

Preparing for Success

What you can do to help?

- recognise how important these exams are and how much time your son/daughter will need if they are to do as well as they can
- not asking them to do too many chores or look after younger brothers and sisters; encouraging the rest of the family to help by not disturbing revision
- securing a quiet place for study, where their work can be safely kept
- encouraging planned relaxation time (too much study is not helpful)
- encourage your child to have regular breaks, to do something they enjoy, even if it's just half an hour off for their favourite soap, or listening to music
- reminding them that it will soon be over and there will be a good break from school when they can catch up on what they have been missing!
- praising hard work and practise not talent/ability
- emphasising the need for plenty of sleep
- helping them to forget about each exam as it is finished – avoid post mortems
- accept this is going to be a stressful time for the whole family – expect outbursts and try to remain calm
- try and work with your child and support them rather than 'policing' them
- let your child know that you are there if they need you, but don't expect them to share all their worries – many just won't
- make sure they eat healthy snacks regularly, and drink enough so they don't get dehydrated
- respect their body clocks – many teenagers are more alert during the night and this may be the best time for them to revise even though it makes parents anxious!

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During the exam period

Try to ensure that:

- Your son/daughter gets a good night's sleep before exams.
- They have all the equipment they need:
 - a couple of pens and sharp pencils;
 - a rubber and ruler;
 - a watch.

Sometimes they may also need:

- a calculator;
- a protractor.
- They know the start times of every exam that day.
- They know the revision lessons for each day.
- They know when the extra exam sessions are during the exam period.
- You wish them well; tell them they have worked hard enough and that they can only do their best.
- You look forward to seeing them at the end of the day.

And when it's all over

Tell your son/daughter to relax and forget about studying for a while. They should be able to have a great holiday and studying cannot start for another 10 weeks.