



HOW TO SUPPORT YOUR CHILD'S EXAM PREPARATION IN YEAR 11

Exams, particularly important public exams, are stressful for students and probably even more so for their parents. It goes without saying that all children are different, so it follows that there is no single approach to how a parent can help out, but here are some suggestions:

Students who do best in exams:

- have revised thoroughly and carefully.
- feel confident.
- have parents who take an interest in their revision.

So, what can you do? Before we look at how you can support your child in their various subjects, some general advice is listed below:

Do

- **Discuss** with your child what will be involved in the revision period and what **your role** could be.
- Provide the environment necessary for success. Students need a place to revise which is quiet, calm and comfortable. Probably the most important is **quiet**.
- Respond **positively** when they ask for help. Ask exactly how you can help and if you can't help immediately, say when it's convenient.
- Give plenty of **praise and encouragement**. Point out what they are good at. Tell them daily what they do well. **Stay calm** and don't expect too much.
- Point out what they have done well if you look at their work. Don't dwell on the errors - **emphasise the positives**.
- Keep them well supplied with **healthy** food and drinks.
- **Keep a low profile**.
- Be prepared to **listen** when they want to talk about problems as everything becomes more emotional and heightened during the exam period.
- Encourage them to take **regular breaks** during long periods of revision
- Encourage **morning revision** when the brain is more receptive and discourage studying right up to bedtime.

There is **NO**
elevator to
SUCCESS.
You have
to take the
STAIRS.

Don't

- **Make comparisons** with brothers, sisters, friends and so on.
- Unintentionally add to their worries by **constantly mentioning** the exams.
- Relate too much to when you were sitting exams at school or how you did your revision.
- Worry if their revision techniques seem **strange or unusual**. Times have changed.
- Make a battle out of whether or not they **listen to music** when doing their revision.
- Distract them **unnecessarily**.
- Expect them to study all the time as taking some **time out to relax** will have a positive effect on their work.
- Join in the general anxiety; **be a picture of serene confidence**.

In Summary

There **is** a great deal you can do as a parent. You can't revise for them and, however much you'd like to, you can't take the exams for them, but you can be invaluable in making the exam process smooth, calm and successful.

Don't hesitate to contact the school for help and advice.