Avoid the moaners!



**KEEP  
CALM  
AND MANAGE  
THE  
CHIMP**



  
**KEEP  
CALM  
AND MANAGE  
THE  
CHIMP**

# This is a lot effort...will it be worth it?



When was your son/daughter born?

What is average life expectancy for this generation?

What will average working lifetime be for this generation?

How many career changes will they have in this working life?



2000-01

2080-81

80 Years average



2000-01

Primary

2080-81

80 Years average





2000-01

Primary &  
Secondary

2080-81

80 Years average

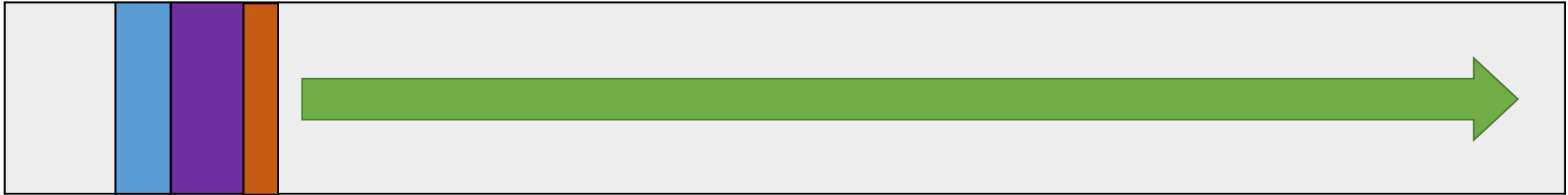


Including Post 16

2000-01

2080-81

80 Years average



2000-01

2080-81

Potential working lifetime.

80 Years average

# Our A4 Revision Help and Tips Guide

- Copy issued last year and again this year
- Also available to download on the website.

# Aims of this evening

- Introduce you to revision techniques we recommend and use
- Introduce you to concept of revision timetable planning
- Let you know how you can support revision at home
- Help reduce exam stress by “controlling the controllables” and taking hold of the task in hand.

## 4 Rules to put in place at home to support your revision...

- **We still have time...** but it is slipping by!
- **It's your future...** take responsibility for it, step out of your comfort zone.
- **No excuses**
- **No regrets**

**Belief + Hard Work + Support = Success**

However, for some teenagers, when it comes to revision, they sometimes stall so...

Finally...what every student needs!

## **A ROUND TUIT**

This is a Tuit. Guard it with your life as Tuits are hard to come by, especially the round ones. This is an indispensable item. It will help you become a more efficient worker. For years we have heard people say, "I'll do it as soon as I get a round tuit." Now that you have one, you can accomplish all those things you put aside until you got a **ROUND TUIT.**



Belief + Hard Work + Support = Success

**This is the hard work phase!**

*#Do Well*

Dream Big