



## Assisting your child with revision

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

*Talk to your child about the revision they are completing each day.*



Students should design their home study to complement the work they are doing in school and can ask their tutor if they need support.



*There is space on their exam timetable to plan evening study and you could fill this in with them.*

Mapping out their time is also important to ensure that students do not work too hard - they need regular breaks and time to do the things they enjoy.

## Tips for revision planning

Your child should have a timetable for the period during the exams when they are in school. Ask them to show you this, talk to them about it and ask them how they are going to organise their time outside of school in evenings, weekends and the half term week.

- encourage them to break revision time into small chunks - 30 mins to 1hr sessions with breaks at the end of each session often work well.
- make sure your child has all the materials they need to revise – they can see their class teacher for help.
- Encourage them to write down what they feel they know well and the areas they'd like to know better.
- help your child to condense notes onto postcards to act as revision prompts and use these to test them in quick bursts.
- ask them questions about what they are learning.
- go through school notes with your child or listen while they revise a topic.
- time your child's attempts at practice papers.

## A space to revise

One of the best ways to support your child during the stress of revision and exams is to ensure they have a space to revise.

Studying alone in a quiet room suits some people, but not everyone likes working in silence. Your child may like playing music quietly in the background, or revising with a friend.

Try to make home life as calm as possible and make siblings aware that aware that your child may be under pressure and to support them.

*Encourage your child to take regular breaks. It's important to have a change of scene and get away from books and the computer for a while.*



## Eating well – Brain food!

Encourage your child to take a break and join family meals. It can be tempting to skip meals if they are busy with revision.

Remind them to drink plenty of water and, if possible, fill the fridge with healthy snacks and try to provide good, nutritious food at regular intervals.



*Breakfast is really important when you are revising or sitting exams. Research has shown that students who eat breakfast perform better in exams.*

*Also encourage your child to take regular exercise. A brisk walk can help clear the mind before the next revision session.*

## Sleep, sleep, sleep!

*Encourage your child to wind down before bed and give themselves half an hour or so between studying, or using screens and going to bed to help them. Switching off can go a long way in helping them to fall and stay asleep which will help keep their mind fresh for their exams and can help them manage or reduce your stress level.*

*Discourage your child from staying up late to cram.*

## Talk about exam nerves

Remind your child that feeling worried or anxious about exams is normal.

Nervousness is a natural reaction to exams. The key is to put these nerves to positive use.

Encourage them to think through what they do know and the time they have already put into studying to help them feel more confident.

If they seem overwhelmed, taking a moment when they feel especially frazzled or anxious to calm themselves can be a useful strategy to master both during revision and exams.

For some, meditation, grabbing a cup of tea, deep breathing or taking a few minutes outside in nature even if only for a couple of minutes, can be beneficial.

## Managing a 'disappointing' exam

Before your child goes into school for an exam, be reassuring and positive - don't add to the pressure.

After each exam, encourage your child to talk it through with you. Talk about the parts that went well rather than focusing on the questions they had difficulties with.

Be calm and let them know that failing isn't the end of the world. Even though it may feel like it to them. There will be other options - they are at the start of their lives, with so many doors still open to them.

*Let them know you love them through highs and lows. Big hugs are good (although probably very embarrassing in public).*



Encourage them to move on and focus on the next exam, rather than dwelling on things that can't be changed.

## Encourage exercise during exams

Exercise can help boost energy levels, clear the mind and relieve stress.

It doesn't matter what it is - walking, cycling, swimming, football and dancing are all effective. Activities that involve other people can be particularly helpful.



*Get them to try 'shaking it out', or getting up from their desk and doing some light stretches. Moving your body is a great way to avoid stiffness and to better concentrate well for longer periods of time overall.*

## Special Consideration

If anything happens during the exam period that you think may have an impact on your child whilst doing their exams please let us know.

This could include things like:

- Illness or injury of your child
- Illness of a family member
- Diagnosis of an illness of a family member
- Bereavement
- Domestic crisis or disruption at home
- Witnessing a distressing event
- Hay fever or illness on the day of an examination
- Stress or anxiety for which medication has been prescribed

If you are unsure whether or not something would qualify for special consideration, please still tell us and we will get back to you.

## Useful Links

**Some of the information and advice in this leaflet has come from the following websites.**

[NHS Website - Tips on preparing for exams](#)

[BBC Bitesize - Exams and Revision](#)

[Childline's advice on Exam Stress and Pressure](#)

[Kooth's Guide on coping with exam stress](#)

[JCQ Special Consideration A guide to the special consideration process](#)