

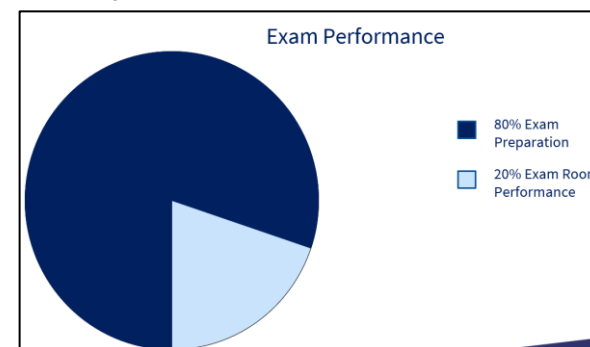


Achieve Excellence Programme - Parent Newsletter

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