

# EXAM ADVICE

## Tips for parents

### No one said exams are easy!

Exam time can often be as stressful for parents as it is for pupils. We have pulled together some hints, tips and advice which we hope you will find useful.



## It's Good to Talk

Chat with your child about their upcoming exams, ask them how their preparations are going and ask how they're feeling about it. Keep the communication going throughout the exam season. If they have them, gently encourage your child to talk about exam nerves when they are ready to. Emphasise that these feelings are completely normal and to be expected. Remind them of their hard work to date to build their confidence.



**Tips for parents during exams**  
Useful information and guidance can also be found on our website [www.hartschool.org.uk](http://www.hartschool.org.uk)

### Ask Yourself...

What do you expect?

**What are you expecting from your child during their exams?**

Parents naturally want their children to do well in exams. Most pupils place enough pressure on themselves during exams to make that outcome a reality. Additional expectations, demands or pressure from parents and other family members can end up being more harmful than useful. Reassure them of your love and support and encourage them to do their best.

Tips

# MORE TIPS FOR PARENTS

## Calm

One of the best ways to support your child during the stress of revision and exams is to make home life as calm and pleasant as possible. Don't let your stress become their stress. Ensure that other members of the household are aware that your child may be under pressure and collective support and understanding is in place. Try not to make too many demands on your child during exam time. Arguments are counter-productive and will only add unnecessary stress and distract from revision and concentration.

## You are what you eat

What you eat and drink affects your performance in any field of activity, especially one involving mental sharpness. As a parent, you should try to ensure that your child eats and drinks nutritious food during the coming weeks. Grazing on junk food is tempting at times of increased stress but this should be avoided.

## Know your child's exam timetable

Pin a copy of the examination timetable to the fridge or write the dates in your diary. Make sure you are aware when your son or daughter has an exam. A copy of the exam timetable can be found on our website [www.hartschool.org.uk](http://www.hartschool.org.uk).

## Ensure your child is present for every exam

Make sure the alarm is set, help them prepare for the day ahead with a healthy breakfast and keep them on track to be on time for school.

## Listen

After each day's examinations, encourage your child to chat to you about their day. Do not be tempted to discuss in detail the mistakes or errors they may have made. Going into great detail about this will not achieve anything positive and may lead to increase stress levels. However, it is important to allow them the time and space to tell.

## Help them to focus on the day ahead

It can be helpful to look ahead to the next day. Questions, such as "What is up next?", "Are there any compulsory sections?", "Are there any predictable questions?" and so on, can be useful in helping students devise their study schedule for the time available before the next exam.

## Encourage a balanced daily routine

Help your child to maintain a healthy balance between study and rest. After an exam, they need time to rest and recharge before they can do any beneficial study for the next one. Encourage them to join family meals even if it's a busy revision day. It is important to have a change of scene and maintain a healthy diet.

# HOW TO DEAL WITH EXAM STRESS



## People to talk to

People to talk to If you feel your child is finding it difficult to deal with the pressure of exams there are people in school that you or they can speak to.

Please do not feel like you are alone – we are in this together!

Your child's:

- Form teacher
- Student Support Officer (SSO)
- Director of Keystage (DoKS)
- SLT Achievement Lead



## Assisting with revision

**The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that will make them feel in control of their work.**

Tips for revision planning - work out a revision timetable for each subject

- break revision time into small chunks - hour-long sessions with short breaks at the end of each session often work well
- make sure your child has all the essential books and materials
- condense notes onto postcards to act as revision prompts
- if you can, buy new stationery, highlighters and pens to make revision more interesting
- go through school notes with your child or listen while they revise a topic
- time your child's attempts at practice papers.

# USEFUL WEBSITES

Further help and advice can be found online - here are a selection of site which you may find useful:

[www.bbc.co.uk/schools/parents/helping\\_with\\_exams/](http://www.bbc.co.uk/schools/parents/helping_with_exams/)

[www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/](http://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/)

[www.tes.com/teaching-resources/gcse-exam-revision/parents](http://www.tes.com/teaching-resources/gcse-exam-revision/parents)

[www.gcsepod.com/parents/](http://www.gcsepod.com/parents/)

[www.bbc.co.uk/guides/zw8qpbk](http://www.bbc.co.uk/guides/zw8qpbk)

---

## TIPS TO SHARE WITH YOUR CHILD

Revision needs your child to:

- Have a plan.
- Be organised.
- Revise a little but regularly e.g. each day.
- Plan revision of the topics in the right order.

When revising:

- Plan to revise specific topics in each subject, not everything at once.
- Break your material into chunks.
- Many students think revising is simply reading notes or a text book, see the pyramid diagram.

We cannot stress this too much:

Just reading the text book is not good revision

- Just reading the text book is not enough.
- Break the 40 – 45 minutes up into revision activity (30 minutes) and testing what you have learned (10 – 15 minutes).
- Checking your work correctly gives you FEEDBACK and feedback is another key factor for success.
- Revise for short periods e.g. 40 - 45 minutes with a 5 – 10 minute break. Stay focused, hours can easily be wasted on social networks and mobile phones.
- In the evenings, plan to revise one or two subjects for one to two hours. Leave some time for relaxation very evening.
- Don't leave revision to the last minute.

---

## WHY REVISE WITH YOUR CHILD

Your child will be preparing for 8 or more Level 2 [GCSE / BTEC] courses. Each syllabus will cover a wide range of complex information, concepts and skills and all of this needs to be mastered. Regular revision is the key to success to build up a depth of knowledge, conceptual understanding and skill that will last a lifetime. Teachers will have taught the information to your child, however we don't remember everything.

---

**To achieve their best, your child needs to revise regularly.**

What can go wrong with revision:

- Not doing any Leaving it until the last minute.
- Not having a plan.
- Being too rigid about a plan
- Not being sure what to revise.
- Being unrealistic about what can be achieved in the time available.

Being overwhelmed and so...

- Not knowing where to start.
- Not starting somewhere because you are overwhelmed.
- Not dealing with stress and losing perspective.
- Not making the most of what teachers offer e.g. extra revision sessions / master classes.