



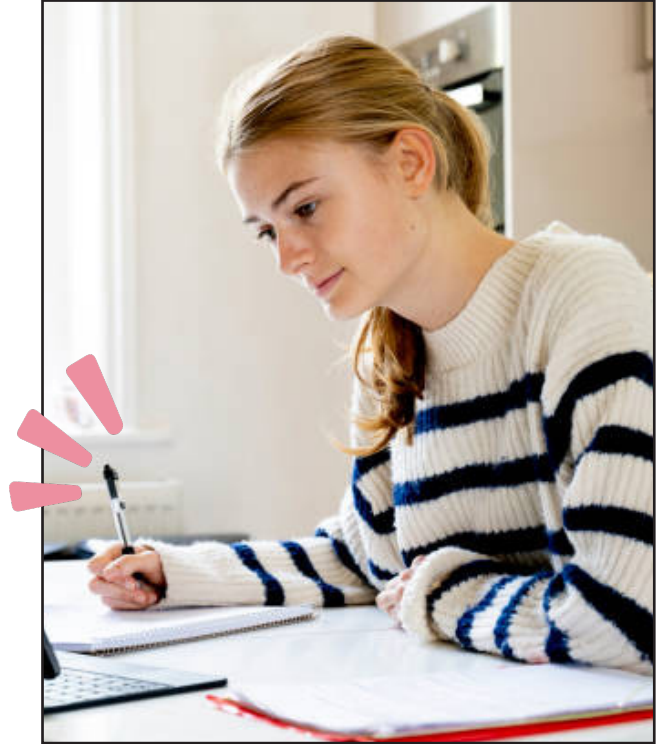
## Revision techniques that work!

### Timed practice

Practising in timed conditions helps teens feel comfortable working under pressure. It trains their memory to recall information quickly and builds the focus needed for longer exams. The more they practise in realistic exam settings, the more confident and prepared they'll feel when the real thing comes around.

#### How you can help:

- Encourage short, timed questions during the week and a full paper at the weekend.
- Set up real exam conditions - clock on the desk, phones off, and a quiet space.
- Try to match practice times to real exam start times (e.g. 9am or 1:30pm).
- After each session, chat about how it went and look at mark schemes together to spot areas for improvement.



### Play the student

Encourage your teen to teach you a topic they've been revising. Explaining it in their own words helps them notice what's clear and what still needs work. It's a great way to build confidence and turn memorising into real learning.

#### How you can help:

- Ask your teen to explain a topic as if you've never heard it before - it helps them break ideas down clearly.
- Encourage them to use examples to make their explanation stronger.
- If they really struggle, suggest they check their notes; if their answer feels vague, ask them to expand or give another example.

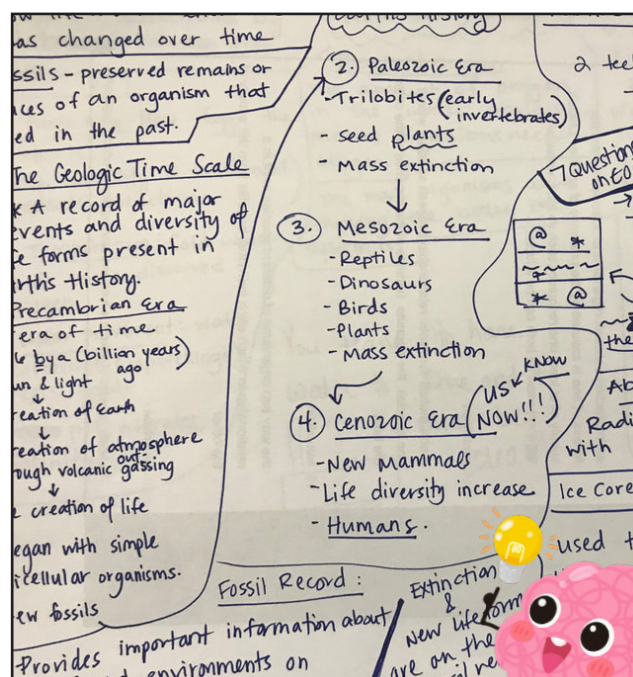


## Brain Dumps

Ask your teen to write down everything they can remember about a topic - no notes allowed. This helps them practise recalling information from memory, just like they'll need to in the exam. Seeing what's missing shows them exactly where to focus next.

### How you can help:

- Encourage them to redo the same topic a few days later to see what's changes
- Encourage them to revisit their brain dump with their notes or textbook, adding anything they missed in a different coloured pen so the gaps stand out.
- Keep sessions short 5 to 10 minutes works well.

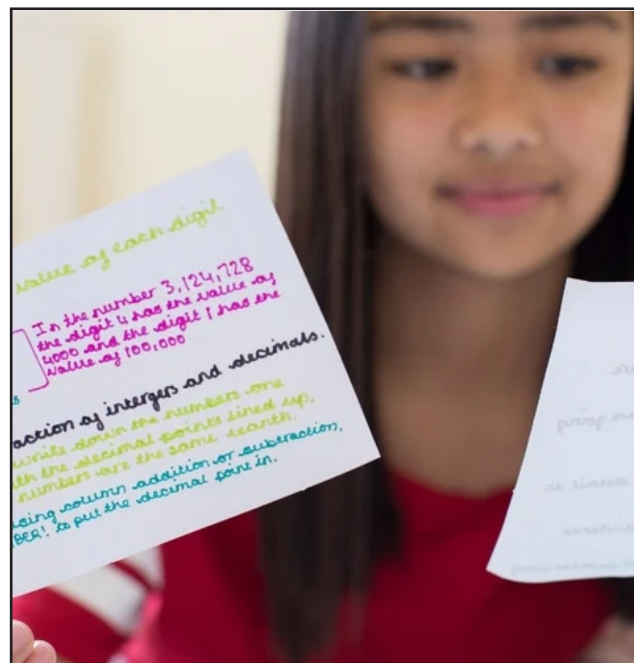


## Flash cards and self testing

Flashcards make revision active and focused. They help teens recall information quickly and keep studying manageable through short, bite-sized sessions. Creating the cards also helps them turn big ideas into clear, memorable points.

### How you can help:

- Encourage cards with one question, definition, theory or concept per side.
- Try apps like Quizlet or Anki - they let teens build digital cards and track progress.
- Remind them to shuffle their cards often so they're recalling answers, not just memorising the order.



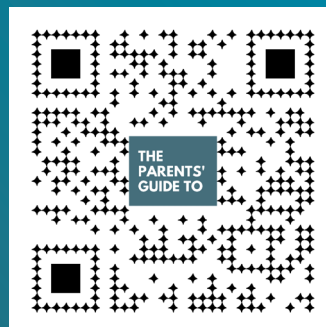
## Don't stop here

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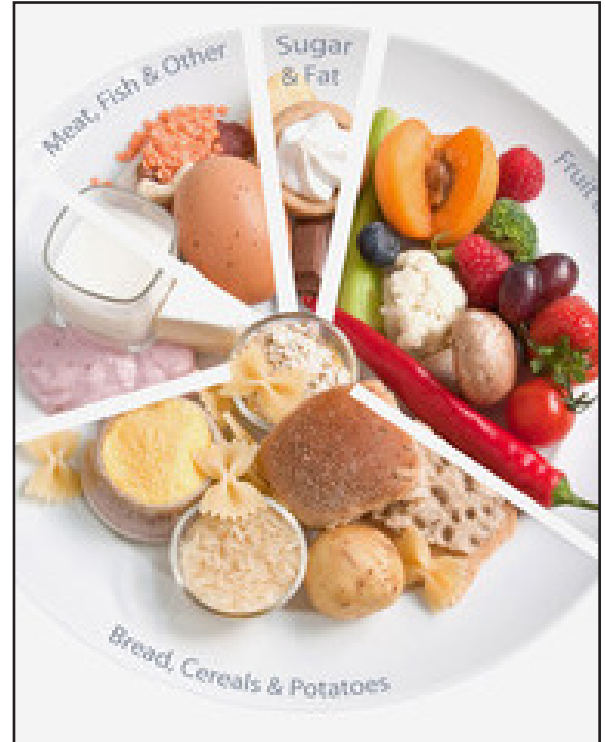
## Food, sleep and focus

### Eat for energy

Balanced meals keep energy levels steady and support concentration. Skipping meals or relying on sugar gives a short burst of energy followed by a crash. Aim for slow-release foods such as oats, wholegrains, fruit, vegetables and lean protein - they help the brain stay alert for longer.

#### How you can help:

- Make sure your teen eats breakfast before revising or exams.
- Keep healthy snacks like fruit, nuts or yoghurt nearby.
- Avoid high-sugar snacks and energy drinks that cause dips in focus.
- Encourage balanced meals with protein, carbs and veg to keep energy steady.



### Stay hydrated

Even mild dehydration affects mood and concentration. Water helps the brain process information efficiently and prevents fatigue. Teens often mistake thirst for tiredness, so gentle reminders can make a real difference.

#### How you can help:

- Encourage them to keep a refillable water bottle at their desk.
- Suggest swapping fizzy drinks for water or diluted juice.
- Remind them to sip regularly, especially during long study sessions.
- Aim for around 6–8 glasses of water a day - more if they're active or it's hot.



## Prioritise sleep

A good night's sleep helps the brain consolidate memories and improves focus the next day. Late-night cramming might feel productive, but it reduces attention, recall and mood.

### How you can help:

- Set a consistent bedtime and wake-up routine during exam season (even at the weekend!)
- Encourage them to stop screens at least 30 minutes before bed.
- Keep mornings calm - breakfast and daylight help reset their body clock.
- Aim for 8–10 hours of sleep each night.



## Take regular breaks

The brain focuses best in short bursts. Breaks prevent mental fatigue and boost motivation, especially when they include movement or a change of scene.

### How you can help:

- Suggest short breaks every 45–60 minutes.
- Encourage a quick walk, stretch or snack away from the desk.
- Remind them that downtime is productive - it keeps their mind fresh.
- Remind them to take a longer break after every 2–3 study sessions to fully recharge.



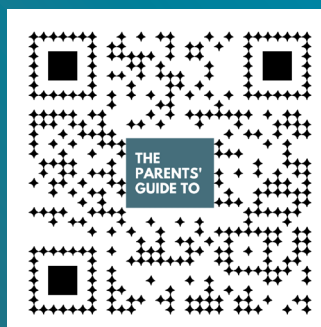
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## Staying organised and in control

### Plan ahead

A clear plan helps teens feel organised and in control. Seeing what needs to be done (and when) reduces last-minute panic and helps them use their time wisely.

#### How you can help:

- Encourage them to map out revision for each subject.
- Use a wall planner, calendar, or app to spread topics evenly.
- Build in extra time for harder subjects or unexpected delays.
- Check in once a week to review what's working and what's not.

Monday	Tuesday	Wednesday	Thursday	Friday
Maths Fractions and algebra	Geography Revise case studies	Science exam paper 1 - timed conditions (2hr)	Family breakfast	Art Coursework
Geography Volcanoes	Drums lesson			French Vocab revision
History Essay question			Science revision day with friends	Maths Simultaneous equations
French Vocab revision				Maths Simultaneous equations
Maths Algebra	History Read through unit 2 notes	Time off		Geography Revise coastal defences
LUNCH	LUNCH	LUNCH		LUNCH
Science Physics	Art Coursework	Football and swim lesson		Geography exam paper 1 - timed conditions (90 mins)
Art Coursework				
Science Chemistry	Art Coursework			
Unplanned revision	English Complete an essay question			Dinner and cinema
Gym	Time off		Gym	
Time off	Time off		Time off	
English Look through unit 1 notes	Maths formulas		History Make flash cards on unit 2	
	French			

### Find a routine

Structure helps build momentum and reduces procrastination. Having regular times for study, breaks, meals, and sleep keeps energy and focus steady.

#### How you can help:

- Support a daily routine that includes revision, rest and meals.
- Encourage study sessions in shorter bursts rather than long marathons.
- Help them break long sessions into shorter blocks with clear goals for each.
- If they struggle to stop, agree a finish time - balance keeps energy up.



## Keep life balanced

Revision matters, but so do friends, family and downtime. Regular breaks and balance keep motivation high, prevent burnout, and help your teen return to studying with more focus.

### How you can help:

- Encourage time away from the desk - exercise, hobbies, or seeing friends.
- Protect mealtimes as screen-free moments.
- Plan small breaks or fun activities to look forward to.
- Remind them that rest is productive too - it helps the brain recharge.



## Get everything in one place

Clutter causes stress and wasted time. Having the right notes and resources to hand helps your teen start each session focused and ready to work.

### How you can help:

- Encourage them to sort and label folders or digital files by subject.
- Keep stationery, notes, and past papers together in one area.
- Suggest colour-coding for key topics.
- Help them tidy their desk or study space at the end of each day.

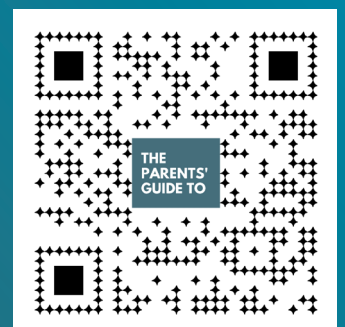


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## Managing exam nerves



### Normalise nerves

A few butterflies are natural - they show your teen wants to do well. Understanding this helps them see nerves as energy, not fear.

#### How you can help:

- Talk about nerves as something normal and temporary.
- Share your own experiences.
- Encourage them to focus on what they can control - preparation and effort.
- Know when to seek extra help - if anxiety feels overwhelming or constant, speak with a teacher, school counsellor, or GP.



### Keep perspective

Teens can see exams as all-or-nothing moments. Reminding them they're just one step on a longer journey reduces pressure.

#### How you can help:

- Reassure them that exams don't define their future.
- Focus on effort and progress rather than grades.
- Encourage balanced days with time to rest and reset.
- Help them take things one paper at a time rather than worrying about the whole series.



## Build confidence through practice

Familiarity reduces fear. The more they practise under exam-style conditions, the more confident they'll feel.

### How you can help:

- Encourage timed practice sessions at home.
- Praise their consistency, not just their scores.
- After each practice, talk briefly about what went well.
- Remind them that mistakes in practice are useful - they show where to focus next.



## Keep calm at home

Your mood sets the tone. A calm, encouraging home helps your teen stay composed and positive.

### How you can help:

- Stay relaxed about small setbacks - they're part of learning.
- Avoid last-minute stress or panic talk before exams.
- Celebrate effort throughout the process.
- Give them space after exams before asking how it went.



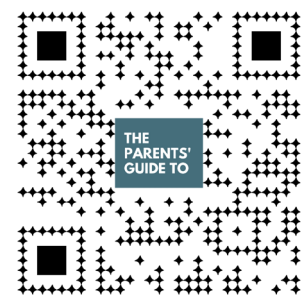
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## Creating the perfect study space

### Finding a workspace at home

Not every family has a spare room or desk - and that's fine. The key is helping your teen find a spot that signals "work time" and limits distractions.

#### How you can help:

- Choose a consistent area, even if it's part of a dining table or kitchen counter.
- Make it feel different from leisure time - use a box or tray to store study items.
- Keep lighting good and background noise low; headphones can help if it's busy.
- Encourage them to tidy up when finished so the space returns to normal use.

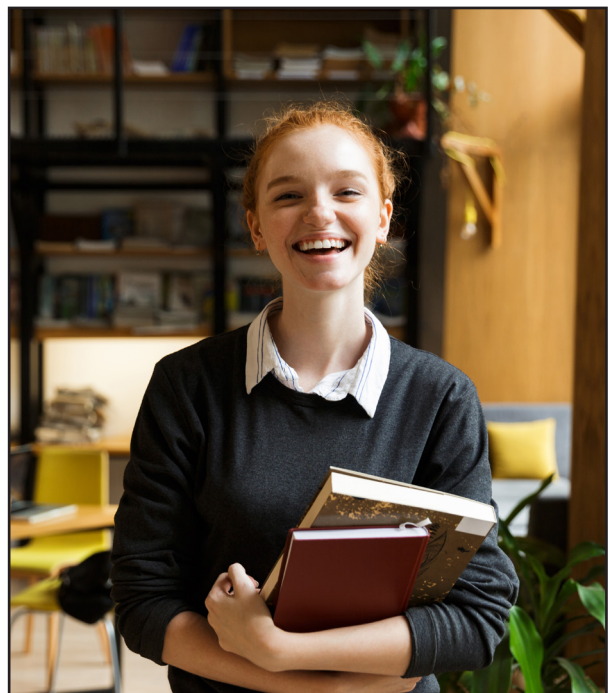


### Managing screen time

Laptops and phones are essential for studying, but they can also be the biggest distractions. Clear digital boundaries help your teen focus and protect their wellbeing.

#### How you can help:

- Encourage phones out of reach or on "Do Not Disturb" while revising.
- Use focus apps or timers to block social media during work sessions.
- Suggest checking messages only during planned breaks.
- Keep some activities (e.g. meals, movie time) deliberately phone-free.



## Setting the mood for concentration

The study environment shapes focus more than we think. Light, scent, sound and temperature can all make revision more effective - or more stressful.

### How you can help:

- Keep the space bright and well ventilated; natural light boosts alertness.
- Use quiet background music or white noise if it helps them focus.
- Keep the temperature comfortable - too warm makes concentration drop.
- Try a subtle scent (like citrus or peppermint) to create a “study atmosphere.”



## Keep the atmosphere positive

A calm, encouraging home environment makes a big difference. Your support helps your teen stay confident and motivated, especially when things feel stressful.

### How you can help:

- Ask how you can help rather than assuming what they need.
- Keep your own tone calm - they'll often mirror your energy.
- Be patient if they're short-tempered - stress often comes out sideways.
- Plan small ways to relax together.

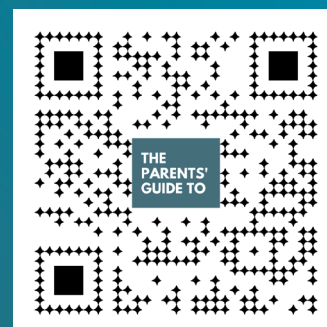


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