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huish
30

PARENT/ CARER GUIDE

Preparing your young person for exams

LEVEL 2

INTRODUCTION

WHAT IS HUISH 30?

Huish 30 is the term used to describe a student's study programme to ensure their future success. The majority of students have 15 hours in lessons, 3 hours in tutorial and EnRICH and 12 hours allocated to independent study (homework).

Since September, your young person has been set homework across their subjects to ensure they are prepared for their final assessments. Preparing for GCSEs will require a greater emphasis on independent revision at home to ensure your young person achieves grades they are proud of in the summer.



HOW TO USE THIS GUIDE

Each subject team has produced a specialised guide to help you and your young person navigate the upcoming exam series. Use the contents page to find your young person's relevant subjects. In each section you will find details on the exam board, exam dates, the teacher's guidance on effective approaches to revision in the subject, information on resources supplied, recommended additional resources and ideas on how to support your young person.

GENERAL ADVICE

Tests and exams can be a challenging part of college life for young people and their parents or carers. Below are some general recommendations to approaching the exam series:

- Work with your young person to find what revision style/techniques work for them.
- Encourage your young person to form a system for revision and encourage them to distribute this over time (e.g. with a calendar/plan).
- Establish a balance between revision breaks and finding a balance between studying and doing things they find enjoyable.
- Reassure them that effort is more important than achievement.
- Promote a positive mental attitude towards exams – this is an opportunity to show off what they know.

Additional information available from:

- [Parent's Guide to Exams | The Children's Society \(childrenssociety.org.uk\)](http://childrenssociety.org.uk)
- [Exam Time & Exam Stress | Parents Guide To Support | Young Minds](#)
- [Help your child beat exam stress - NHS \(www.nhs.uk\)](http://www.nhs.uk)

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EFFECTIVE STUDY TECHNIQUES

Many of the subject guides recommend a quality over quantity approach to revision. Some students find that whilst revising for their exams, they are not entirely confident in their revision technique.

Tutor2U have reviewed the latest research on student organisation and learning to produce a practical, free, online step-by-step guide to making revision for exams more effective. The course is self-paced and covers a variety of topics including: An effective revision environment, the revision mindset, revision myths, planning revision and what 'good' revision looks like. This course has been designed to apply to all students revising for assessments and exams. For more information or to enrol, visit: [Effective Revision | Skills Booster | tutor2u](#)

ADDITIONAL SUPPORT: ACADEMIC + WELLBEING

All students are encouraged to develop independent study skills whilst at Huish. However, sometimes, students need some additional support to help them achieve their goals. If your young person is struggling across their subjects, our learning support team can arrange group or 1:1 study support outside of lesson. Your young person can discuss a referral for learning support with their progress tutor or email learningsupport@richuish.ac.uk.

If your young person requires additional wellbeing support to help them prepare for exams, they can self-refer by emailing: wellbeing@richuish.ac.uk or having a chat with a trusted member of staff. Please visit our parent/carer health and wellbeing Padlet page for more information: [Parent/Carer Padlet](#)

COMMUNICATION

This guide has been designed to supplement the existing support that is on offer to your young person. If you have any queries or require additional guidance, please do not hesitate to contact your young person's teacher or progress tutor.

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TUTORIAL

During tutorial, your young person will have already received advice, guidance and support on Huish 30 across their programme. Their dedicated Progress Tutor supports them with both academic pursuits and general wellbeing and help to guide them through their time at Huish. Your young person has had weekly group tutorials which have covered topics related to progression, health and wellbeing, study skills and reflection.

Students have access to the materials used in each session listed below on their Tutorial Microsoft Teams site.

Huish 30 – What have we covered?

Getting organised and managing time:

- Study and revision planners
- Where to study
- Using folders
- Using Office 365

Studying:

- What works?
- Understanding their own study habits – strengths and areas for improvement
- Procrastination and Prioritisation
- Study skills and revision methods
 - Plan learning and revision into chunks
 - Spaced practice / distributed practice
 - Pomodoro Technique (timed e.g., 25 minutes study, 5-minute break)
 - Interleaving / varied practice
 - Testing
 - Testing yourself / getting others to test you
 - Teaching someone else
 - Cornell notes
 - Leitner Method / Flashcards
 - Blurting
 - Mind maps / Flow diagrams
 - Folding Frenzy (using dual coding to revise a topic)
 - Power Hour (focused on exam questions and checking answers)
 - Study Apps

Materials provided:

- Study / revision planner
- Prioritisation worksheet

Additional resources/websites

- Use of the Wellbeing Padlet available via the quick links on the Huish Hub

How parent/carer can help

- Check in with your young person about their study and revision plans and when exams and/or assignment deadlines are
- Remind and reassure that nerves and anxiety around deadlines and exams are normal
- Encourage and support good routines related to sleep, eating, exercise and check they have helpful coping strategies to manage their stress container

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GCSE ENGLISH

Qualification/Subject: GCSE English Language	
Exam Board: AQA	Exam Dates: Paper 1 – 23 rd May (1 hour, 45min) Paper 2 – 6 th June (1 hour, 45min)
Effective approaches to revision: <ul style="list-style-type: none">• Reading as much material as possible: newspapers, magazines, essays, long form non-fiction, short stories, novels.• Writing as much as possible: journalling, creative writing, opinion pieces.• Practicing exam style questions, building up to completing tasks in the suggested exam timings.	
Materials provided: <ul style="list-style-type: none">• Past papers are available on Teams.• Students will be enrolled on Seneca Learning where they can complete online exercises to prepare for the exam.• A wide range of further revision material is available on the course's Teams page.	
Additional resources/websites: <ul style="list-style-type: none">• CGP sell a range of revision books to help students prepare for their exam GCSE English Language CGP Books• The BBC have a range of revision resources GCSE English Language - AQA - BBC Bitesize• AQA have produced these videos to help students Spotlight on GCSE English Language (youtube.com)	
How parent/carer can help: <ul style="list-style-type: none">• Check in with your young person – ask them about their reading and writing practice.• Check their Seneca page and help them to identify their strengths and weaknesses.• Support a healthy diet and sleep routine.	

GCSE MATHEMATICS

Qualification/Subject: GCSE Mathematics	
Exam Board: Pearson Edexcel	Exam Dates: Paper 1 Thursday 16th May 2024 9am Paper 2 Monday 3rd June 2024 9am (This is a college inset day. Buses and exams will still be running but there will be no lessons) Paper 3 Monday 10th June 2024 9am
Effective approaches to revision: <ul style="list-style-type: none">• Work on identified weaknesses rather than strengths.• If you sat the November re-sit paper, use your top 10 weaknesses list.• Revise for 20-minute blocks.• Test yourself on exam style questions.• DO NOT just read notes, watch videos on topics or read exam solutions.	
Materials provided: <ul style="list-style-type: none">• From February, students will have exam question booklets to complete each week.• All booklets and solutions are available on Teams.• All topics covered in class have “I can” assessment sheets available on Teams.• All class questions and notes are available on OneNote, via Teams	
Additional resources/websites: <ul style="list-style-type: none">• Exam style questions listed by grade: www.mathsgenie.co.uk/gcse.html• Exam papers with video solutions: www.mathsgenie.co.uk/papers.html• Practise paper covering every topic once: A Bit of Everything Edexcel Foundation (corbettmaths.com)	
How parent/carer can help: <ul style="list-style-type: none">• Check in with your young person by asking about their revision plan – develop a routine/system of accountability & praise.• Knowledge testing at home to help your young person with retrieval practice.• Support good daily routines, e.g. sleep, eating, etc.	

GCSE SCIENCE

Qualification/Subject: GCSE Combined Science: Trilogy	
Exam Board : AQA	Exam Dates: Biology paper 1: 10 th May am Chemistry paper 1: 17 th May am Physics paper 1: 22 nd May am Biology paper 2: 7 th June pm Chemistry paper 2: 11 th June am Physics paper 2: 14 th June pm
Effective approaches to revision: <ul style="list-style-type: none">• Quizzes and flashcards• Past paper practice• Mind mapping using a revision guide• Videos to recap methods and concepts•	
Materials provided: <ul style="list-style-type: none">• After Easter, students will receive some past papers to use as practice• We will provide checklists for the topics• We will introduce them to good revision websites• We will sell flashcards, revision guides and workbooks through the shop• Textbooks are available to borrow from the LC.	
Additional resources/websites: <ul style="list-style-type: none">• AQA website (whole past papers): AQA Science GCSE Combined Science: Trilogy• BBC bitesize: GCSE Combined Science - AQA Trilogy - BBC Bitesize• Physics and maths tutor / study mind: Past paper questions and mark schemes by topic• Quizlet (flashcards): AQA trilogy flashcards and study sets Quizlet• Primrose Kitten You tube videos: The Whole of AQA - CHEMICAL CHANGES. GCSE 9-1 Chemistry or Combined Science Revision Topic 4 for CI (youtube.com)• Seneca (revision quizzes): Free Homework & Revision for A Level, GCSE, KS3 & KS2 (senecalearning.com)	
How parent/carer can help: <ul style="list-style-type: none">• Make sure students have a quiet place to work at home• Try and limit distractions for them – monitor phone use!• Help students manage their time – short bursts of productive revision are better• Help to motivate them – reward them with cups of coffee or treats when they have done what they set out to do!	

GCSE SOCIOLOGY

Qualification/Subject: GCSE Sociology	
Exam Board: AQA	Exam Dates: Paper 1: 10 th May 2024 (pm) Paper 2: 21 st May 2024 (pm)
Effective approaches to revision: <ul style="list-style-type: none">• Little and often. Sociology requires students to retain a lot of new knowledge with many key terms. They are often tested on their ability to remember what these terms mean. Revising in small chunks is often useful for this. I would personally recommend a 'blurting' exercise, which requires students to recall what they can remember without notes (using mind maps for example). They then 'top up' this knowledge using their booklets and resources. Guides for this can be found on YouTube.• In terms of what content, they should focus on to give them the best chance – I would recommend the sociological theories (Functionalism, Marxism and Feminism) and Research Methods. All of these are constant features throughout the exams.• Exam practice is key. The students have constantly looked at example questions all year. The more regularly they see these past papers, the less likely they'll be shocked by anything that comes up.	
Materials provided: <p>Students have been given a yellow workbook and revision guide. The revision guide acts as a timetable and tells them which topics to revise that week. I have asked students to put this in their yellow workbooks and show me what they have produced on a weekly basis. If they do not complete this, I am asking them to stay behind to do it at the end of a lesson.</p>	
Additional resources/websites: <ul style="list-style-type: none">• AQA GCSE Sociology Assessment resources – Past Paper questions from AQA• Livestreams tutor2u – Replay archive for live streamed interactive revision sessions covering all topics on the AQA specification.• https://www.tutor2u.net/sociology/collections - collection of revision videos, study notes, MCQs and other support materials, by topic group (some of these will be for A Level – but the content is very similar and, in some cases, the same)! Research Methods and the Theory will be very similar to A Level.• Tutor2U Flashcards – Flash cards and revision guide here (can also be purchased on Amazon)• Revision Videos (in essence, digital flashcards) - Revision Flashcards for 2024 (youtube.com)• AQA GCSE Sociology Model Answers and exam feedback: AQA GCSE Sociology model answers and exam feedback (youtube.com)• Free Homework & Revision for A Level, GCSE, KS3 & KS2 (senecalearning.com) – I have set up a 'class' for students on 'Seneca'. This will allow them to access all revision modules for GCSE Sociology to use as they like.	
How parent/carer can help: <ul style="list-style-type: none">• Encouragement: Ensure they are completing their revision on a weekly basis• Extra work: If your child can complete extra exam questions, ensure they hand them to me to mark.• Work through the questions with them: There are guide videos for the longer, 12-mark question on the exam paper. Maybe sit and watch they with your child If they need further support. If you don't feel this help, encourage them to speak to me.• Buy revision materials: I have included as many free resources as possible. The internet means there are plenty of these online. However, if you feel able, there are Tutor2U GCSE revision guides and flashcards available to purchase from Tutor2U or Amazon (link provided in resources).	

COLLEGE DAY PLAN

Timings*	Monday	Tuesday	Wednesday	Thursday	Friday
09.00-10.55					
10.55-11.10	Break				
11.10-12.40					
12.40-13.35	LUNCH				
13.35-15.05					
15.05-15.10	Break	Break		Break	Break
15.10-16.40					

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WEEKLY PLANNER

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00-8.00							
8.00-9.00							
9.00-10.00							
10.00-11.00							
11.00-12.00							
12.00-1.00							
1.00-2.00							
2.00-3.00							
3.00-4.00							
4.00-5.00							
5.00-6.00							
6.00-7.00							
7.00-8.00							
8.00-9.00							

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REVISION IDEAS

Three common revision techniques that are **LEAST** effective for revision are: Highlighting texts, re-reading & summarising text. Whilst these methods may make a student feel that they are revising, there are better methods that can help them revise more effectively.

<p>Flashcards:</p> <p>Simply create with questions on one side and answers on the other side. You can colour code for specific topics and quiz yourself or others.</p> <p>Using flashcards: Using the Leitner Method, using the video below https://youtu.be/C20EvKtdjwQ.</p> <p>You can also create excellent flashcards online or on your phone using Quizlet which also has an app.</p>	<p>Retrieval practice:</p> <p>Testing what you know is a powerful tool in revision, the effort to remember something really strengthens your memory.</p> <p>Apps such as Memrise and Quizlet allow you to use or create your own quizzes based on topics. Create them, test yourself or get someone to test you, it's works!</p>	<p>Transform it:</p> <p>Graphic organisers are a great way of 'transforming' your notes/information into visual revision topics.</p> <p>They can be used to create links, show a narrative, identify the causes/ consequences and importance of something.</p> <p>For example, creating a mindmap or Venn diagram.</p>	<p>Cornell method:</p> <p>This method can be used in your revision as a great method to get you to 'think' about your revision. Simply split your page into 3 sections:</p> <ul style="list-style-type: none"> • Note Taking • Cues • Summary <p>How To Take Cornell Notes Properly (Video) - YouTube</p>
<p>Interleaving & Spacing:</p> <p>Don't revise your all topics in one go (cramming), you should revise 'chunks' of a topic for small amounts of time (15 minutes) and then move onto another 'chunk' from a different topic.</p> <p>This will improve your memory!</p>	<p>What I know:</p> <p>Spend some time before your revision to record what you already know. This could be in the form of a brainstorm or a mind map or list etc.</p> <p>As you read through your notes and revise, check what you thought you knew. Are there things you have forgotten? If so, add them in. Are there things that aren't right? If so, correct them.</p>	<p>Teach it:</p> <p>Take a topic and prepare to teach it to a friend. Put yourself in the position of the teacher, think about how your friend learns best and decide how you could do it.</p> <p>Plan it and then if possible teach it to your friend.</p>	<p>Games:</p> <p>Make revision fun! Some ideas:</p> <ul style="list-style-type: none"> • Create gap fill exercises • Q&A cards to test each other • Make up a card game to test your knowledge about a topic • Use guessing games such as Pictionary, scrabble & Taboo. Change the rules so that you can only use words that are linked to the topic you are learning.

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