Venerable Bede Church of England Academy

Helping your child through the exam season.

The coming months may well see a rise in sleepless nights, tantrums, door slamming and bedroom walls being decorated with post it notes. The GCSE exam period can be a stressful time for all, but there are some easy methods to help to make your child's revision count.

Revision tips

- Encourage your child to have a clear timetable for revision, covering all the topics that they need.
- Sleep well. Lights off at 10 P.M often works.
- Eat well. Stock the snack cupboards & offer tea breaks!
- Break revision into small chunks. Study for no more than 45 minutes in one go & make sure they have a break.

Make sure your child has the essential materials they will need such as books, new stationary, highlighters and post it notes.

Use past papers, be familiar with question styles and how marks are awarded.

Try not to interfere too much & be ready to bite your tongue. Teenagers can get very stressed!

Find out what works for your child, for some a quiet, peaceful study area is perfect whilst some work best with music or background noise.

On the day of an exam

Make sure your child eats something an hour or two before an exam.

Help them to avoid people who may cause stress.

Stay calm.

The best way to support your child during the stress of revision and exams is to make home life as calm and pleasant as possible. Make allowances for your child being under pressure and encourage them to take regular exercise. A brisk walk can help to clear the mind before they begin their next session of revision. Try not to nag or make too many demands on your child. Arguments often add unnecessary stress and distract from revision. Finally, be positive; help them to put things into perspective.

Further resources can be found at http://www.mumsnet.com/education/exam-survival-tips