

# *How can I support my Child in Preparing for exams*

*Study Planning*

Pupils should have a Long Term Study Plan and A Short term Study Plan which is **very specific.**

(copies of both are available from School Office)

Have well established study routines which you check.

**Monitor both the study plans**

# Routines

- The importance of good routines cannot be stressed enough. Help to establish these.
- Good routines build good habits and good habits make a huge contribution to effective study and exam success.
- You have to encourage good habits and keep talking to your child to ensure that the good routines are being followed. Don't be fobbed off with "Of course I am". Make sure for yourself

# Long Term Study Plan

- Creating a Long-Term Study Plan helps to ensure better exam preparation and avoids the trap many pupils fall into by delaying studying until the last minute.
- It also makes sure that there is a balance of time for studying and relaxation.
- To avoid stress it needn't be "All work and no play".
- A Long-Term Plan is no use at all if it is not adhered to and monitored!
- On the next page there is an example of a long term study plan.
- *Another way to do this is using an old diary.*

Day	Date	Morning	Afternoon	Evening 1	Evening 2	Evening 3
Monday	5 March	School	School	Maths	Spanish	Relax
Tuesday	6/3/18	School	School	English	Relax	Maths
Wednesday	7/3/18	School	School	Chemistry	English	Football/Dance
Thursday	8/9/18	School	School	Modern Studies	Modern Studies	Chemistry
Friday	9/3/18	School	School	Football/Dance	Relax	Relax
Saturday	10/3/18	Football/Dance	Maths	Spanish	Night Out	Night Out
Sunday	11/3/18	Church	English	Chemistry	Graphics	Maths
Monday	12	School	School	Spanish	Graphics	Modern Studies
Tuesday	13	School	School	Relax	Maths	English
Wednesday	14	School	School	English	Relax	Football/Dance
Thursday	15	School	School	Modern Studies	Chemistry	Maths
Friday	16	School	School	Maths	Graphics	TV
Saturday	17	Football/Dance	Maths	Spanish	Night Out	
Sunday	18	Church	English	Chemistry		Cinema
Monday	19	School	School	Maths	Spanish	Graphics
Tuesday	20	School	School	English	Relax	Maths
Wednesday	21	School	School	Chemistry	English	Football/Dance
Thursday	22	School	School	Modern Studies	Relax	Modern Studies
Friday	23	School	School	Football/Dance	Chemistry	TV
Saturday	24	Football/Dance	Spanish	Modern Studies	Church	Family Night
Sunday	25	Long Lie	Chemistry	English	Modern Studies	TV
Monday	26	School	School	Graphics	Maths	
Tuesday	27	School	School	Spanish	English	
Wednesday	28	School	School	Graphics	Chemistry	Football/Dance
Thursday	29	School	School	English	Modern Studies	Graphics
Friday	30	Modern Studies	Church	Relax	Football/Dance	
Saturday	31	Football/Dance	Spanish	English		Cinema
Sunday	1 April Easter Sunday	Church	Family Time	Family Time	Family Dinner	Family Time

# Short Term Study Plan/Weekly Diary

- ▶ The Short Term Study Plan Weekly Diary is a very effective way of checking that the Long-Term Study Plan is being followed.
- ▶ It should be used to record **in detail** what was done during the study slots.

What subject?

What topic?

Which Past paper questions?

Notes of key points?

- Make a point of checking these weekly.

**Weekly Study Plan** \_\_\_\_\_

**Week Beginning** \_\_\_\_\_

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Morning</i>							
<i>Afternoon</i>							
<i>Evening 1</i>							
<i>Evening 2</i>							
<i>Evening 3</i>							

- ▶ Encourage effective use of the Homework Diary/Planner
- ▶ Pupils can use the weekly notes to traffic light their understanding and use this when planning areas to focus on for revision.
- ▶ Areas highlighted as “Red” by a pupil need a high priority in terms of revision.
- ▶ Make sure that your child attends as many Supported Study sessions as possible. These are focussed sessions to address common exam topics and themes. They also help develop answering techniques



# Resources to help with Revision

- ▶ Past Paper Materials
- ▶ Revision texts
- ▶ Supported Study Classes
- ▶ Class Teacher
- ▶ Most Departments have on-line resources which pupils have access to.
- ▶ Guidance Teacher
- ▶ Computer based revision packs