

TOP TIPS FOR EASTER BREAK REVISION



As your child starts the 2-week Easter break, here are some 'Top Tips' to help you support them with their revision at home.

Past papers are a revision must!

Past paper practice will help your child to gain an understanding of how the exam works and the type of questions to expect. Click [here for access to past papers](#) and mark schemes for each subject.

Your child can also use [Question Bank](#) to mix and match exam questions from past papers to help improve their understanding of specific topics.



Check that your child has all of the **equipment** that they need, including:

- Pens & pencils
- Flashcards
- Highlighters
- Sticky-notes
- Paper
- Scientific Calculator



Keeping well-being a priority:

Worrying about exams is perfectly normal, a certain amount of pressure can be a great motivator and may help your child to work and think more effectively. However, if anxieties start building, it's important to talk it out.

Here are some great websites packed with information and advice about coping with exam pressures:

- [YoungMinds](#)
- [Childline](#)
- [CALM](#)
- [Bitesize](#)



Apps to support wellbeing are becoming increasingly popular. For example, the NHS has created a free app called [WellMind](#), designed to help with anxiety.

Message from Qualifications Wales: 'We know that the pandemic has had a long-term impact on learning for some and have stated that there will be some statistical protection to avoid results being well below pre-pandemic years, if necessary'.

Helping your child if they are struggling:

Encourage your child to make a note of the questions that they struggle with. They can then revisit their notes for more help on that topic. Your child's subject class MS Teams will also have revision resources to help and their teachers will be able to help when they are back in school.



There are an array of websites available too, including WJEC's own [Revision Resource](#) page.

Helping your child maintain their motivation:

Research suggests that chunking revision into small sessions (30 minute bursts) with regular breaks works best for most people.

Building in 'me time' is also important - whether that's socialising with friends, playing a game console, or updating social media. It's important for your child to relax and unwind around studying.

Your child will always function better if they drink lots of water and stay hydrated! Why not encourage your child to use a free app to help monitor your daily water intake? [My Water Balance](#) is just one of several free apps available.



Help your child get organised:

Everybody learns in different ways, so creating a timetable that works for your child is the key to effective revision. [Click here](#) for more help with this.



Mobile phones can be a huge distraction for our young people. Help your child to manage this by setting boundaries around phone use. This can range from placing the phone in a different room when your child is revising to using the [Cold Turkey](#) app to temporarily blocks out social media, games, and any other apps that act as a distraction.



Helping your child to see the big picture:

Discuss longer term goals with your child, for example, what career interests do they have. Remind your child that short term sacrifices will bring long term benefits.



A reminder of the extra-long summer break ahead and how amazing they will feel when all of their exams are over is also a great incentive to keep studying!

