



### Exam Success - How can you as parents/carers help?

Success in exams is a team effort which involves you, us and your child working together.

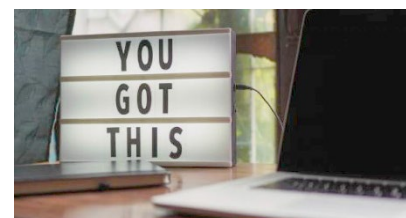
This can be a stressful and emotionally charged period for you, your child and your family so you may experience drastic mood swings and unexpected behaviour. One of your most important roles is to make home life as calm and supportive as possible.

You are not expected to fully understand the details of the exam system, know anything about sitting exams or be an expert in any subjects but your input will still make a huge difference!

[The links within this document lead to various handy hints and resources](#)

- **Motivation**

- Find their why - are their goals sixth form, college, apprenticeship, earning lots of money? Can you incentivise/reward them?
- Take an interest - ask about revision plans, how they feel things are going, what's working well and what they're having problems with. Look for opportunities to praise them for their efforts. Encourage them to believe in themselves by reminding them of things they have done well in the past.



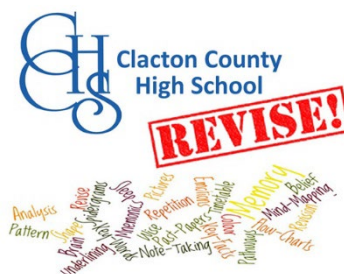
- **Health**

- **Sleep** - teenagers need around 9 hours sleep per night as they are going through a second developmental stage. Sleep deprivation, even for the sake of studying, always impairs thinking and memory to some degree. On tests of knowledge or skill, performance is negatively affected by lack of sleep. Help them to sleep well by getting them to switch off from [social media](#) and other screen-based activities at least 30 minutes before bedtime.
- **Diet** - your brain cells and nerve cells use sugar to produce energy. When blood sugar available to these cells decreases to a certain level you may experience slower thinking processes, irritability, and even depression. However, consuming high-sugar foods and beverages such as candy bars and soft drinks can set you up for a blood sugar crash. Ensure their [diet](#) includes a variety of foods containing combinations of protein and carbohydrates so that sugar is released into their system slowly over time.
- **Exercise** - sitting and looking at books, papers, and a computer can really slow down your body. Encourage your child to go for walks, play a sport etc, as stretching their muscles and getting blood pumping will help their brain, release endorphins that reduce stress and improve mood.



- **Revision**

- Study space - find them a quiet place to study - preferably somewhere they can leave their books out. Remove distractions - ask them to leave mobile phones etc in another room
- Revision planning - using their exam timetable, help your child plan a revision timetable that leads up to the exams. Ensure they know [which topics they need to revise](#) and help them build in a series of 30minutes study periods broken by rest intervals, these should include any after school revision sessions at school. Suggest when revising at home they focus on specific topics, in particular, ones that they struggle with rather than the ones that they find easy! Display the revision timetable somewhere central in the house ticking off and celebrating when sessions are completed.



We are here to help, please feel free to contact us if you have any questions. Good luck to all our students and their families.