

## What can parents do to help?

- Students should know which exams they are taking from the list below – please remind them. **Be calm and supportive** – Children cannot work when they are stressed!



- It is expected that students who have exams will be revising for approx. **1 – 2 hours each night (more at weekends)**. Teachers will set less homework to allow students to revise. Students should plan breaks, for example, revising for 30 –40 minutes followed by a ten-minute break.

- Make sure your child has a **quiet place to work** and the right equipment. Highlighters are useful as many people remember 50% more information if it is coloured.



Many students are very active outside school. Be reasonable about this and avoid overloading your child. However, students cannot perform well in a test if they have been out for 3 hours the night before. **It is sensible to monitor your child's commitments during this difficult time.**

- MSN, Facebook, TV and loud music **should not** be used when your child is working. They disturb concentration and definitely slow down their work rate. They should be kept for breaks only.



- Please check that your child draws up a revision timetable, which should include dates of the exams, details of the subject and topics to revise.



- Regular exercise and healthy eating are always important but particularly so when under pressure. Some students may also want to arrange to have a day or evening off during their revision session. **Providing this is built in to their timetable then this is perfectly acceptable.**