

Revise Effectively - Coaching Effectively (for Parents of Secondary School Students)

Hoping your children could maintain good learning habits?
Try using REAP approach to set up with him/her a plan to “Revise for Exam”!

REAP stands for **Review, Evaluate, Anticipate** and **Plan**, an approach to set up systematically a daily practice to follow through plans and use strategies to accomplish goals.

REVIEW

Review the
previous targets
your child set

1



Remember your previous plan to revise for exam? What was it?

I remember. To spend 3 hours a day during the holiday to revise for exam.



EVALUATE

Evaluate success / failure of previous plan, including difficulties and methods tried

2



How well did it go?

I have tried to follow the plan, but stuck in difficult parts. Then I gave up after quite some time trying to understand the topics. Actually I haven't spent 3 hours doing the revision.



When revising, it is likely that you may not understand the topics. If that is the case, what are some ways to help yourself?

There are ways to help. I can ask sister if she has time to help me. If not, I can ask my classmates. Perhaps they have difficulties too and we can help each other.



ANTICIPATE

3

Talk about what your child plans to accomplish in the coming time period, listing possible difficulties and ways to overcome.



What are your study goals for today?

I plan to revise Mathematics, my weakest subject. I can understand lessons and can do classwork on my own but I find myself making mistakes when doing homework. It seems that I easily forget what the teacher has said. Maybe I will forget how to solve the math problems again during revision.



You do understand how well you do in Math. What can you do if you don't know how to solve the math problems?

I will first go through the examples in the textbook and work on questions similar to the examples. If I could not solve the problems, I will ask sister or classmates.



PLAN

4

Help your child to set concrete goals and to plan how s/he completes each task.



Then what do you need to do first?

If I can plan ahead and set the time for revision, I think I can carry out the plan better. I now plan to do revision from 9 in the morning to 12 noon.



Really appreciate you make your study plan. If you find your plan does not work, what can you do?

Dad, good that you remind me. If I study for 3 hours, I may feel very tired. I will then change my plan to revising for one and a half hours in the morning and another one and a half hours in the afternoon.

