



EXAM PREPARATION - STEPS FOR PARENTS

Tips for helping your child during the exam period.

In the last edition of the newsletter we introduced the idea of starting the conversation with your child about the upcoming exam period. Now that the term has begun your child will have begun receiving more information about when their exams will be and what content they need to know. Stress and anxiety are a normal response to exam time and can help students stay focused and motivated. Research shows that a bit of stress improves students' performances in exams. However, if students feel too stressed and anxious then it can have the opposite effect. Signs that your child might be experiencing an unhelpful level of stress could be:

- Difficulty sleeping
- Procrastinating or being reluctant to take breaks from studying
- Lack of interest in their normal hobbies

As a parent, there are many ways that you can support them during the next few weeks of exams. It is important to:

- Provide a study space and home environment that is calm and peaceful.
- Ask your child to develop a study timetable. This can be for their time after school and on the weekend and should incorporate a. the time block that they have available b. the topics that they plan to cover c. breaks and time of relaxation.
- Ask your child what help and support they would like from you during this period, and invite them to share with you any worries or concerns that they have about their exams.
- Assist them by setting limits on technology use. Devices can be a powerful distractor and

can be used to avoid studying. Encourage your child to only use their devices during their scheduled break time.

- Encourage your child to go to sleep at a reasonable time. This is particularly important for the night before the exam. Research shows that sleep is vital for memory retention and learning.

It is common for parents to want their children to succeed in their exams and attain good results. Good results help students to feel encouraged and positive about their learning. However, it is equally as important to praise them for any effort that put in to studying- despite the results. When students focus on their efforts, and not the end results, they can feel less stressed and are more likely to be able to focus, study effectively, and enjoy learning.

Sarah Sewell

Psychologist - Senior School
