

Exam revision: How PARENTS can help

Don't compare your own experiences of exams with your children's!

Do...

- Discuss with your child what will be involved in the revision period and what your role could be.
- Help construct a revision timetable – see website for templates – stick it up on the fridge or somewhere prominent.
- Provide the environment necessary for success. Ideally, they need a quiet, well lit place to study with interruptions kept to a minimum when they are working.
- Respond positively when they ask for help. Ask exactly how you can help and if you can't help immediately say when it's convenient.
- Give plenty of praise and encouragement, stay calm and don't expect too much.
- Keep them well supplied with food and drinks.
- Keep a low profile.
- Be prepared to listen when they want to talk about problems as everything becomes more emotional and heightened during the exam period.
- Encourage them to take regular breaks during long periods of revision.
- Encourage morning revision when the brain is more receptive and discourage studying right up to bedtime.

Don't...

- Make comparisons with brothers, sisters, their friends and so on.
- Unintentionally add to their worries by constantly mentioning the exams.
- Relate too much to when you were sitting exams at school or how you did your revision.
- Worry if their revision techniques seem strange or unusual.
- Make a battleground out of whether or not they listen to music when doing their revision.
- Distract them unnecessarily.
- Expect them to study all the time as taking some time out to relax will have a positive effect on their work.