

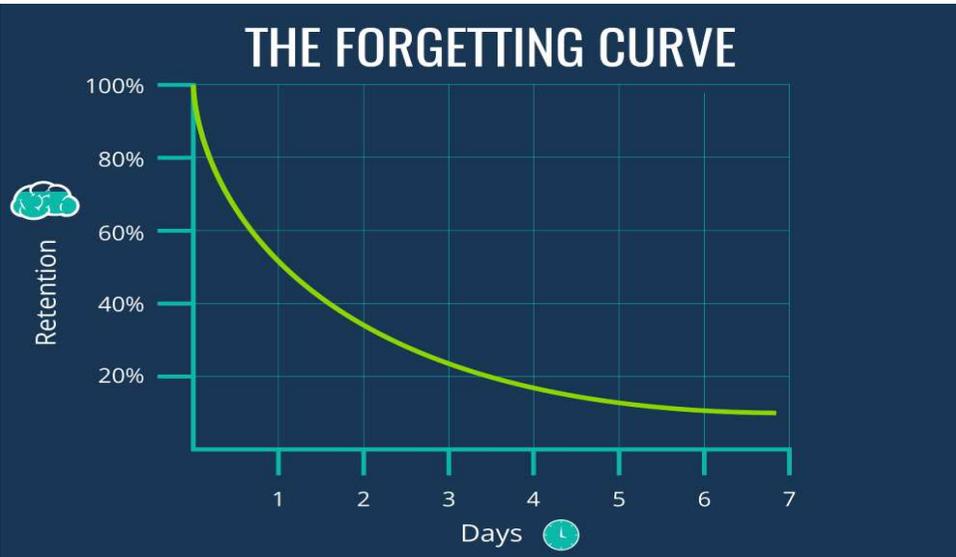


The Power of Habits

Habits are incredibly powerful in helping your child to succeed. If you think about the greatest sportspersons, it is their habits of training and preparation which sets them apart from the rest. This is the same with revision, if students have the mindset of wanting to succeed they can then build revision habits to help them get the best results.

It is great to have targets on what students want to achieve (e.g. achieving a Grade 7 in History), as they give you a goal and direction. However, it is revision habits which allows students to make progress. Developing revision habits is hard and it takes time for them to 'stick', but if students do 'stick' to it, they will eventually achieve their goals. Below are 4 principles to build effective revision habits.

To improve learning, we want students to break the forgetting curve, by reviewing their learning often



As James Clear says, "Getting 1% better everyday counts for a lot in the long-run." If students start revision habits earlier it could lead to them flourishing by the summer with their exams.

There are lots of effective resources for your child to use to help them improve. If you are unsure or want any further clarification then please contact their teacher who will be able to offer more guidance/advice on what else can be done to support your child.

Make it obvious



1. Revise in 1 area at home so to relate that area to 'work'
2. Leave revision materials out ready to start
3. Write a revision timetable (ask your teachers for help with this) to schedule revision
4. Stack habits together (e.g. exercise while listening to revision podcasts)

Make it attractive



1. Revise with friends & attend revision classes together
2. Do something enjoyable as a reward once you complete a task/revision material
3. Write a revision contract with family, agreeing to specific days and times so to keep them on track

Make it easy



1. Start small – 10 minutes a night and build up over time
2. Reduce distractions when revising (no music or phones)
3. Ask family to help with supporting revision (e.g. quizzing you by using completed flashcards)
4. Create a revision timetable, place on your desk/wall and tick off once tasks are completed

Make it rewarding



1. Start successfully by easy tests/quizzes – but make sure challenge is increasing how hard students test themselves
2. Track revision progress and never miss revision 2 days running in their timetable
3. Ask your teacher to check your revision notes/completed exam papers and give you feedback on your strengths and areas to improve