

Life at Home & Studying

PREPARING FOR EXAMS - HOW TO ASSIST YOUR CHILD

Eliminate last-minute stress on exam mornings by preparing the evening prior.

- Confirm the date, time, and location of the exam. Ensure they have gathered all necessary equipment, such as a calculator, dictionary, and protractor, stored in a clear case.
- Remind them to bring a watch (no smartwatches) to help manage their time during the test.
- Check that their clothes are ready to prevent any morning rush.
- Make sure your kitchen is stocked for a healthy breakfast.
- Have they packed a clear water bottle? Staying hydrated is crucial!
- Encourage them to get to bed early. Light revision is fine the night before, but cramming late isn't advisable. Don't take for granted that the journey will be free of traffic or accidents, even if it's a route you frequently travel. Be sure to allow for extra time.



Woolwich Polytechnic
Sixth Form

Stay Positive

Encouragement

Foster a positive atmosphere and reassure your child about their accomplishments to enhance their confidence before an exam. Avoid adding to their anxiety by suggesting they haven't prepared enough (even if that's your perspective!). Remind them that failing an exam isn't the end; they can always retake it or explore other options.

Show interest

Provide your teen with the chance to discuss their feelings about the exam afterwards, if they wish to share. Emphasise the positives rather than dwelling on any difficulties they faced. Remember, once an exam is completed, they can't alter their answers, so it's best to focus on future opportunities that can be positively influenced.

Overall well-being

Prioritise essential health habits during exam time, such as getting adequate sleep, maintaining a nutritious diet, staying hydrated, being active, and taking breaks. Support your child in embracing these practices to enhance performance. The night before or the morning of the exam is not the ideal time to cram new information. As much as possible, help them avoid last-minute panic studying. Reviewing previously made notes is acceptable, but learning new material should be avoided.

Relieve household responsibilities

Allow your teen to take a break from household chores during the exam period. They are already facing significant pressure, so give them a reprieve from additional responsibilities until after the exams.

Addressing exam anxiety

Exams can trigger varying levels of anxiety in individuals. If your teen is feeling nervous, reassure them that it's completely normal to experience exam-related anxiety. Provide them with the space to express how they're feeling and whether their nerves are showing up as physical or mental symptoms. Avoid making them feel uneasy about their anxiety!