

# 5 Things Every Parent Can Do To Help Their Child Excel in VCE Physics

Even If You Haven't Studied Physics Yourself

Practical, evidence-based strategies to support your child's confidence and results — starting today.

**350+**

Students Tutored

**15+**

Years Teaching

**49/50**

Highest Student Score

# About Your Tutor

## Hi, I'm Dan.

I'm a chartered structural engineer, avid physics fan (having scored full marks in my physics exams), and founder of **Learn Physics** — a tutoring service I built to give VCE students access to the help they deserve.

I started Learn Physics as a genuine way to pay it forward. I remember exactly what it was like as a student to struggle with the subject, and the difference good teachers who actually cared made. I wanted every kid to be able to experience that, no matter their financial situation, what school they went to, or what their parents did.

Fast forward 6 years and 350+ students later, almost every parent asks me the same question before they join Learn Physics:

"My child is studying so hard, but they aren't getting the results they want. What can I do to help?"

This guide answers that question. Not with generic, "feel-good" advice, but with **specific, evidence-backed actions** you can take right now. Everything in this guide comes from what I've actually seen work.

The best part? You don't need **ANY** physics knowledge to support your child and produce a significant improvement in their results. The fact that you care and want to do something about it makes all the difference.

## My Credentials

- Scored **FULL MARKS** in high-school Physics exams (raw 50 equivalent/ 99.8 ATAR)
- Chartered Structural Engineer (12 yrs experience), Master's Degree & teaching certificate
- Scholarship recipient — NTU, ranked 4th worldwide for Engineering
- 15+ years experience teaching graduate engineers and tutoring VCE Physics
- 350+ students tutored, 80+ 5-star reviews on Google
- Highest student score: **49/50**



# Tip 1: Introduce a Consistent Study Routine

 TIP 1 OF 5

**Turn studying into a habit, not a crisis response.**

## What This Means

Instead of waiting until the night before a SAC to cram everything in, encourage your child to study for a set amount of time each day — ideally around the same time. For example, around **30 minutes each day after school**. If they don't have any homework, they should start revising for the next SAC.

## Why It Works

Implementing a regular study schedule turns studying into a habit, making it less of a chore every day. After a while, it becomes second nature. Research shows that **regular review is dramatically more effective** than cramming everything into one session. Reviewing content the same day it's taught leads to greater retention of the information.



## How to Apply It

### 1 Map out a weekly schedule

Sit down with your child and find a consistent time — after school, after dinner, or even before school.

### 2 Start small

Begin with 20–30 min sessions to build the muscle, then work up from there.

### 3 Praise the effort, not just the grade

Acknowledging consistency makes a big difference to confidence and long-term success.

### 4 Let them own the schedule

They're more likely to stick to it if it's their plan.

 Once routine is in place, the next question is: what are they actually doing in those sessions? That's where Tip 2 comes in.

# Tip 2: Encourage Practice Questions Over Re-Reading

 TIP 2 OF 5

**Some study techniques are (much) more effective than others.**

## What This Means

Most students default to re-reading notes, highlighting, and rewriting content as study. This *feels* productive, but isn't actually effective in helping them memorise and understand concepts. Instead, encourage your child to do **practice questions as the main form of study**. These can be pulled from the textbook, past VCE papers, or external resources.

## Why It Works

Physics is an **application subject**. In the exam, your child will be asked to apply what they've learnt to questions they've never seen before. Re-reading trains memorisation of specific things, but does not help them apply knowledge to new situations. Practice questions are also more "active" — they require more brain power, so information and skill is stored more efficiently.

## How to Apply It

### Ask before the session

Before study begins, ask your child what they intend to do. Be curious and supportive, rather than judgmental or prescriptive.

### Encourage practice questions

If they weren't already planning on it, encourage them to do practice questions and check their answers after each attempt. Save incorrect questions to reattempt later.

### Help source questions

Textbook exercises, past VCE papers, or ask their tutor for a question bank.

 Now that they're doing the right kind of study, the next question is: what happens when they hit a wall? That's where Tip 3 comes in.

# Tip 3: Encourage Them to Sit With the Hard Questions

TIP 3 OF 5

The struggle is where the learning actually happens.

## What This Means

When your child gets stuck on a question, the instinct is usually to jump straight to the answer. But encouraging your child to **sit with the question and attempt it to the best of their abilities** — even if they get it wrong — is a powerful thing for their physics understanding.

## Why It Works

We call this the "**Hypercorrection Effect**". When students get a question wrong, they are more likely to recall the right answer in the future (as opposed to not attempting the question at all). Physics exams are notorious for testing whether students can apply concepts to unfamiliar situations. If your child's reflex is to give up as soon as they see something they don't know, they'll freeze in the exam. The discomfort of not knowing — and still doing what they can — is training your child in the exact way they'll need to perform.



## How to Apply It

01

### Watch how they approach questions

Keep an eye out for whether they quickly flick to the answers page immediately after reading a question.

02

### Offer support, not answers

If you see this happening, encourage them to talk through what they're thinking about the question.

03

### Ask probing questions

"What chapter, law or theory do you think this relates to?"  
"What information do you have available?"

04

### Reframe frustration

"This is how you build resilience — and it's exactly what you need in physics."

05

### Acknowledge the effort always

Only after they've attempted the question should you turn to the answers — and work backwards to see where they went wrong.

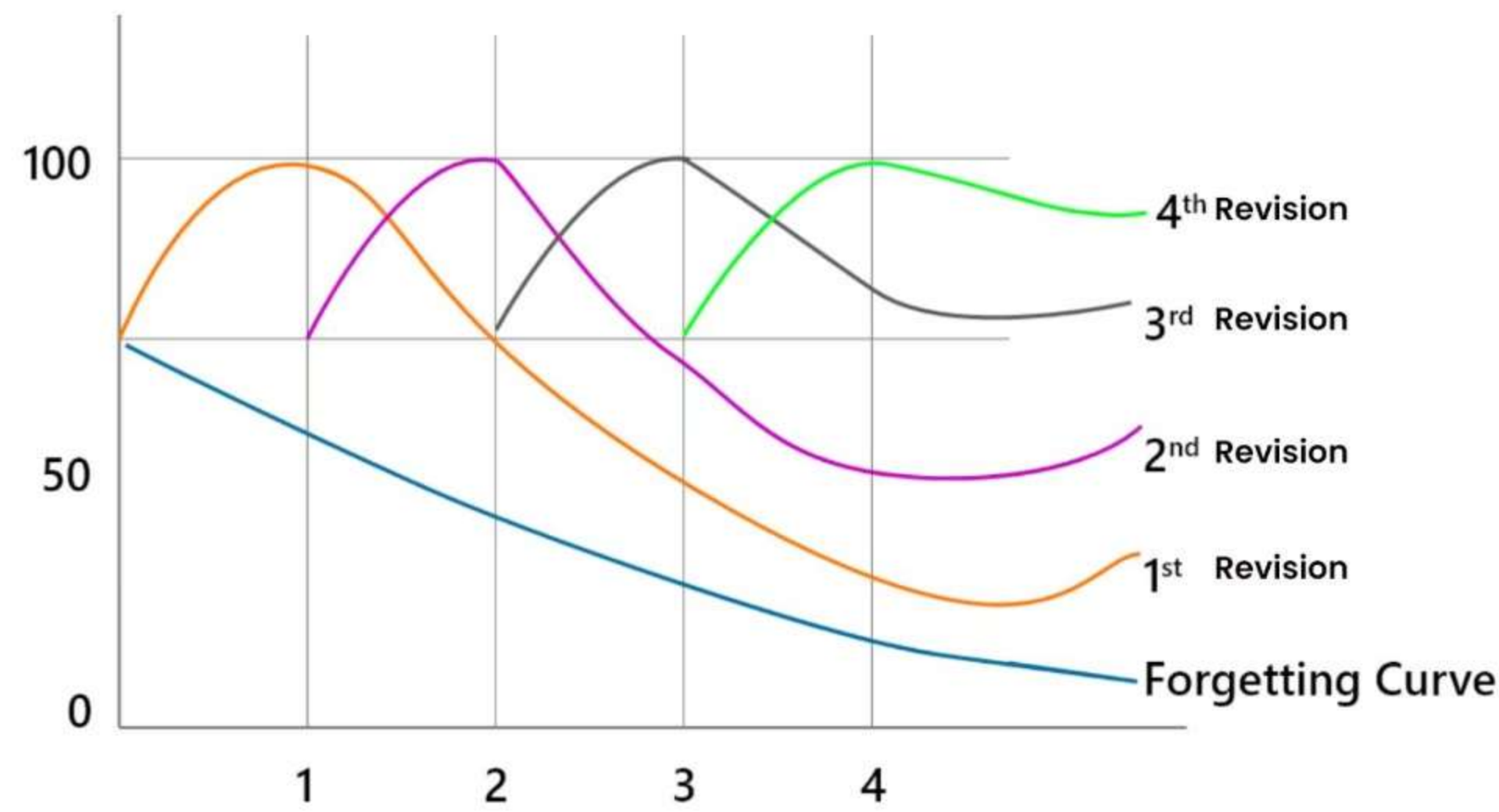
Struggling with hard questions builds understanding. And when paired with a system, this leads to long-term retention. That's what Tip 4 is about.

# Tip 4: Introduce Spaced Repetition

↻ TIP 4 OF 5

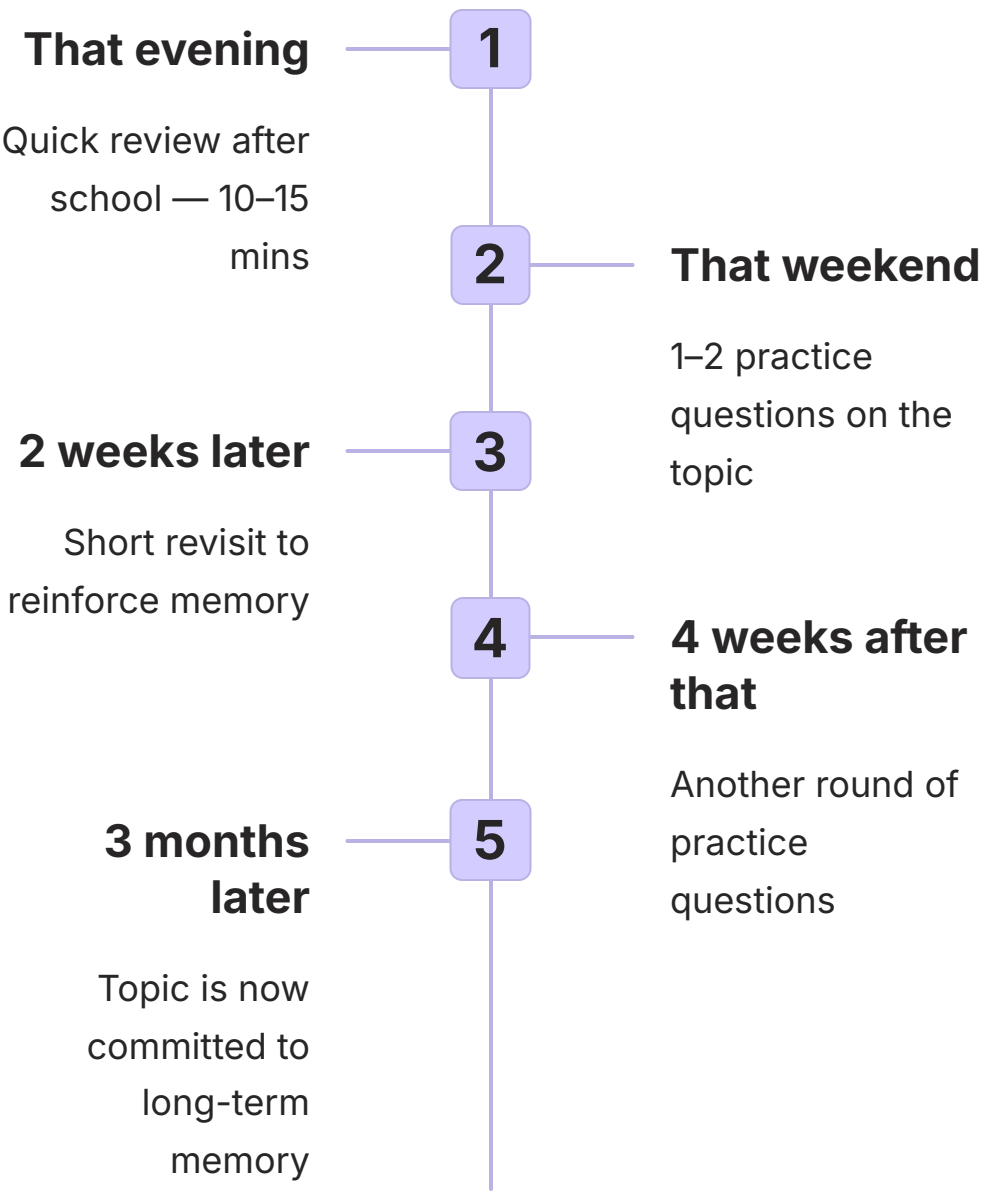
Help them review smarter, not harder.

Spaced repetition is the concept of reviewing the same material at repeated intervals. As time goes by, the brain forgets things — we call this the **forgetting curve**. However, every subsequent time the brain revisits the same topic, the memory of it strengthens and your child becomes more likely to commit the topic to long-term memory.



## Example Revision Schedule

If your child learns a topic on Monday, Week 1 of Term 1, they should review that same topic:



## Why It Works

In a subject like physics, where most topics build on the previous, **retention of earlier topics is extremely important**. Spaced repetition also means that your child isn't relearning all the content from scratch right before the exam — instead, they've already committed it to long-term memory, and can focus purely on exam techniques like timing and how to answer questions the way examiners want.

## How to Apply It

1. Plan out a simple revision rhythm: review class content that evening, review the week's content on the weekend, and every 4 weeks do a set of practice questions from topics covered in the previous month.
2. Download the VCAA Physics Study Design and mark which topics they struggle with most — these should be revisited more frequently.
3. Remember, you don't need to spend hours revisiting each topic — just a few minutes is fine.

✔ They don't need to spend hours on the topic each time — even just 10–15 mins or 1–2 practice questions is effective enough.

📌 A revision schedule helps prepare for SACs and exams. But sometimes, your child just needs more. That's what Tip 5 is for.

# Tip 5: Teach Them to Ask for Help Early

👉 TIP 5 OF 5

**Waiting until after a bad SAC is already too late.**

## What This Means

Most students don't ask for help, even when they really need it. Sometimes this is because they carry shame, or they think they'll "just catch up" over the term holidays. Teaching your child that it is **OKAY to ask for help** — and that they should ask for it early rather than later — can change the trajectory of their performance in the entire subject.

## Why It Works

Physics is a **cumulative subject**. Each unit builds on the knowledge of the one before it. Therefore, even falling behind on just one topic can lead to a serious compounding effect on their grades AND their confidence. From experience, it's usually parents that reach out after a bad SAC — but in VCE, SACs count towards the final score, so by then it's much harder to turn things around. Students who reach out early have time to catch back up, and even get ahead.



## How to Apply It

### Normalise asking for help

Use prompting questions like: "Did anything feel unclear this week?" or "How are you finding this topic?"

### Watch for objective signals

If your child isn't forthcoming, keep an eye on unit tests or how well they do at practice questions.

### Encourage them to speak to their teacher

At the first sign of struggle, remind them that their teacher wants to help — they are not a burden.

### Consider a VCE Physics tutor

If they need more consistent support, the earlier you reach out, the more runway there is to actually fix the problem.

⚠️ I've noticed that students who give up entirely often do so because they fell behind on one topic and never got the help they needed early enough. Don't let that happen.

# Book Your Free Trial Class With Learn Physics

Over 16 years of teaching physics, I've watched the same thing happen again and again. Brilliant students fall to the bottom of the class — all it takes is one lesson they couldn't quite understand.

Suddenly, their confidence takes a hit. The next lesson builds on the one they didn't grasp, and suddenly everything feels impossible. But they don't say anything, because no child wants to admit they're lost.

So they go unnoticed, and slowly, their comprehension drops. Then the first SAC comes back, and everyone is surprised by the score. The child is embarrassed. Most times, they give up entirely.

**My free trial class exists to find these kids before that happens, and put them right back on track.** There's no commitment — just a full hour of small group teaching, where I can actively see how each child is approaching the content, and where the gaps are. I offer this purely so brilliant children like yours never fall through the cracks.



## Comfortable Start

We begin with introductions so your child feels at ease from the very first minute.



## Active Teaching

I explain the topic of the day, checking in frequently to ensure every student is following.



## Exam-Style Questions

We work through exam-style questions together. I check every student's answer individually and provide direct feedback.



## Examiner Thinking

I show students how examiners think — exactly what to write to get full marks.



## Questions Welcome

Questions are welcome at any time. I don't leave until every single question is answered.



## After-Class Support

Students receive homework and have direct access to me if they get stuck.

# The Learn Physics Difference

What makes Learn Physics different from other tutoring services isn't just the results — it's the philosophy behind every class.



- **Individual Attention, Every Class** — I personally check each student's work and watch how they respond — not just whether they get the right answer.
- **I Teach to the Weakest Student in the Room** — The stronger students still benefit from the repetition, and no one gets left behind.
- **Exam Technique, Not Just Content** — VCE is partly a game — examiners want specific things, and even brilliant students can underperform without knowing them.
- **Real-World Engineering Analogies** — I use physics every day as a working engineer, so the examples I give come from real jobs, not just textbooks.
- **Supportive Classroom Culture** — No one is made to feel bad for needing time. Questions are always welcome and always taken seriously.
- **Affordable by Design** — Strong results shouldn't be reserved for families who can afford premium private tutoring.

# Ready to Start?

**Get on the front foot before your child falls behind.**

You've now got five powerful, evidence-based strategies to support your child through VCE Physics — starting today. But if you want to go further and give your child the best possible chance at a strong result, the next step is simple.

## **No commitment required**

The trial class is completely free — one full hour of small group teaching with no strings attached.

## **See the gaps immediately**

In just one session, I can identify exactly where your child is struggling and what needs to be addressed.

## **Get ahead, not just caught up**

The earlier you reach out, the more runway there is to build confidence and results before the next SAC.

"The fact that you care and want to do something about it makes all the difference."

— Dan, Learn Physics

[\*\*Book the Free Trial Class Here\*\*](#)