

SPCA's Top Tips for Supporting Your Child's Revision at Home

At St Peter's Collegiate Academy, we know how important it is for parents to be involved in their child's learning. Here are some practical tips to help you support your child with revision at home:

1. Create a Quiet Study Space

Ensure your child has a quiet, comfortable place to revise, free from distractions like TV, phones, or gaming consoles. A well-organised space can help them focus better

2. Encourage a Revision Plan

Help your child create a revision timetable. Breaking revision into manageable chunks and focusing on one subject at a time can reduce stress and make it easier to retain information. Encourage your child to dedicate more time to the subjects they find challenging, rather than just focusing on their favourites!

3. Use Active Revision Techniques

Encourage your child to use active revision methods like knowledge organisers, mind maps and flashcards. Re-reading notes isn't as effective as engaging with the material in different ways.

4. Retrieval Practice

Regularly ask your child to recall what they've learned. This could be through quizzes, explaining topics to you, or even teaching you a concept! The more they practise retrieving information, the stronger their memory will be.



5. Breaks Are Essential

Remind your child to take regular breaks. Short 5-10 minute breaks every 30-40 minutes can help them stay fresh and focused. Encourage them to step away from their work and stretch or go for a walk.

6. Promote Healthy Habits

Good sleep, a balanced diet, and regular exercise are crucial for effective learning. Make sure your child is getting enough rest and staying active, as these habits will boost concentration and memory.

7. Offer Positive Encouragement

Support and encouragement go a long way! Praise your child's efforts, not just the results. This helps build their confidence and motivation to keep going.

8. Use School Resources

Encourage your child to make the most of the resources provided by the school, such as knowledge organisers, revision guides, and any online learning tools available.

9. Teach Time Management

Help your child understand how to divide their time between subjects, focusing more on areas where they need improvement while not neglecting others.

10. Balance and Self-Care

Remind your child to look after themselves during the revision period. Encourage them to get enough sleep, eat healthily, and take time to relax so they don't burn out.

