

# Effective Revision Strategies: Information for Parents.

## *Why Revision is so Important and What Research Says...*

To remember information for an exam, information needs to be in your long-term memory. Research has discovered that participants who were not allowed rehearse and practice information, remembered/recalled significantly less information in comparison to participants who did rehearse and practice the information (Dark & Loftus, 1976).

Revision needs to require the brain to 'think hard' to help boost the effects of working and long-term memory. This, in turn, supports the recall of this information as during the 'think hard' process, connections are made which cement the memory of this information in the long-term memory (Prescott, 2018).

## *Resources for Parents:*

**YouTube video** explaining how parents can support their children when revising for exams:

<https://youtu.be/U-TaSzYmx8>

**Podcast:** The Learning Parent: Study Sessions. How parents can support revision through retrieval practice at home:

<https://spoti.fi/36bMTrk>



## What Can Parents Do at Home.

### **Get Them to Revise Using Retrieval Practice.**

Retrieval practice, which requires students to generate an answer to a question, is one of the most effective revision strategies. It can include **answering past papers, testing using revision cards, quizzes and multiple-choice tests.**



### **Get Them to Teach You the Material.**

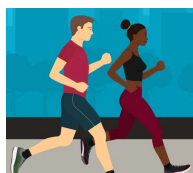
Parents could encourage their child to teach them their revision material, as this improves memory and recall. Teaching others enhances children's understanding..

### **Fresh Air/Exercise.**

Regular exercise/fresh air during a revision period can help with concentration and can boost capacity to remember what your child has been revising.

Some exercises to try could include:

- 30 minute walk
- Yoga
- Online exercise class
- Bike ride
- Dog walk



Exercising may also help with getting a good night's sleep.



### **Encourage Night's Sleep.**

A good night's sleep will help your child feel refreshed and focused to complete their revision for the day.

Tips to help get a good night's sleep include:

- Have time to wind down before bed.
- Limit screen time up to 2 hours before going to bed.
- Exercising
- Don't revise late at night

### **Minimise Distractions.**



When your child is revising it is important to reduce as many distractions as possible. Their focus needs to be solely on the content they are revising, for revision to be effective. Therefore, make sure they tell you when they are revising so you know not to disturb them or that they should not be on their phone!



### **Take Breaks.**

Effective revision does not mean constant revision. Ensure your child is taking breaks during their revision as research suggests that the brain has a higher chance of remembering what they have been revising.