

Revision Evolution

Checking Understanding – How to Test Learning Effectively and Track Progress

Effective revision isn't just about covering material – it's about knowing how well that material has been learned. Regular, low-stakes testing helps students identify strengths, close gaps, and build confidence. As parents, you can play an important role in helping your child turn self-checking into a habit.



Use low-stakes quizzing

Frequent short quizzes – flashcards, mini-tests, or online question banks – are highly effective because they reduce anxiety and improve recall. Encourage your child to treat mistakes as learning opportunities: each error is a signal of where to focus next.

Encourage practice under test conditions

Once topics feel familiar, applying knowledge in timed or structured questions is essential. This develops retrieval fluency and resilience. Your child could try one past-paper question at the end of each revision session, reviewing model answers to identify what strong responses include.

Track progress visually

Progress tracking increases motivation by making improvement visible. Simple tools like progress charts or traffic-light systems (“red” for unsure, “amber” for partial confidence, “green” for secure knowledge) help students monitor and regulate their learning.

Celebrate progress and reflection

Encourage your child to reflect on what went well and what to improve next time. Reflection supports long-term improvement by reinforcing self-awareness and a growth mindset. Praising effort and consistency, rather than perfection, helps students stay motivated.

Testing isn't about proving what your child knows – it's about improving what they know. By making checking for understanding a regular, low-pressure routine, you'll help them approach tests and assessments feeling prepared, not panicked.

You can find a video guide on the St. Bernard's High School website demonstrating effective self-testing and progress-tracking techniques.