

Exam Advice for Parents

January 1, 2018



Remaining Calm - It's perfectly normal for Parents to become anxious and worry for your son/daughter in the lead up to exams - especially if it's the first time they have sat an exam. The best way you can help them is to remain calm yourself! Many parents can feel like they are the ones doing the exams. Be calm and supportive.

Assisting with revision - The secret to doing well in exams lies in planning. You can help your son/daughter to create a clear revision plan and method of studying that will make them feel in control of their work. **Young people have different learning styles.** It is important they know their own learning style as this will help them get the best out of their studying.

Some ideas for revision planning:

- work out a revision timetable for each subject
- break revision time into small chunks - hour-long sessions with short breaks often works well
- make sure they have all the essential materials for each subject
- condense notes onto postcards to act as revision prompts
- go through school notes with your child or listen while they revise a topic
- help them make and take part in revision quizzes
- time their attempts at practice papers so they know how to answer exam-style questions

Making sure they eat well – Eating well is really important for helping a young person during studying. You can support them by making sure there are plenty of healthy snacks in the fridge. Research also shows that **pupils who have breakfast perform better in exams.** Ideally slow releasing energy foods like cereal or brown bread with an egg or porridge / muesli are the best on exam day!

Making sure they get enough sleep - If your son/daughter is studying **too much** there is a good chance they will become over tired or peak too soon. Encourage healthy sleeping patterns. We all perform better on a good night's sleep. We retain more information and can recall 50% better if we have slept well. Between 8 and 10 hours a night are required for teenagers.

Keeping perspective - Remember exams are not the 'Be All & End All'. Your son / daughter is not defined by these results. There are many career options open to them and many avenues. Helping your child stay positive is part of your job – they will perform better if they are confident and motivated. Make sure you keep the encouragement going!