



Parents' Revision Guide:
Supporting from the
Sidelines



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Importance of Parental Support

We know that Year 11 can be a challenging but really rewarding year for our students and your children. We also understand that many parents/carers may feel at a loss when trying to support their child with revision for their GCSE subjects.

However, you do not have to be an expert in the GCSE subjects that your child has chosen to be able to make a real difference. The purpose of this booklet, is to support you to support them. This booklet complements the 'Revision Revolution' booklet that all students have been provided with which outlines the most effective revision strategies and successful study habits.

At Trinity High School, we recognise how valuable parental support is. This is supported by research which shows high parental expectations alongside motivational, academic and emotional support can increase the academic success of students – some evidence suggesting +4 months additional academic progress (EEF).

More guidance for both students and parents can be found on the dedicated 'Class of 2026' page on our school website - [Year 11 - Class of 2026 - Trinity High School & Sixth Form Centre](#).



Being a 'Study Buddy'

RETRIEVAL PRACTICE

This is a learning strategy where we focus on pulling information out of the long-term memory. Through the act of retrieval, or calling information to mind, our memory for that information is strengthened and forgetting is less likely to occur. Retrieval practice is a powerful tool for improving learning. Evidence from research proves the benefits of retrieval and it is an immensely powerful strategy to help learners make progress. Your child will know more and remember more. It is also effective in identifying where their gaps in knowledge are. Regular retrieval can also boost confidence and motivation.

Retrieval Practice

- Multiple Choice Questions
- Mini White Boards
- Self - quizzing
- Retrieval Grids
- Free Recall
- Online Quizzes
- Verbal Recall
- Knowledge Organisers
- Entrance/Exit Tickets
- Past Exam Questions
- Flashcards
- Revision Clocks
- Spaced Practice
- Elaboration

Being a 'Study Buddy'

FLASH CARDS

Your child can write down questions on the front and answers on the back. Question your child by using these flashcards and ask them to explain how they got to the answer given. Get your child to note down content that they find challenging and revisit this. Encourage them to use the Leitner System to organise their flashcards so they are revisiting more difficult cards more regularly.

SELF-QUIZZING

Encourage your child to quiz themselves at the beginning of a revision session, not just at the end, to help identify gaps in their knowledge that they want to focus on. Quiz them using the questions they have created and encourage them to explain how they got to the answer they have given.

MIND MAPS

Encourage your child to create mind maps with topic headings in the middle, and further information on the outside of the mind map. Quiz your child on the connections between ideas and ask them to develop their answers each time they are asked.

BRAIN DUMPS

Get your child to write as much as they can about a specific topic, from memory. Then get them to check the knowledge against their notes. It's a good idea for them to add any missing information in a second colour so they can clearly identify any gaps in their knowledge. Encourage them to regularly repeat this process until they can make less additions to their page, showing they have addressed the knowledge gaps and can recall more from memory.

KNOWLEDGE ORGANISERS

Encourage your child to fill in any gaps on the sheet with information. Ensure they are constantly referring to the knowledge organisers to consolidate information. Discourage them from spending too much time making it look appealing and instead focus on the content. Encourage your child to use the 'look, cover, write, check' method when using a completed knowledge organiser. They should repeat this process regularly to build a concrete memory of the information.

PRACTICE QUESTIONS

Encourage your child to set timers to help them stay focused and follow the timings of an exam question strictly. Listen to them re-read their answer out loud and identify any corrections, if possible. Encourage them to seek feedback for their answer from mark schemes, their notes and teachers.



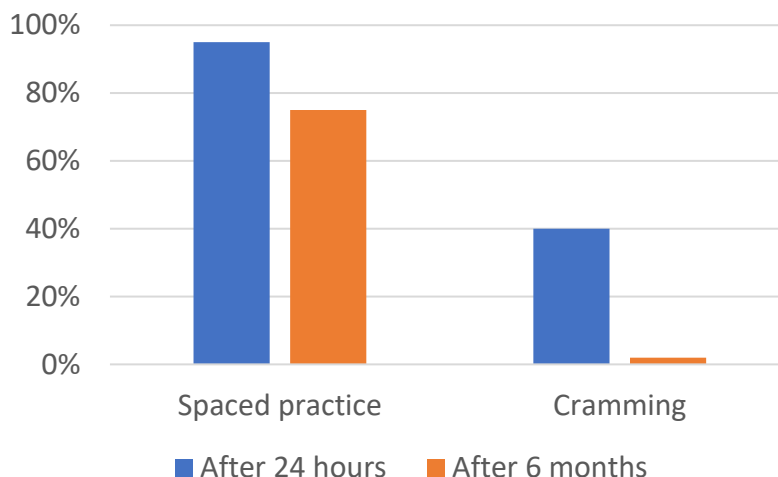
Planning a Revision Timetable

Encourage your child to start planning early for exams and help them to set aside a little bit of time every day – *little and often is key!*

Even with the same total study time, **spaced practice** outperforms cramming.

Five hours spread out over two weeks is much more effective better than the same five hours all at once.

A bar chart showing memory retention (%) after 24 hours and 6 months when using spaced practice or cramming



A **well-planned timetable** reduces the pressure that comes from last-minute cramming and trying to absorb large amounts of information at once.

- Help your child plan their revision so every subject receives adequate attention.
- Divid revision into short, manageable chunks of time (20-30 mins per session)
- Balance study time with designated breaks – 5 min break between each 20-30 min study session.
- Display the revision timetable in the house to remind them of what needs to be done and when.
- Encourage students to stick to the timetable and reward accordingly if appropriate.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	To do
8.45-9.05am	Registration	Registration	Registration	Registration	Registration	Sleep	Sleep	
9.05 – 9.55am	Period 1	Period 1	Period 1	Period 1	Period 1	Sleep	Sleep	
9.55 – 10.45am	Period 2	Period 2	Period 2	Period 2	Period 2	Sleep	Sleep	
10.45 -11.00am	Break	Break	Break	Break	Break			
11.00-11.50am	Period 3	Period 3	Period 3	Period 3	Period 3	Maths	Football	
11.50-12.40pm	Period 4	Period 4	Period 4	Period 4	Period 4	History	Football	
12.40-1.40pm	Lunch & Form	Lunch & Form	Lunch & Form	Lunch & Form	Lunch & Form	English	Football	
1.40-2.30pm	Period 5	Period 5	Period 5	Period 5	Period 5	Break	See Friends	
2.30-3.20pm	Period 6	Period 6	Period 6	Period 6	Period 6	Physics	See Friends	
3.20-4.15pm	Maths ER	History ER	English ER	Geography ER	Biology ER	Chemistry	See Friends	Subjects Covered This Week
4.15-4.45pm						Geography	See Friends	Maths
4.45-5.15pm	Gym					Break	Dinner	English
5.15-5.45pm	Gym			Dinner	Football	Spanish	Dinner	History
5.45-6.15pm	Dinner	DT		English	Football	Dinner		Geography
6.15-6.45pm	English	Dinner	Dinner	Chemistry	Football	Night off	Maths	Biology
6.45-7.15pm	Chemistry	Maths	Physics	Maths	Dinner	Night off	Biology	Physics
7.15-8.00pm	History	Spanish	Football	Break	Night off	Night off	DT	Chemistry
8.00-8.30pm	Break	Break	Football	Spanish	Night off	Night off	Break	Spanish
8.30-9.00pm	Geography	Biology		DT	Night off	Night off	Geography	DT

Helping with Healthy Habits

Mobile phones and app notifications are **distractions** that can interrupt study time and cause students to lose focus. When your child is studying, remove their phone from their study space (it's presence alone can affect cognitive performance). They can use their phone in their study breaks instead. Alternatively, you could encourage your child to download **productivity apps** like 'Flora' or 'Study Buddy' which are designed to help them stay off their phones.



Another thing that can cause interruption to your child's study flow is not **having everything they need** when they begin. You could find out **resources** your child needs before they start and help them prepare their space. This could include providing equipment, drinks and snacks so everything is within arm's reach. Staying **hydrated** can help improve their concentration, memory retention, problem-solving abilities and reduce the impact of stress.



Encourage your child to study in a **quiet place** and ideally not somewhere they associate with relaxing (like in bed)! There are spaces in school they can use to study e.g., library or classrooms.



Making sure your child gets **adequate rest and sleep** every night plays a major part in the learning process. If their brain is fatigued, they will find it harder to concentrate, they will find it more difficult to recall information and they are more likely to make silly mistakes. Advise them to avoid caffeine, heavy meals and electronic devices close to bedtime (as this will affect the level of melatonin the body produces – our sleep hormone) to ensure a **restful** sleep.



The **night before an exam** – make sure your child has everything **organised** and ready for the morning (doing it in the morning creates more stress). Advise your child to stop studying early in the evening (we know it's likely they'll want to cram and work late) and encourage them to relax and rest their mind.

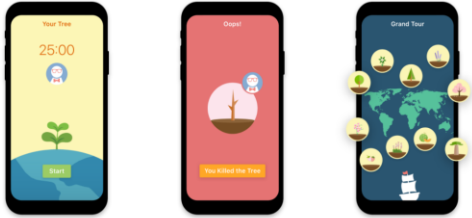

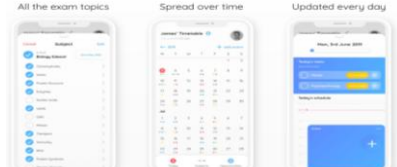



Encourage them to **ask for help**. If you think your child needs more support with managing their mental wellbeing please contact the school or visit Happiness at HEART to see how we can help. <https://www.trinity.worcs.sch.uk/pastoral/happiness-at-heart/>.



Helping with Motivation

- The brain can only focus deeply and concentrate for a short period of time before it becomes fatigued. Therefore, the longer your child studies without having a break, the more inefficient it becomes and the more mistakes they are likely to make. The **Pomodoro technique** can help ensure your child is studying for the optimum amount of time. Encourage your child to take short breaks in between study sessions.
- If your child is struggling with motivation, offer to be a **'study buddy'** and engage in discussions to reinforce their understanding of the subject matter.
- We know as adults that if things are too easy for us, it might not be motivating due to a lack of challenge, and if things are too challenging, it might cause feelings of overwhelm and stress. Advise your child to aim for the **'Goldilocks Effect'** – not too easy nor too difficult but just the right level of challenge! Similarly, encourage your child to revise topics areas they feel less confident with as opposed to what they already know well!
- Help your child break down their study goals into **smaller, achievable tasks** to make it seem more manageable and giving a sense of accomplishment each time a task is completed.
- Celebrate every small achievement your child makes during their exam preparation – acknowledgment and encouragement go a long way in boosting motivation. Rewards can also serve as **powerful motivators** – promise a small incentive for achieving specific study milestones. Rewards don't need to be grand gestures - it could be any special treat.
- Although we know that phones can be a distraction, we also recognise that they can be used to keep your child focused whilst studying. We recommend these **productivity apps**:

<p>Flora helps you to stay off your phone and build positive, life-changing habits. When you want to make progress towards your goals, grow trees in Flora!</p>  <p>1. Select a focus duration, and then press Start to grow a tree. 2. If you leave the app for social media or games, the tree will die. 3. Discover new trees by completing focus sessions and tasks.</p>	<p>Study Bunny helps users stay focused and productive while studying. It also includes a to-do list, flashcards, and a customizable study tracker to help with time management and organisation.</p> 
<p>Adapt is an intelligent study planner that keeps you organised wherever you are. It can help you create your revision timetable.</p> <p>A dynamic revision timetable.</p> 	<p>Focus Keeper helps keep you on track and your productivity high. Work with time, not against it!</p> 

Other Useful Resources

[Effective Study Strategies: Webinar for parents and carers – YouTube](#)

- This one-hour video hosted by Kate Jones focuses on effective (and ineffective) study strategies that can be used at home to support your child with their learning. You could watch, together with your child, and ask them to explain which strategies they are or aren't using as part of their revision. Please encourage them to use the recommended strategies and avoid ineffective strategies that have little impact on their long-term memory. They want to make their time spent revising count!

[From the Sidelines](#)

- From the Sidelines' aims to educate parents and families on the science behind how our children learn, together with how to create the perfect environment at home in which to support them. The 'Study Hacks' are short 1-minute videos that give a quick and practical overview of what it is and how to do it. Then, if you would like to know more, there are 15-minute 'Podcast Episodes' which delve deeper into why the strategy works and what to avoid.

After your child has completed a study period, ask them to summarise what they have learned (without reading from their notes). You will be able to judge the effectiveness of their last 25 mins (and how much they have actually learned and remembered), based on how much they can confidently tell you.



fromthesidelines.uk



[Year 11 - Class of 2026 - Trinity High School & Sixth Form Centre](#)

- Our dedicated school web page shares key information for students and parents around understanding how we learn, the most effective revision strategies, additional academic support available, tips for managing wellbeing around exams and careers information. Also, you will find subject-specific revision resources uploaded by your child's teachers here.