



# How to help your child prepare for exams



## 1. Know your child's exam schedule

- Help them create a revision timetable.
- Stick it on the fridge in plain sight!



## 2. Organise their work /files

- Pupils of all ages have difficulty in organising their work. Revising is far easier if doing so from a well organised file.
- Each section should include the relevant notes, homework & Tests etc.



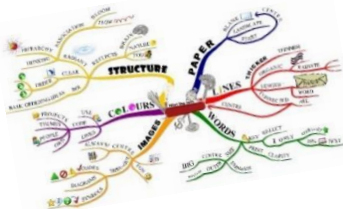
## 3. Find them a quiet place to study

- Without their phones / ipads etc ...
- Establish a habit in which phones/ipads are kept in a different room.



## 4. Create study aids

- Encourage this to be done in the weeks prior to the exam. Not the night before!
- These will differ for different subjects and different pupils.
- Encourage them to develop their best method. e.g. mind maps, study notes ...
- 'Teach Me' – get your child to teach you a concept they are studying.



## 5. Practise questions /exam papers

- Focus on challenging questions- avoid spending disproportionate time on easier questions.



## 6. Regular breaks / Other activities

- Short breaks every 30 to 60 minutes are encouraged.
- Brief breaks can reduce stress, improve memory and increase concentration.

## 7. Tackle exam / test anxiety

- Your child might be nervous, anxious, or scared about the exam- identify these feelings early so that you can support your child before the exam.
- Practise mindfulness and relaxation techniques, such as deep breathing methods. Visit [Mood Juice](#) and [Head Space](#) for further ideas.
- Reassure your child that the result does not matter as long as they tried their best.
- While we all want to encourage them to do their best, it is important to shift focus to other activities so they don't become overwhelmed. i.e. go for a walk ...

## 8. On the day of the exam ...

- Encourage a good night sleep before the exam. (Remove phones from bedrooms!)
- Give them a good breakfast.
- Double check they have the correct equipment.
- Ensure they arrive on time.
- When they arrive home, ask them about the exam. Then help them move their focus to the next exam, especially if it didn't go well.

