

**Collins**

**FREE**

*Parent or Carers Guide to*  
**GCSE REVISION,**  
**EXAMS**  
**AND SUCCESS**

Practical, down to earth advice to help you  
and your child through their GCSEs.

#RevisionthatSticks

# COLLINS GCSE 9-1 REVISION AND PRACTICE

*All-in-one revision and practice books include a revision guide, workbook and exam practice paper.*



Author, and speaker Lee Jackson, shares his insights into how you can best support your child throughout their GCSE revision and during their exams. Lee has written many books for teenagers including *How to Succeed at School and College* and *Collins GCSE Study Skills*.



I really believe in changing our view of parenting into becoming our child's 'coach' not just their 'manager'.

**COACHING OUR TEENS  
GETS THE BEST OUT OF  
THEM. WE BECOME AN  
ENCOURAGER NOT JUST  
A NAGGING VOICE.**

## Preparing for GCSE 9-1 EXAMS

### BE POSITIVE WITH OUR CHILDREN

A positive attitude makes a real difference to our children's success.

Things to do:

- Find out where they are with their estimated grades (teachers/reports can tell you this).
- Help them to believe the positive truth about themselves (i.e. that they can do well, and certainly better than they probably believe).
- Encourage them to be positive towards their exams and their future.
- Encourage them to be positive towards learning and the school.

## **COACHING PHRASES TO USE WHEN TALKING TO YOUR TEEN:**

**“HOW DO YOU FEEL TODAY?”**

**“HOW DO YOU FEEL YOUR  
REVISION IS GOING?”**

**“WHAT DO YOU NEED FROM  
ME AT THE MOMENT?”**

**“YOU’LL BE FINE, YOU’LL  
MAKE IT, WE’VE JUST GOT  
TO GET THROUGH THIS TIME  
TOGETHER.”**

**“IT WON’T BE LONG NOW,  
JUST GET YOUR HEAD DOWN  
FOR A BIT AND KEEP ON  
GOING, YOU’LL MAKE IT.”**

**“AND THEN AFTERWARDS  
YOU’LL ENJOY MAYBE ONE OF  
THE LONGEST HOLIDAYS IN  
YOUR LIFE!”**

## **REWARDS AND INCENTIVES**

Rewards can work really well to help them keep motivated. Some teens respond to small financial rewards, treats or clothes etc, but many don’t. Find out the ‘little trophies’ and the ‘big trophies’ that work for you, what you can use as a treat and reward for hard work not just great results. It’s more about rewarding effort – if your child is putting in the effort then reward them daily with comments and the occasional treat. Then maybe talk about a ‘big trophy’ (reward) at the end. Some parents offer big financial rewards as an incentive, this might work for some, but can have downsides too. Be creative and reward effort in your own family style. We all need a carrot occasionally.

## SLEEP

In recent studies teenagers and their sleeping patterns have been looked into. There's no doubt that their bodies and minds are in growth mode and need sleep to help that, but good studying needs sleep too. Check your child's bedroom. Is their bed comfortable? Do they have blackout curtains? But most of all what pre-sleep routine do they have? Getting them into a good routine sets them up for good results and for the rest of their life. Late night food binging, distractions, arguments and too much screen time before bed can cause sleeplessness. So encourage them to eat well, and get ready for bed at a reasonable time with the right routine.

## REVISION TECHNIQUE

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Research proves that repetition over a period of time helps learners to remember information better long term.

Collins Revision and Practice has repeated practice throughout, so that children can just get stuck in.

Find out more about Collins Revision at [collins.co.uk/revisiothatsticks](http://collins.co.uk/revisiothatsticks)



## THE POWER OF FOCUS

### *Focus*

Purely focusing on a piece of work or revision will make a big difference. Even just encouraging our children to switch off all distractions for an hour or so can mean the difference between getting the grade they deserve or not.

If we help our children focus and reduce their distractions in a quiet room ready for work. I'll guarantee them two things:

- They'll get on better with their work.
- When they do switch on their phone again they will still have friends! Trust me on this. It may sound very radical to them but it is worth it and more importantly, it does work.



## REVISION PLAN

**A good revision plan is a must – you make your own (don't take too long on it though!) or you can download one for free from Collins at: [www.collins.co.uk/students](http://www.collins.co.uk/students)**

## *Rest and relaxation...*

...is a good habit to encourage. It may not seem probable but is possible for teens to over work for exams! During the busy pre-exam season especially, just staring at books for hours isn't being productive. In the last few weeks, just weeks from their GCSE exams my twin daughters have been watching TV, seeing friends, going to youth group and doing fitness classes too, it's good to encourage exercise and breaks as much as work. The two feed each other. In fact I'm just writing this section after spending an hour having a coffee with my wife. I needed a break, and now I'm being more productive again. Encourage them to timetable fun/rest/exercise onto their revision/exam timetable too.

## MOBILE PHONES, SCREENS AND TABLETS!

**D**uring Year 11 and especially as the final few months approach, there simply aren't enough hours in the day for teens to consume that amount of media and do well in their revision/exams.

It just can't be done.

I think the best way is to make some good family rules, slowly and steadily.

Maybe decide to all leave your phones downstairs at night for example. We love a bit of TV but the teens don't have one in their bedroom and they don't have a computer either. They have a smartphone of course like many do, but we negotiate about that a lot and their phone is always the first thing to go when we feel like the need for sanctions. Removing a phone or just a wifi code may be the most powerful thing we have in our parental tool bag. Most teens have phones and are on social media – but they can affect their concentration levels, studies and revision skills.

## *As the main exams draw near...*

The amount of revision and work to do will seem overwhelming to your child. This is where prioritisation becomes the key to GCSE success. Get them to find out the key things to revise and prioritise those, then get them to do the hard stuff first, maybe the subjects they don't like to work on are actually the most important. Get the teachers help to prioritise, and do a plan so that they don't feel swamped by the amount they have to do. And remind them that it's only for a few months.

- Stay calm and be supportive, not pressuring.
- Be actively involved with school. Keep in touch with class teachers, regularly read and respond to comments in the planner, make yourself aware of what's going on.
- Encourage them to do their best and that their best is good enough.
- Tell them you are proud of them and that you love them.
- Get the fridge and cupboards stocked with nice treats and snacks for the duration of the exams.
- Make sure home is calm, warm, and that there is no tension.
- Make sure the journey to school is stress free too if possible.
- Recognise how stressful this time is for teens. Strike bargains, build in ice cream and video nights.



- They appear to not want to be with parents but they need to.
- Create a peaceful place for the children to study. Be interested in the subjects they are revising.
- The bomb site / dumping ground which is the offspring's bedroom will not be commented on for the duration.

# COLLINS GCSE 9-1 WORKBOOKS

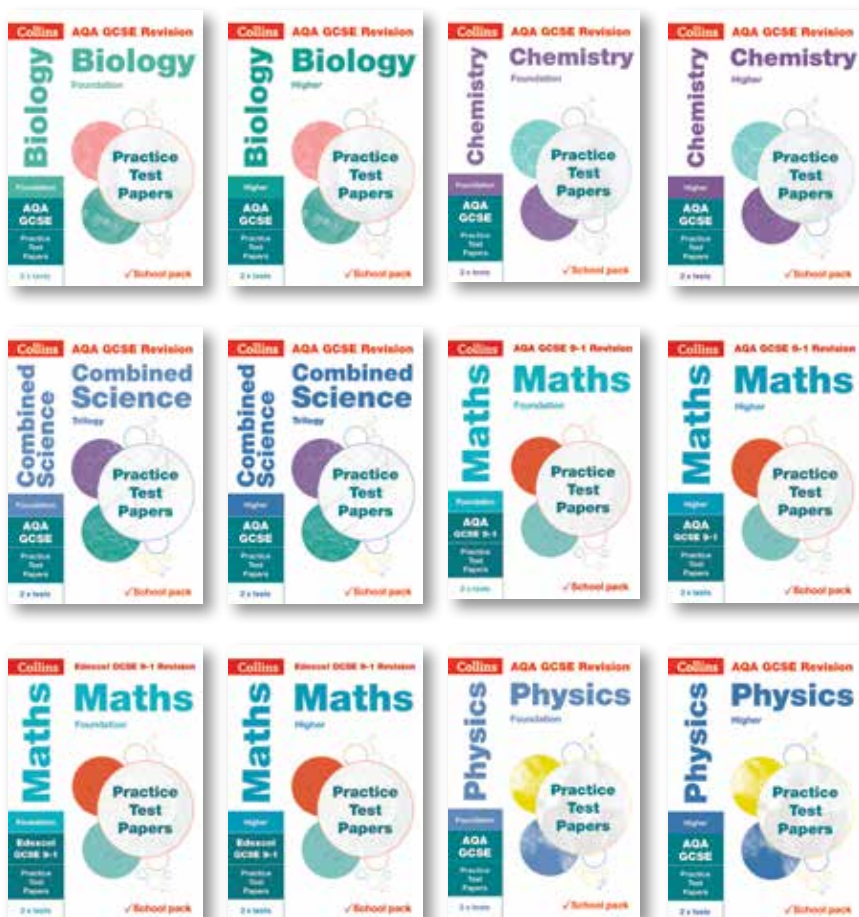
*Workbook and practice exam paper in one book for plenty of practice.*





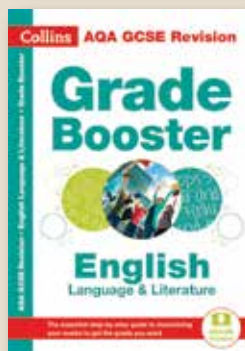
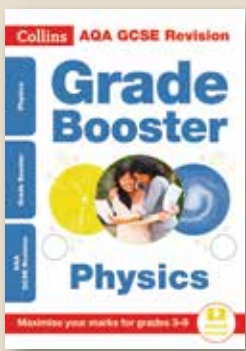
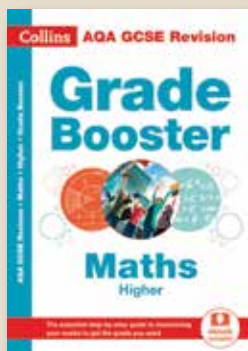
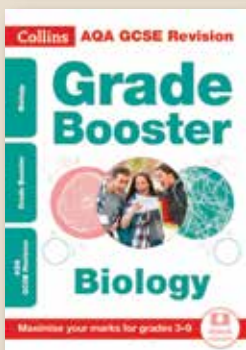
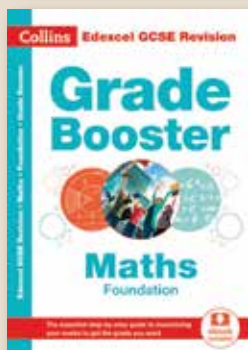
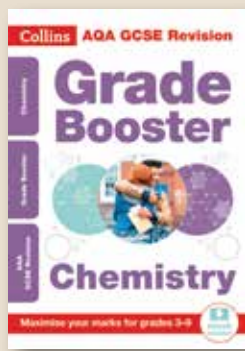
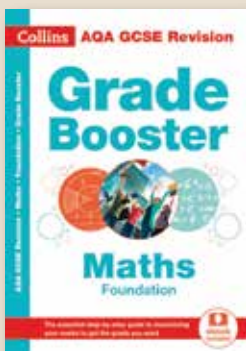
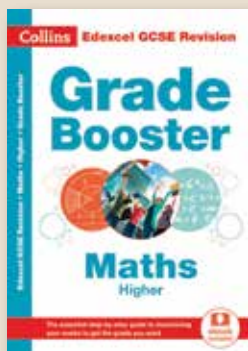
# COLLINS GCSE 9-1 PRACTICE TEST PAPERS

*Exam-style test papers provide realistic practice.*



## COLLINS GCSE GRADE BOOSTERS

*Maximise marks to get the grade you are aiming for.*



## REVISE TRICKY TOPICS IN A SNAP

*Handy format revision books focus on specific areas of the exam.*



# Collins

*Discover the full range of Collins  
books to support GCSE 9-1s:*

[collins.co.uk/parents](https://collins.co.uk/parents)

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