

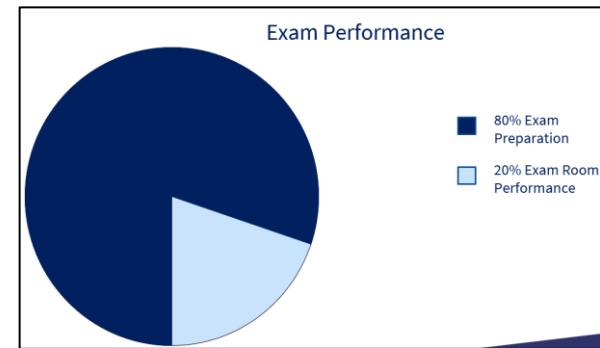


# Achieve Excellence Programme - Parent Newsletter

*"Around 80% of exam performance comes from preparation, while only 20% comes from exam-day performance."*

## Did You Know?

Exams are not just about what happens in the exam room — the majority of success comes from effective preparation at home. Research shows that around 80% of exam success is determined before students even enter the exam hall.



## The 3 Key Phases of Revision

- **Finish Notes** – ensuring all content is complete and understood
- **Memorise** – committing key information to memory
- **Practice Papers** – applying knowledge under exam-style conditions

*Encourage your child to start early rather than cramming and help them map out when each phase will happen. Check that revision time is spread out over weeks, not days*

## Common Exam Preparation Mistakes

Many students work hard but don't always work **smart**. Parents can help **by guiding structure, reflection, and consistency**. Common issues include:

- Not starting revision early enough
- Revising the wrong content
- Lacking clear goals or a plan
- Not learning from past mistakes
- Completing too few practice papers

## Learn from Past Papers and Mistakes

Mistakes are one of the most powerful learning tools — if students know how to use them.

### How parents can support:

- Ask your child: *"Where did you lose marks?"*
- Help them identify whether the issue was:
  - Lack of knowledge
  - Misunderstanding the question
  - Poor exam technique
- Encourage them to correct mistakes and rewrite answers

The goal is not just to practise — but to **improve each time**.

Use an exam planner			
Subject	Goal	To Do	Deadline
CHEMISTRY	A	FINISH NOTES	17/9

## Fix the Mistake

Practising without correction leads to repeated errors.

### Parents can help by asking:

- *"What mistake are you working on today?"*
- *"How will you avoid it next time?"*

*Focused improvement builds confidence and skill.*

## Learn from Others

Students can improve by **observing effective habits around them**.

Encourage your child to:

- Look at high-scoring answers from classmates
- Identify what strong students do well
- Reattempt questions and get them re-marked

**Learning doesn't happen in isolation.**

## Encourage Your Child to Seek Teacher Feedback

Teachers are one of the best revision resources available.

### Parents can encourage children to:

- Ask teachers where marks were lost **specifically**
- Ask how to improve **specifically**
- Create a **checklist** of common errors
- Check they fully understand the feedback given

## Exam Room Skills Matter

While preparation is key, exam-day habits also help.

### Encourage your child to:

- Develop a calm pre-exam routine and use breathing techniques to stay calm
- Avoid panic-driven conversations
- Ration time based on marks (e.g. 1.5 minutes per mark)
- Read questions carefully and underline key instructions

## Use an Exam Planner

An exam planner helps students visualise deadlines and manage workload.

### How parents can help:

- Sit down together and map out: subjects, topics, practice papers, deadlines, Extended Learning Sessions
- Review progress weekly
- Adjust the plan if needed

*Planning reduces stress and improves consistency.*

## Practice Papers Matter

Practice papers are essential — but they must be used correctly.

Effective practice paper strategy:

- Aim for around **5 practice papers** per subject
- Don't complete the first paper under strict exam conditions
- Get papers marked and reviewed
- **Repeat the process**, correcting mistakes each time

# Spring Term Parent Support Series

## Free Parent Webinars

Join us and Elevate Education for FREE 60-minute webinars designed to help you support your child's studies at home.

Scan the QR code to register

**In the Spring Term, we'll cover:**

1. How to Help Your Child Improve Their Note Taking  
- 13<sup>th</sup> January @6:00pm (GMT)
2. How You Can Make Technology an Ally (& Not the Enemy!)  
- 27<sup>th</sup> January @6:00pm (GMT)
3. How You Can Help Improve Your Child's Memory  
- 10<sup>th</sup> February @6:00pm (GMT)
4. How You Can Help Your Child Prepare for Exams  
- 3<sup>rd</sup> March @6:00pm (GMT)
5. How You Can Support Your Child During Exams  
- 17<sup>th</sup> March @6:00pm (GMT)

elevate  
education

## Next Issue: How to improve Current Predicted Grades

Look out for practical routines, focus boosters, and simple home strategies to build independent study skills.

Ration your time

Each mark = 

? If the paper is worth 60 marks and you have 1.5 hours to do it, each mark is worth  minutes.

? How long would you spend on the following questions?

4 marks =  minutes

6 marks =  minutes

10 marks =  minutes

## Live Parent Webinar: How You Can Make Technology an Ally (& Not the Enemy!)

 Tuesday 27<sup>th</sup> January |  6:00–7:00pm (GMT)

Our live webinar shares research-backed techniques to help your child with long-term resilience and help them tackle obstacles with confidence. Join us for practical strategies to support your child's learning.

Reserve your free place here:

<https://go.elevateducation.com/ukschoolwebinar>