

The 7-Day GCSE Resit Reset Checklist

A calm first-week plan for parents and teenagers after a disappointing GCSE Maths result.

How to use this

Do not try to fix everything in one week. Use one small task each day to lower the pressure, find a starting point and build momentum.



DAY 1 Let the result settle

Give everyone time to breathe. No lectures today. Agree to come back to the plan tomorrow.



DAY 2 Find the exam board and paper type

Write down the exam board, Foundation or Higher, grade achieved, and any resit date given.



DAY 3 Identify weak topics

Choose just three topics that caused difficulty. Keep the list short and specific.



DAY 4 Start with 10 easy wins

Use easier questions to rebuild confidence and show quick progress before harder topics.



DAY 5 Practise one calculator topic

Spend 25-30 minutes on one calculator topic, then check and correct mistakes.



DAY 6 Practise one non-calculator topic

Try short skills practice without the calculator. Focus on method, not speed.



DAY 7 Build a simple weekly plan

Choose two or three revision slots for next week and one topic for each slot.

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Your simple weekly resit plan

Use this page after Day 7. Pick a few short revision slots and give each one a clear task. Small and specific beats huge and vague.

Slot	Topic	First task	How it went
Slot 1			
Slot 2			
Slot 3			
Slot 4			

Parent prompts

Try these when emotions are high:

- The result is done. Let us make the next step smaller.
- What is one Maths task we can start with today?
- Mistakes show us what to practise next.

Student reminder

You do not have to fix everything this week. Start with one topic, one short task and one correction. Do that enough times and it becomes progress.

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