

# Supporting Your Child Through Mock Exam Revision: Effective Strategies for Year 11 & Year 13 Students



Mock exams are an important stepping stone in preparing for GCSEs and A-Levels. They give students valuable practice and help identify areas that need more focus.

As parents, you play a crucial role in creating the right environment, keeping stress levels manageable, and encouraging effective revision habits.

Here are five key areas where you can support your child to revise more effectively and confidently.

## 1. 📅 Planning Revision

**Why it matters:** A clear plan helps students manage their time, reduce stress, and focus on what they *don't* know—rather than just what feels easy.

**How you can help:**

- Encourage your child to create a realistic weekly timetable that includes school, extracurriculars, and downtime.
- Help them identify what they need to revise using checklists from teachers, textbooks, or online resources (search for “[subject] + GCSE/A Level + exam board + Personalised Learning Checklist”).
- You can create revision timetables online try using [Get Revising](#), [Google Calendar](#) or [My Study Life](#)
- Suggest colour-coding topics:

- Red = don't understand
- Amber = need more practice
- Green = confident

- Remind them to start with the red topics and to plan each session in advance.
- [How do I make a revision timetable for my exams? - BBC Bitesize](#)
- Relaxation time: Encourage calming activities – music, podcasts, yoga, or just a walk.

💡 **Tip:** Set aside time each Sunday to plan the week's revision together.

	Mon 12th	Tue 13th	Wed 14th	Thu 15th	Fri 16th	Sat 17th	Sun 18th
09:00 - 10:00	Physics (OCR)	Further Maths (Edexcel)	Physics (OCR)	Mathematics (Edexcel)	Further Maths (Edexcel)	Physics (OCR)	Further Maths (Edexcel)
10:00 - 11:00	add activity	add activity	add activity	add activity	add activity	add activity	add activity
11:00 - 12:00	Mathematics (Edexcel)	English Literature (AQA)	English Literature (AQA)	Further Maths (Edexcel)	English Literature (AQA)	Mathematics (Edexcel)	English Literature (AQA)
12:00 - 13:00	add activity	add activity	Mathematics (Edexcel)	Mathematics (Edexcel)	Further Maths (Edexcel)	Further Maths (Edexcel)	Physics (OCR)
13:00 - 14:00	add activity	add activity	add activity	add activity	add activity	add activity	add activity
14:00 - 15:00	add activity	add activity	English Literature (AQA)	English Literature (AQA)	Mathematics (Edexcel)	Mathematics (Edexcel)	Further Maths (Edexcel)



## 4. 🗂️ Creating the Right Environment

**Why it matters:** Distractions can derail focus—research shows it can take up to 23 minutes to refocus after one!

**How you can help:**

- Encourage a quiet, tidy space with minimal distractions.
- Keep phones and tech in another room during revision.
- Help them prepare their desk in advance for the next session.
- Display their revision timetable somewhere visible.

💡 *Tip: If music helps, choose instrumental tracks without lyrics.*



## 5. 😴 Sleep & Wellbeing

**Why it matters:** Sleep is essential for memory consolidation and focus. Tired students struggle to retain information.

**How you can help:**

- Aim for at least 8 hours of sleep per night.
- Help them build a calming bedtime routine—no screens in the hour before bed.
- Keep revision and sleep spaces separate (avoid revising in bed). **Keep talking:** Let them know they can come to you if it feels overwhelming. For many teens, this is the first time they're facing real exam pressure.
- **Avoid comparisons:** Remind them everyone learns differently, and comparing with peers is unhelpful.
- **Keep pressure low:** Let them know you're proud of their effort, not just results. This helps reduce anxiety.
- [Tips on preparing for exams - NHS](#)
- [Tips to help with exam stress - for 11-18 year olds | Mind](#)



💡 *Tip: Work backwards from wake-up time to set a consistent bedtime.*

## 💬 Final Thoughts

Mocks are practice – not the final performance. They're a chance to learn what works and what doesn't. Your support in keeping things balanced, calm, and encouraging will make a huge difference to your teen's confidence and wellbeing as they approach their exams.