



GCSE & Mock Exam Revision Support Guide for Parents

Supporting your child through their GCSE and mock exams can make a huge difference in their confidence and performance. This guide will help you understand how long they should be revising each day and introduce you to different revision techniques to help them study effectively.

How Long Should They Revise Each Day?

Year 10 & Early Year 11:

- 1 to 1.5 hours per day on school days
- 2 to 3 hours per day on weekends

6-8 Weeks Before Exams:

- 2 hours per day on school days
- 3 to 4 hours per day on weekends

Final Weeks Before Exams:

- 3 hours per day on school days
- 4 to 5 hours per day on weekends

Encourage short, focused sessions of **25-45 minutes** with **5-10 minutes break** in between (Pomodoro technique).

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Revision Techniques

1. Mind Maps/Spider Diagrams

- Helps organise ideas visually.
- Use colours and images to aid memory.

2. Table Writing

- Compare and contrast key points using tables.
- Great for subjects like Science and History.

3. Venn Diagrams

- Useful for comparing similarities and differences.
- Ideal for English Literature and Science topics.

4. Summarising/Highlighting

- Read notes and highlight key points.
- Write summaries in your own words.

5. Mnemonics

- Create memorable phrases to recall key facts.
- Example: "Never Eat Shredded Wheat" (North, East, South, West).

6. Revision Cards/Post-It Notes

- Write questions on one side, answers on the other.
- Stick Post-it notes around the house for passive learning.

7. Rhymes/Songs/Raps

- Turn facts into a catchy tune to aid memorisation.

8. Glossary of Key Words

- Create a glossary for each subject with definitions.
- Review regularly to improve vocabulary.

9. Pictures

- Use diagrams, flowcharts, and cartoons to illustrate ideas.

10. Just a Minute/Prepare to Teach

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- Challenge your child to explain a topic in one minute.
- If they can teach it, they know it!

11. Prioritise & Planning

- Use a revision timetable.
- Prioritise weaker subjects first.

12. Knowledge Organisers

- Use school-provided or self-made knowledge organisers.
- Summarise key facts and concepts.

13. Multi-Sensory Learning

- Combine reading, writing, speaking, and listening.
- Use videos, audiobooks, and interactive apps.

14. Cornell Note-Taking

- Divide the page into cues, notes, and a summary.
- Encourages active learning.

15. No-Stakes Quizzes

- Regular low-pressure quizzes boost recall.
- Use online platforms or self-made quizzes.

16. Just a Minute

- Encourage students to summarise a topic in 60 seconds.

17. Brain Dump

- Write down everything they know about a topic from memory.
- Identify gaps and revise accordingly.

18. Tell the Story

- Turn facts into a story to make them more engaging.

19. Record Your Notes

- Record key notes and listen back.
- Ideal for auditory learners.

20. What Are You Being Asked?

- Read exam questions carefully.
- Identify command words (e.g., explain, compare, evaluate).

Supporting Your Child's Well-Being & Mental Health

Exam periods can be stressful, and it's crucial to support your child's well-being during this time. Here's how you can help:

- **Encourage a Balanced Routine**
 - Ensure they get enough sleep (8-10 hours per night).
 - Encourage regular physical activity and fresh air.
 - Promote a healthy diet with brain-boosting foods.
- **Promote Relaxation Techniques**
 - Encourage deep breathing, mindfulness, or meditation.
 - Provide opportunities for downtime and relaxation.
- **Create a Supportive Environment**
 - Offer reassurance and remind them that their best effort is enough.
 - Keep communication open—ask how they are feeling and listen without judgment.
- **Monitor Stress Levels**
 - Watch for signs of anxiety or burnout, such as irritability or trouble sleeping.
 - Help them manage workload by breaking revision into manageable chunks.
- **Celebrate Progress, Not Just Results**
 - Recognise their hard work and effort.
 - Plan small rewards for completing revision goals.
- **Encourage Social Interaction**
 - Ensure they still have time to see friends and engage in hobbies.
 - Avoid complete isolation, as this can increase stress levels.

Supporting their mental health will help them stay focused, motivated, and confident throughout their exams.

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Emotional and Mental Health support for your child

Zuntold

This service provides online and face to face counselling and support using the power of creative writing and books as therapy. Available for young people aged 11-19 and up to age 25 for those with additional needs.

Find out more [visit the website](#).

Listening Ear

Listening Ear provides face-to-face counselling support for people of all ages, including children and young people.

Call 0151 488 6648 or [visit the website](#).

Knowsley Child and Adolescent Mental Health Services (CAMHS)

CAMHS works with young people up to the age of 18 who have emotional, behavioural or mental health difficulties which are causing difficulties in their school, family or social life.

Speak to your GP, health visitor, social worker or school health advisor, who can refer you to this specialist service.

Papyrus

For Children and Young people under the age of 35 who are experiencing thoughts of suicide or anyone concerned about a young person.

Call 0800 068 4141 or [visit the website](#).

DiAmond

The service is delivered by Listening Ear.

This service is available for children and young people who have been affected by domestic abuse and require support for their mental and emotional well-being.

Call 0151 488 6648, [email](#) or [visit the website](#).

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Butterflies

The service is delivered by Listening Ear.

This service is for children and young people who require mental and emotional support following bereavement, loss or separation.

Call 0151 488 6648, [email](#) or [visit the website](#).

Advanced Solutions

Advanced Solutions provide support for children, young people and their families living with neurodevelopmental conditions and may need support with their mental and emotional well-being.

For more information, contact the team at 0151 486 1788, [email](#) or [visit the website](#).

Young Minds

Young Minds offers lots of practical tips and advice and real-life stories from other young people who have struggled with their mental health and how they got through it.

Parents and carers who are concerned about their child's mental health up to the age of 25 can get advice from our confidential helpline – call free on 0808 802 5544. Lines are open from 9:30am to 4:00pm, Monday to Friday.

You can also access web-chat and email advice by [visiting the website](#).

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Final Tips for Parents

- **Create a positive environment** – Ensure a quiet and comfortable study space.
- **Encourage regular breaks** – Prevent burnout with healthy snacks and movement.
- **Praise effort, not just results** – Keep motivation high.
- **Limit distractions** – Reduce phone and social media use during study time.
- **Be involved** – Ask them to explain what they've learned.

With your support, your child can feel more confident and