

# PARENT / GUARDIAN GUIDE TO HELP SUPPORT YOUR CHILD DURING REVISION AND EXAMINATIONS

## How can I help my child?

- Become familiar with your child's revision / examination timetable
- Ask them if they need help on regular occasions
- Ensure they have the correct equipment for revision / examinations and a space to learn
- Stay calm. Revision and exams can be stressful times resulting in rows. Worry and fear of failure can result in your child getting angry and upset.
- Emphasise the importance of study
- Diffuse negative thoughts. Praise effort and stay positive.
- Ensure your child gets plenty of sleep, fresh air, healthy meals and snacks.
- Ensure your child takes "brain breaks"



## How to help your child with common examination issues?

- *"I can't remember anything"*
  - o This is a panic cry
  - o Help your child to recall information after a revision session
  - o Use different revision strategies such as mnemonics, mind maps, post it notes to help with retrieval practice

- *"I don't understand"*
  - Speak to the subject teacher
  - Use a range of resources to help with knowledge and understanding such as class notes, past paper questions, mark schemes, model answers, revision websites, examination boards
- *"There is too much to learn"*
  - Create a revision timetable and / or a checklist
  - Prioritise subjects and topics
  - Create revision notes / mind maps / flash cards
  - Don't always leave the difficult topics to the end
  - Repetition is key
  - Read answers out loud / record answers and play them back



# PARENT / GUARDIAN REVISION CHECKLIST

HOW TO SUPPORT YOUR CHILD IN THEIR EXAMS	✓ TICK
Put the exam timetable up on the wall. Ensure they know what exam they have and on what day	
Put the revision timetable up on the wall	
Make sure they eat plenty of healthy meals and snacks	
Make sure they get plenty of sleep and regular exercise	
Check that they have the correct equipment for revision and examinations	
Make sure that they have a quiet, well-lit area to study	
Praise, be positive and help diffuse negative thoughts	
Ensure they take regular breaks form revision Suggested revision times: <ul style="list-style-type: none"><li>- 20 min revision</li><li>- 5 min testing</li><li>- 5 min break</li></ul>	
Plan a guilt free "me" time for your child doing something that they enjoy such as watching a film, playing sport	