

$$\binom{n}{r} = \binom{n}{n-r}$$
$$= a^n + \binom{n}{1} a^{n-1} + \dots + \binom{n}{n-1} a + 1$$
$$\binom{n}{r} = {}^n C_r = \frac{n!}{r!(n-r)!}$$

Helping your child with revision

You may recall from your own experience that revising for an exam can be as stressful as the exam itself. This hasn't changed much over the years. Often, your child will be juggling information on several subjects, wondering which topics to revise, and they may sometimes question their own ability. After all, this is a crucial stage in their lives, and their exam results will partly decide what they do for the next few years.

For most children, it's the first time they'll have encountered this kind of stress. So we've some useful tips on how you can help them prepare well for exams and achieve results.

On the following pages you will find tips on:

- **Preparation**
- **Revision**
- **The night before**
- **The big day**
- **OCR endorsed resources**

Our website has a whole section on the ways you can help and support your child as they prepare for exams. This includes past exam papers so your child can see the structure of exams and the type of questions they might have to answer.



Preparation

- Show support early on, by encouraging your child to draw up a revision plan. Help them get organised, and they'll get more from their revision.
- Always ask your child how their revision is going. Is there anything they're struggling with... can you help in any way?
- Give them the space, time and, most importantly, the peace and quiet they'll need to make the most of their revision.
- Make sure they have everything they need – such as pens, notebooks, textbooks and past exam papers. You can access past papers from the OCR website www.ocr.org.uk/pastpapermaterials
- Some background noise from TV or radio on nearby may help your child to concentrate, but too much can prove to be a distraction and affect the amount of information they're actually taking in.

Some revision tips

- Hour-long revision sessions with short breaks between each hour seem to be the most effective. Marathon revision sessions can overload your child with too much to remember. Regular breaks of five or ten minutes will help them relax and 'digest' the information more easily.
- It's worth revising a few topics at a time for each subject, and then going over the main points several times.
- Revision with friends can often be successful if there aren't distractions. They can go over key material together to ensure that they understand it and then test one another.
- Help your child find the best way of remembering key points, and facts and figures. There are many different revision techniques, which suit different learning styles. The more comfortable your child is with a revision style, the more they'll understand and remember.
- Test your child by using the notes they've made, or with past exam papers – you could even go as far as timing them, so they become used to exam conditions.
- It sounds obvious, but it needs saying: don't let them leave it till the last minute. 'Cramming' for an exam isn't effective at all, and doesn't allow your child to do their best. If they've prepared well and revised the subject steadily over a period of time, there's no need for any last-minute panic – it can do more harm than good.



The night before

- Your child may be a little nervous, so try to help them relax and get a good night's sleep. And reassure them – if they've revised properly, there's nothing to worry about.
- Avoid last-minute 'cramming' – it might even make them forget what they've already revised.
- Make sure they've got everything they need for the exam – pens and pencils, and any other equipment they'll need.
- Remind your child that mobile phones or electronic devices are not allowed in the exam room. You may want to consult your child's school examination officer about the exam equipment regulations.
- Double-check where and when the exam will be. Running around in a panic on the morning of the exam won't do your child any favours.
- Set more than one alarm clock and try to be up and about before your son or daughter. It may seem a minor thing, but you're showing your support.

The big day

- Make sure your child is up in plenty of time before the exam.
- Your child should have a good breakfast or lunch. Encourage 'brain foods', such as bananas.
- A bottle of water will help them stay alert through the exam.
- Try to ensure that your child leaves the house with plenty of time to get to the exam.
- Wish them well.
- When it's done, ask your child how it went, but don't let them dwell on it if they don't think they did well. There's nothing they can do about it now, so help them focus on the next one.
- And when the last exam is over, maybe reward the time and effort they've put into revising and doing their best.

Your understanding and support is really important during what can be a daunting and stressful time for your child. Being around and reassuring them will help them stay positive and keep working hard – and they'll thank you for it one day, even if they don't seem too keen at the time!

OCR-endorsed resources

To give your child every opportunity for success when studying for OCR qualifications, OCR works closely with publisher partners Heinemann, Hodder Education and Oxford University Press to guarantee that textbooks and exciting electronic resources will be available when your child begins their studies. Whether it's a GCSE, A Level, Diploma or Functional Skills qualification, OCR is committed to ensuring that both students and teachers can access top-quality resources for all OCR qualifications.

Your child's school will be able to tell you about the resources they will be given to help them in their studies, but if you would like further information about the endorsed resources available to support OCR qualifications, please

visit the qualifications page of the OCR website at: www.ocr.org.uk/qualifications, select the level (eg A Level or GCSE), followed by the subject your child is studying, and then click on the publisher resources link on the right of the page.



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