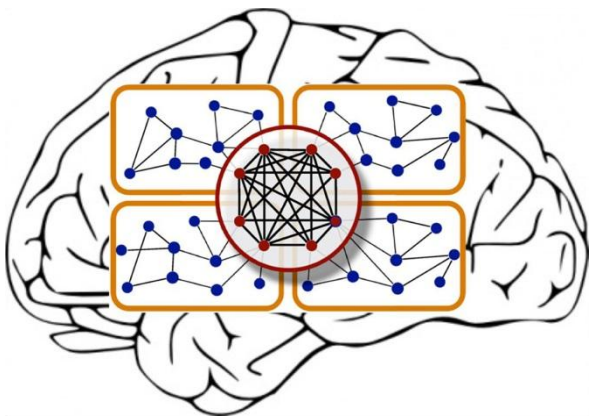


A Parent's Guide to Revision 2026

What's the best way to
approach the run-up to
my exams?



How can I help?

You are all too aware of how important the next few months are and the pressures your child is under. You may feel that you are worrying more than he or she is! You may feel anxious that your child is working too hard, or you may feel your child is simply not doing enough.

Whatever stage you are at, this booklet is designed to give you some practical tips to support your child through the next few months.

Clearly, you know your son or daughter best, and this booklet sets out some suggestions for you to work alongside him or her. It does not offer a quick solution to the problem of revision because there is no quick fix. We hope you will find its contents have something to offer you and your own situation.

It is difficult to accept that sometimes your son or daughter does not want to talk to you about college and this can lead to confrontation at home. Helping your child to manage their time can create problems. There is a cost associated with spending too much time out with friends or watching television or on social media, which will only be recognised too late. Similarly, if your child is working too hard, they're at risk of burnout.

This booklet is split into sections:

- Essential Information on Exam entries / On the day
- Planning a Revision Timetable
- Equipment / Resources needed to revise
- General Tips for Revision

Essential Information

Each student has a candidate number. This is very important, as they must write it on the front of every Exam Answer Booklet.

Examination entries are sent home for checking.

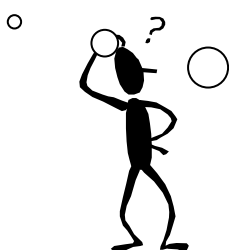
Students will receive provisional timetables shortly listing dates for written exams and whether it is a morning or afternoon exam. A general timetable is available on the college website if you need to check dates before then. Final timetables will go out once any changes in tiers of entry are confirmed.

All students need to be in college by 8.40 and 12.40. All morning exams start at **9.00** and afternoon exams at **1.00**.

Unless given special instructions, students are asked to line up outside the main entrance. **They must attend in full college uniform.** (This includes school shoes!)

Candidates are only allowed to take in any pre-release materials and equipment specified by the Exam boards and a pencil case. We do provide basic equipment, but most students prefer to use their own. The pencil case must be transparent and we advise students to take in a spare of everything. **Under no circumstances must mobiles, airpods or watches be taken into the examination room.** If a candidate is found to have a mobile phone in their possession, the exam boards will disqualify them. Hence, students are requested to leave mobile phones at home or lock away in their locker.

If your son or daughter is too ill to attend an exam, you need to contact the school immediately and obtain medical evidence.



What do I need to know about the actual exams?

*There is a copy of the **Exam Handbook** on the website to help too.*

Getting started

Once a revision timetable has been produced, students can still waste hours organising themselves. It may be the only time they choose to tidy their room or offer to take the dog out !!

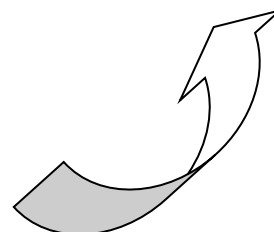
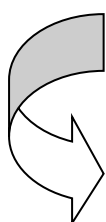
It is important that they **maximise** their time for actual revision, not sorting out what they need. A lot of this can be done prior to really getting started.

EQUIPMENT :

- 🔑 Highlighters
- 🔑 Coloured pens
- 🔑 Post-It notes for formulas / key words
- 🔑 Blank flash cards
- 🔑 Different coloured paper for different subjects. He/ she will need lots of this.
- 🔑 Phone for voice recordings

WHERE TO REVISE?

- 🔑 Not in front of the TV or a screen.
- 🔑 Somewhere he / she feels comfortable and can concentrate
- 🔑 It is worth trying to sort the bedroom out. Get rid of clutter, so there is some proper space to work.
- 🔑 Lay out all the materials for each subject to save time.
- 🔑 Come to a compromise on music.



WHAT DO YOU NEED TO REVISE?

- 🔑 Revision topic list.
- 🔑 Revision timetable
- 🔑 An up to date set of class notes.
- 🔑 Any revision materials given out by departments.
- 🔑 Any Study Guides which have been bought. (However, students need to treat them with caution – check they are covering what is in their course. Check the list on the portal)

Freman's Five Pillars of Revision

Split it up

Take each subject and split into topics.

Space it out

Revise a variety of topics, not one subject all in one go

Organise it

Plan a timetable to check you're doing a spread of topics and subjects.

Test yourself

Make flash cards to test yourself, write your own tests and do lots of exam practice questions

Review it

Revise something more than once – go back to it at key times to check you know it.

Revision timetables

Topics need to be revised more than once based on what we know about the brain.

It is important that when constructing a revision timetable to consider the following issues:

- ✳ Be realistic – you will know how much your child can be pinned down, so build up their stamina.
- ✳ Remember sessions should only be for 30 – 40 minutes with 10 minute breaks.
- ✳ Encourage them to start NOW :
- ✳ 1-2 sessions on a weeknight.
- ✳ 3-4 a day at the weekend.
- ✳ During holidays / study leave, revision should be far more intensive.
- ✳ Build in treats – time with friends, evenings out. Social time is vital in the overall scheme, as long as there is a balance between work and play.
- ✳ Try to get a variety of subjects across a day.
- ✳ Has he / she built in slots to review the learning of the day?
- ✳ When they write next week's timetable, have they remembered to include review slots for the work covered last week?
- ✳ Discuss how you are going to monitor it – write it together each week.
- ✳ Build in rewards for the effort along the way.
- ✳ Offer as much praise as you can.

BREAKING IT DOWN:

If your child says to you, “I’m doing Maths for 40 minutes and then half an hour of French”, alarm bells should go off in your head. It means your child has not **broken** the subject down into key areas to tackle their work in an organised manner; eg, “I’m doing algebra and irregular verbs.” They have been emailed their topic list to support this process.

They need to use those topic lists to do the following:

- ✳ Identify those topics they feel weak in – the danger is you push these to the back of your mind.
- ✳ Use each heading to break the topic down further. On the next page is a framework for doing this.

At first, the big picture may look and feel totally overwhelming to your child. Be as positive and as supportive as you can in helping them to prioritise their workload. But they also need to be aware of the fact that revision takes time and for a few months, the social life has to give a bit. This can be alleviated slightly, if friends set *time off* sessions in tandem.

WEEKEND DAY

TIME	MORNING	AFTERNOON	EVENING
30 mins	Maths Quadratic equations	Science Biology Respiration	RE The Natural World
30 mins	English <i>An Inspector Calls</i> Eric' s character	Business Studies Marketing	FRENCH Irregular verbs
30 mins	French Holiday vocab	FOOTBALL MATCH	REVIEW SLOT
30 mins	History Education in Nazi Germany		REVIEW SLOT

EXAMPLE A WEEKEND DAY TIMETABLE
Split into sessions rather than rigid times

WEEKLY PLANNER BY SUBJECT – Go for 2 subjects per week night, 3-4 per weekend day

	English	Maths	Science	French	History	Business	PE	Res Mat
Mon	English <i>Macbeth</i> The supernatural				Germany – Weimar Republic			
Tues.		Percentages Fractions	Bio – circulation					
Wed				Holiday vocab			Training	
Thur			Ch - bonding					Heat treatment
Fri	Section B, Component 1 practice					Meeting customer needs		
sat		Area Volume	Ph – electricity		Medicine- Ancient Rome		Demands of performance	
Sun	Conflict Poetry			Revision of tenses		Marketing		Materials and components

Top 5 strategies for testing yourself

EFFECTIVE FLASH CARDS

Effective flash-cards need two things:

- Good questions on one side
- Not too much information on the back – this should only be key words, bullet points and not whole sentences

Once you've made a set for a topic, test yourself straightaway.

Always put in two piles – those you know / those you don't.

You then need to practise with your flash cards the next day, a week's time etc.

TOPIC ON A PAGE

1. Start with a blank piece of paper.
2. Create a spider diagram or a mind map of everything you can remember about that topic.
3. Now look at your notes on this topic. This could be from a revision guide, textbook, exercise book / folder or a trusted website.
4. In a **different colour** add information to your page that you had forgotten.
5. On the back of the sheet, write yourself some questions to test yourself later.

EXAM QUESTIONS

Look carefully at **timings** for each question – you don't have to try and do a whole paper in a session.

1. Choose a question – time yourself to do it.
2. Now look at your notes on this topic. This could be from a revision guide, textbook, exercise book / folder or a trusted website.
3. Go back to your answer and decide what you missed out. Write this in margin / at end in a different colour.

USING WEBSITES / APPS

When using a website / app, you need to **transform** the information in some way:

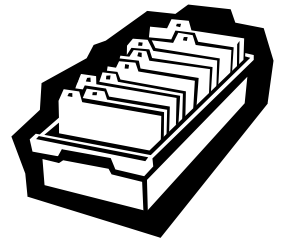
- Make a flow diagram
- Make a spider diagram / mind map
- Write yourself a test
- Make flash-cards based on what you're reading
- Take photos of scores to show you did it

WRITING TESTS

- Make up 10 questions on a topic.
- Write detailed answers on a separate sheet of paper so you can keep re-using the test.

The following strategies can also be used for turning class notes into revision notes across all subject areas.

- 🔑 Put key words onto Post-It Notes, stick them around the house to learn them
- 🔑 Plan an exam answer and write the first paragraph
- 🔑 Create a Mind Map (see later section)
- 🔑 Use different colours to represent different things
- 🔑 Use mnemonics for difficult spellings / sequences
(eg **R**ichard **O**f **Y**ork **G**ave **B**attle **I**n **V**ain – colours of rainbow)
- 🔑 Make a chart to fit the information
- 🔑 Make a flow chart
- 🔑 Make a timeline
- 🔑 Use pictures to represent key ideas
- 🔑 List two sides of an argument
- 🔑 Identify similarities / differences
- 🔑 Create a dictionary for each subject
- 🔑 Turn headings into questions
- 🔑 Fill the bedroom walls with posters for key ideas.
- 🔑 Make up cartoons
- 🔑 Label pictures
- 🔑 use voice recordings for key quotations /or French or Latin vocabulary



Using the internet / apps

The school library is open after school each day for students to use. The internet has an overwhelming amount of resources for revision but needs to be used wisely. Students need to remember just because something is on a web page it is not necessarily reliable information.

There are many useful sites that students have been recommended to use. However, it is important your child does not waste time simply reading and scrolling up and down the page. Turn off What's App, Facebook or Snapchat etc. Avoid distractions. He / she should have a list of the areas they want to cover beside them so they can cross them off at various stages.

Students can :

- Have a pen and paper beside them and do the activities which are suggested.
- Copy information into a programme of their choice and underline key words, delete less important sentences, cut and paste key words etc.
- Most exam boards now carry examples of past papers and mark schemes. They will find the board and syllabus number on their entry statement. Have a go at the questions and look carefully at how an examiner would mark them.
- Test themselves using the online quizzes and if they do well they can cross that topic off your list

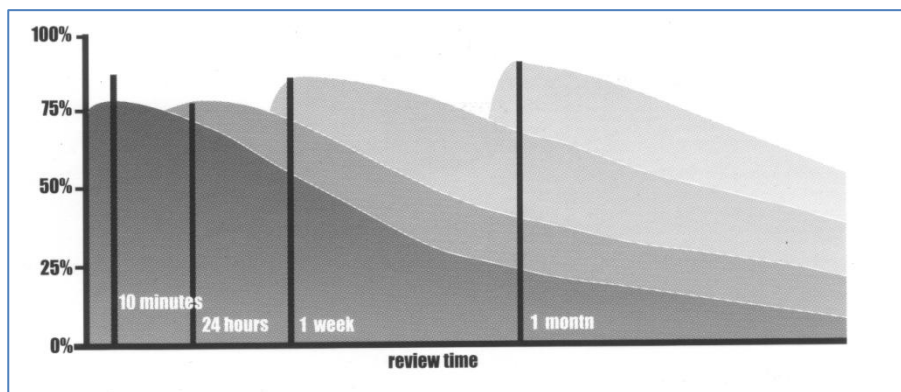
The emphasis must be on ***making that information their own*** in the same way they must make their textbook notes their own. There is no one way to do this, so try to vary the activities.

Seneca is a learning platform that Freman has purchased and can be a powerhouse for revision. Students can test themselves on topic areas and review their scores. This is great for “revision on the go” – perfect for those car or bus journeys!

Review it: (the bit they hate!)

Remember the graph:

Students have to re-visit topics at key times to ensure they can still remember what they learnt.



They need to review what they have learnt:

- 🔑 After 10 minutes
- 🔑 At the end of a day
- 🔑 At the end of a week
- 🔑 At the end of a month
- 🔑 The week before the exams



Where can I find resources to help me revise?

Students need to ensure they have downloaded the [Foldr](#) app onto their phone. The address is: remote.freman.org.uk followed by college 365 account details.

This gives you [instant access](#) to all the folders on the college network.

Each department has a folder designed to provide you with what you need to revise. This could involve:

- Powerpoints
- Past papers and mark schemes
- Quizzes
- Revision guides
- Videos



Here is Geography's folder as an example:

Name	Date modified	Type
1. Past and Specimen papers	03/05/2024 15:16	File folder
2. Example Questions and Model Answers	03/05/2024 15:21	File folder
3. Continuous revision booklets	11/11/2025 11:57	File folder
4. Revision Booklet Resources by Exam Paper	19/01/2023 13:18	File folder
5. Knowledge Organisers	28/01/2026 11:36	File folder
6. Key words	03/03/2020 11:40	File folder
7. Revision activities	17/03/2020 09:50	File folder
8. Mock revision	09/10/2025 09:39	File folder
9. Revision Videos	26/03/2021 11:43	File folder
Specification.pdf	08/02/2021 15:06	Adobe Acrobat Document

Name	Date modified	Type	Size
2026 March Mocks	08/01/2026 09:26	File folder	
archive	20/01/2026 14:47	File folder	
blank timetable templates	20/10/2025 09:19	File folder	
CORE SUBJECT REVISION	24/11/2025 15:16	File folder	
New resources	15/09/2025 09:33	File folder	
Pixl Independence	15/02/2020 16:25	File folder	
Revision Tools	20/10/2025 10:29	File folder	
Sixth Form Resources	20/10/2025 09:13	File folder	
Syllabus Info	19/11/2025 15:08	File folder	
templates to structure revision	20/10/2025 09:27	File folder	
Individual Subject Plan.docx	15/01/2026 12:38	Microsoft Word D...	

There is also a revision folder that contains lots of ideas on how to revise and blank timetables.

Blank templates

WEEKLY PLANNER BY SUBJECT – Go for 2 subjects per week night, 3-4 per weekend day

	English	Maths	Science					
Mon								
Tues								
Wed								
Thur								
Fri								
Sat								
Sun								

EXAMPLE A WEEKEND DAY TIMETABLE
Split into sessions rather than rigid times

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