



Parental Guidance: Supporting Revision at Home

Examination years can place additional pressure on students as they balance revision, coursework and preparation for important assessments. While young people often understand the importance of exams, they may still find it difficult to organise their revision, manage stress or maintain motivation over a sustained period.

This guide provides practical strategies to help parents support effective revision at home while maintaining a calm and balanced environment.

Understanding effective revision

Revision is most effective when it focuses on active learning rather than long periods of reading or highlighting notes. Students benefit most from approaches that require them to retrieve and apply knowledge.

Encourage revision strategies such as:

Practice questions and past papers

Flashcards or self-testing

Explaining concepts aloud or teaching someone else

These approaches strengthen memory and help students become familiar with exam-style thinking.

Creating a manageable revision routine

A clear routine can help students avoid feeling overwhelmed:

- Encourage a simple weekly revision timetable
- Focus on short, focused sessions rather than long study blocks
- Include regular breaks and time to rest

Consistency over time is far more effective than occasional long sessions.



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Supporting independence and organisation

Parents can help students stay organised without taking control of their revision:

- Encourage students to identify topics they need to review
- Help them plan revision around upcoming assessments or exams
- Support the use of revision planners or checklists
- Encourage phone-free study periods where possible
- Create a quiet and organised study space
- Support short breaks between focused revision sessions

This approach allows students to take responsibility while still benefiting from guidance.

Managing pressure and wellbeing

Examination years can be demanding, and maintaining wellbeing is essential for sustained focus:

- Encourage regular sleep, exercise and balanced routines
- Reassure students that effort and progress matter more than perfection
- Avoid placing additional pressure during periods of high workload

A calm and supportive home environment can significantly reduce exam-related stress.

Working together with the Academy

If your child is struggling with revision, motivation or exam-related stress, families are encouraged to contact subject teachers or the College Pastoral Team. The Academy can offer guidance on revision strategies, exam preparation and wellbeing support.

Contacting College Pastoral Teams

Angelou College - angelou@stationers.latrust.org.uk

Caxton College - caxton@stationers.latrust.org.uk

Hansard College - hansard@stationers.latrust.org.uk

Equiano College - equiano@stationers.latrust.org.uk

Woolf Sixth Form College - woolf@stationers.latrust.org.uk