

# Parental Guidance.

## Building Effective Revision Habits.

### The Power of Habits:

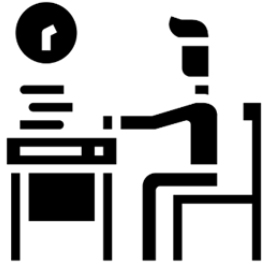
Habits are incredibly powerful in helping us to succeed. If you think about the greatest sports people, it is their habits of training and preparation which sets them apart from all others who want to achieve gold. This is the same with revision. If you have the mind-set of wanting to be a better student and build the habits to become the person you want, the results will follow.

## Habit 4: Self Testing





# Habit 4- Self Testing



1: Online Flash Card generators such as Brainscape [here](#) are great tools for self -testing. Brainscape can be used on any device.



2: Reduce distractions. Take away mobile phones and access to social media whilst revising.



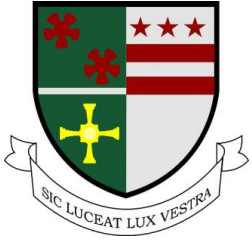
3: Flash Cards- Remember to stick to the one card, one question rule.

Shared Revision Folder  
[LINK HERE](#)

Ready to Revise: How can I use flashcards and self-quizzing effectively?



Stick to the one card, one question rule. The blue set are flashcards, the yellow set are not.



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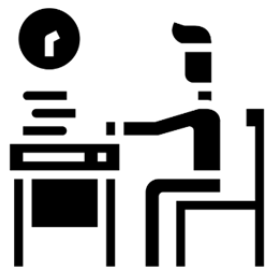
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## Habit 3: " Make it Rewarding"





# Habit 3-“Make it Rewarding”



**1:Revision should be rewarding for its own sake.**

However it is always good to ask to see your child's revision and celebrate the work they are doing.



**2: Reduce distractions. Take away mobile phones and access to social media whilst revising.**

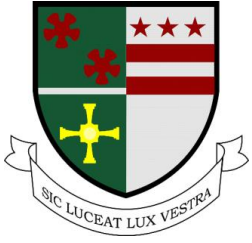


**3: Small treats and praise will go a long way.**

Try to stack habits together. For example go for a walk and listen to some GCSE Pods!

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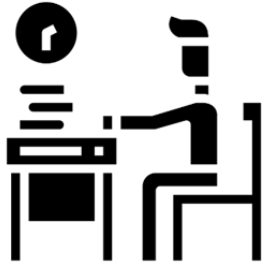
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## Habit 2: "Make it Easy"





# Habit 2-“Make it Easy”



**1: Start small. 45 minutes revision per night and build it up over time.**  
Can you help with quizzing or testing using their flash cards or revision notes?

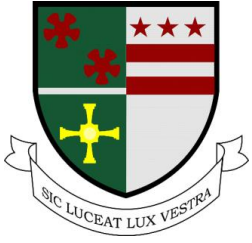


**2: Reduce distractions.**  
Take away mobile phones and access to social media whilst revising.



**3: Have you created a revision contract or timetable with your children?**  
Make it easy by adding some incentives or rewards.

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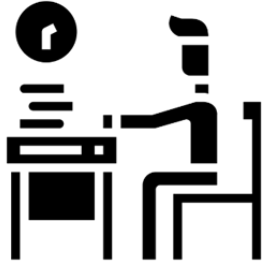
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## Habit 1: “Make it Obvious”





# Habit 1-“Make it Obvious”



**1: Set up a dedicated revision space and organise their revision materials.**

**Have a revision contract/timetable.**



**2: Take away mobile phones and access to social media whilst revising.**



**3: Check students can log on to GCSE Pod and ask them to show you how it works!**

**Build in 30 minute GCSE Pod revision slots across the week.**

**Shared Revision Folder  
LINK [HERE](#)**