

Published on *Bournemouth and Poole College* (<https://www.thecollege.co.uk>)

[Home](#) > [Parents & carers](#) > Revision tips for parents and carers

---

## Revision tips for parents and carers

### Revision tips for Parents and Carers

As a parent or guardian it can be hard to know how you can help your son or daughter during exam time. Tracey Griffin, Director of Learning for Sixth Form at The College has put together some handy tips to help.

#### Tip 1

Sleep helps you remember information and to problem solve

- Encourage and support your son or daughter to have a sensible bed time
- Set out a routine

#### Tip 2

Revising right up to the moment your head hits the pillow is a bad idea

- Share some relaxation time before bed time - a cup of hot chocolate together, a browse through a magazine, a walk around the block, a catch up on the day...

#### Tip 3

Electronic devices make it harder to get to sleep. They emit blue light which reduces levels of the sleepy hormone melatonin and promotes wakefulness

- Pick the right relaxation (see above)
- Perhaps agree a pact for everyone in the house to turn off devices before bedtime - it will help you sleep too!

#### Tip 4

Eating the right kind of foods can significantly improve energy levels, concentration and brain power

- Buy healthy snacks for treats whilst revising; nuts, seeds, fruit and dark chocolate (yes, it's proven to reduce blood pressure whilst increasing blood flow to the brain).

#### Tip 5

Dehydration can lead to a decrease of attention, concentration and other mental processes as well as increasing fatigue, anxiety and headaches

- Keep bottles of water in the fridge
- Don't buy fizzy drinks or energy drinks as they have a negative impact on performance, stress levels, mental health, and behavior.

#### Tip 6

Working in sessions of less than 1hr with sort breaks works best

- If you haven't seen them for a while pop in with a cup of tea

#### Tip 7

Teaching someone else is the best way to learn

- Offer yourself up as a guinea pig
- Ask them to explain what they have been studying
- Ask questions if you don't understand their answer

#### Tip 8

Try to encourage them without being too pushy (easier said than done)! And finally..

#### Tip 9

Cramming is more effective first thing in the morning rather than late into the night.

- Suggest getting to bed on time and getting up early for last minute cramming

