Thursday 12th November 2026

Year 11 Parents' Revision Strategy Evening

Prince Henry's Grammar School
COLLABORATIVE LEARNING TRUST


WELCOME

The difference parents make

Positive conversations at home can strengthen pupils' motivation, achievement and future choices.

When families show an active interest in learning, pupils see that education matters.

01

Motivation & behaviour

Positive dialogue is linked with pupils being more motivated and better behaved.

02

Achievement & adjustment

Supportive parenting at home has a positive effect, even when other influences are considered.

50%+

Future progression

Ofsted reported progression to further education, training or a better job for over half of participants.

Sources shown on original slide: Campaign for Learning; DFE; Ofsted.



Small action, lasting impact

Ask • listen • encourage

Common frustrations around revision

These worries are familiar. The most helpful response is often to turn the frustration into one small, practical next step.

1	**“There’s always an excuse. I don’t know what to believe.”**	Focus on the next task rather than debating the reason.
2	**“Everything gets left until the last minute.”**	Agree a short plan with clear, manageable chunks.
3	**“Talking about exams becomes stressful.”**	Keep conversations calm, brief and focused on what can be controlled.
4	**“I don’t understand these exams or the subjects.”**	You do not need to know the content to help with routine, time and encouragement.



You don’t need all the answers

Structure • reassurance • encouragement

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GENERAL REVISION ADVICE FOR PARENTS AND CARERS

HANDY HINTS

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What can parents and carers do?

1. Make attendance a priority

90–94%

attendance

60%

chance of Grade 5s

95%+

attendance

75%

chance of Grade 5s

15 percentage-point difference

The comparison rises from 60% to 75% when attendance moves from 90–94% to 95%+.



Every school day matters

What can parents and carers do?

2. Be the project manager, not the teacher

Help turn revision into a realistic plan, then support the routine that keeps it moving.

1

Plan

Agree a timetable that fits around school, rest and other commitments.

2

Break it down

Turn each subject into smaller topics so revision feels manageable.

3

Review

Check progress regularly and adjust the plan rather than abandoning it.

The goal is consistency, not a perfect timetable.

A plan should be realistic enough to follow and flexible enough to change.



Plan • break down • review

What can parents and carers do?

Revise With a Friend

1) Test each other on different topics, e.g. using flash cards.

2) Try speaking for a minute on a topic, then get your friend to ask you questions on it.

3) Come up with funny pictures or stories to help you remember information. Get creative!



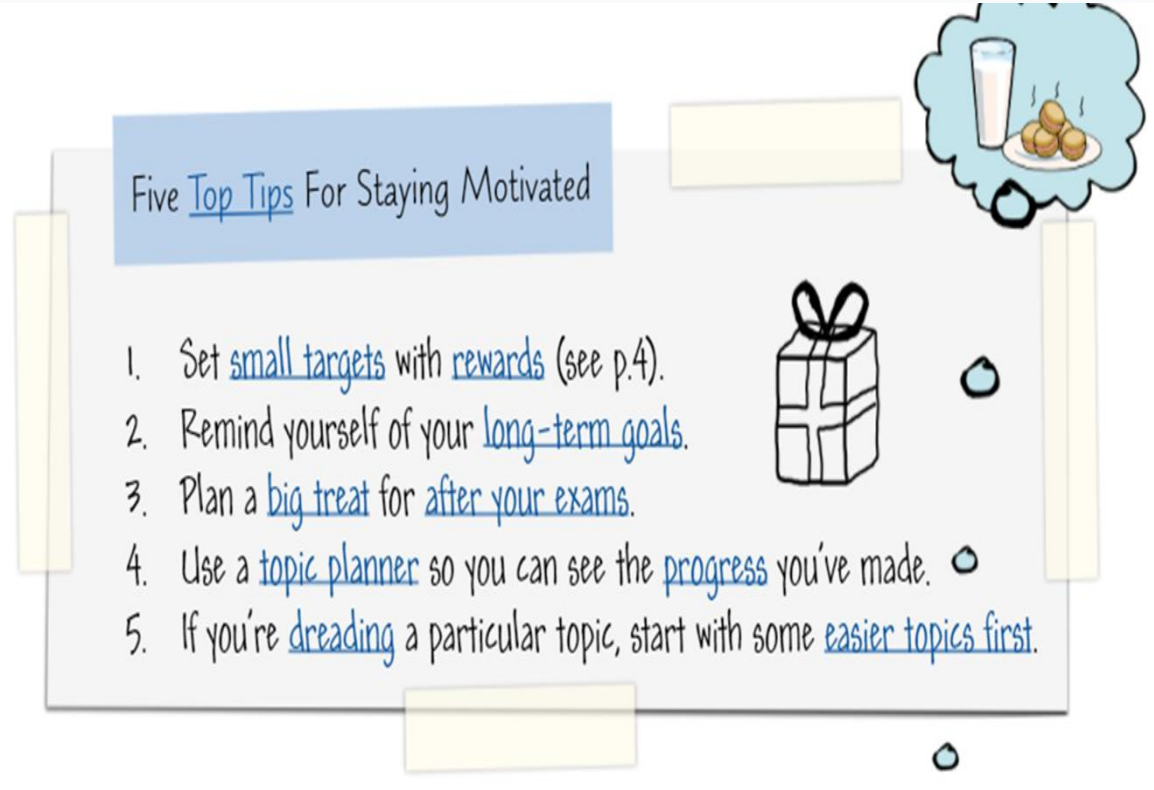
- Revising with a friend can be useful, but it's best not to do it all the time — it can be distracting and it's important to do your own revision too.
- Don't chat while you're revising. Take regular breaks, as you would if you were revising alone and save your chatting for then.



Study Buddy

- 'Study Buddy' – Showing an interest in Home Learning, 'testing' them on revision etc.

What can parents and carers do?





Motivation

- Motivation and Encouragement.

Thursday 12th NOVEMBER 2026

USEFUL RESOURCES

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MyStudyLife

gcsepod
education on demand


Exam Countdown

Quizlet

SENECA
Learn better, faster, free.

BBC Bitesize

YouTube

adapt

Thursday 12TH NOVEMBER 2026

MANAGING EXAM STRESS

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Why is exam stress a problem?



Cognitive Symptoms

Memory problems

Poor Concentration

Poor Judgement

Negative thoughts

Anxiety

Worry

Nervousness



Emotional Symptoms

Moodiness

Irritable/Temper

Agitation

Feeling overwhelmed

Loneliness

Isolation

Unhappiness



Physical Symptoms

Muscle Tension

Aches

Stomach problems

Nausea

Dizziness

Chest pain

Racing heart

Colds and allergies



Behavioural Symptoms

Appetite changes

Sleep changes

Social withdrawal

Procrastination

Avoiding responsibility

Nervous habits


MindMate


Remember
to have
FUN.


talk
about it!

EXERCISE




THINK
POSITIVELY


RELAXATION TECHNIQUES
TO REDUCE STRESS
Tai Chi
Relaxing
Music
Progressive
Muscle Relaxation
Guided
Visualization
Laughing
Deep Breathing
Top 10 Home Remedies
To explore more, visit www.Top10HomeRemedies.com

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General Support for Students

www.childline.org.uk
www.mindmate.org.uk
www.bbc.co.uk/bitesize/articles/zsvcqhv (Exam Stress)
www.headspace.com

Exam Board Websites

www.aqa.org.uk
www.edexcel.org.uk
www.ocr.org.uk
www.eduqas.co.uk

Revision Resources

www.bbc.co.uk/education
www.senecalearning.com/en-GB/
www.quizlet.com/en-gb
www.mystudylife.com/

