

PARENTS GUIDE TO SUPPORTING YOUR CHILD DURING GCSE EXAMINATIONS (including Mocks)

- Students will have a mock or real examination timetable.
- Ensure that they know which mock/real examination they have on each day. Is it in the morning or the afternoon?
- Check that they know what equipment they should have for each mock/real examination.

1. ANY ISSUES DURING THE EXAMINATIONS

- ILLNESS - Contact the school and make an appointment with your GP.
- PASTORAL ISSUES - Contact the House team for support.
- SUBJECT CONCERNS – Speak to the member of staff and refer to the guidance given.

2. HOW CAN I HELP MY CHILD?

- Ask if they need help on regular occasions. Gentle reminders work best.
- Stay calm. Teenagers taking exams can get tunnel vision, so rows can be common place at a stressful time. Anger can be a cover for fear.
- You can't make them study, but you can emphasise why they need to study.
- Try to diffuse negative thoughts. Try to be realistic.
- Ensure your son/daughter gets fresh air and is eating regular healthy meals and snacks and sleeps well.

3. SUGGESTED REVISION TIMINGS

- Suggest they put aside a set period of time to revise and try to stick to this.
- Suggested timings:
 - 20 MINUTES REVISING
 - 5 MINUTES TESTING
 - 5 MINUTES RESTING (repeat)
- When they return, see what they can remember from the first 20 minutes and revisit the ideas they cannot remember and move on.
- Suggest little tests to do in 2 minutes, or try mocks for an hour.

4. HOW TO HELP YOUR CHILD DEAL WITH COMMON EXAMINATION ISSUES

“There is so much to learn”

- Have a revision calendar.
- Divide the day into three sessions (morning, afternoon and evening).
- Write on the exams and key dates.
- Focus on subject topics.
- Have variety in subjects and activities.

“I can’t concentrate”

- Concentration levels do vary for each individual.
- Begin working for short periods.
- Introduce the ideas of rewards and goals.

“This is so boring.....”

- Revision is not always fun.
- Get actively involved with the materials.
- Use a range of techniques.
- Have variety and goals.

“I like studying in bed”

- Have a quiet place without distractions.
- Insist on no TV, radio, iPod, mobile ‘phone, or computer games and no ‘phone calls when revising.
- Ensure a quiet and tidy place at a table or desk.
- Ensure the room is well lit. Natural light is better than artificial light.
- Quiet music in the background.

“I can’t remember anything”

- This is a panic cry.
- Try to recall information after a revision session.
- Use strategies such as charts to jog memories, post-it notes of key terms.

“I don’t understand”

- Contact the subject teacher.
- Use a range of resources including textbook, revision guides and notes.
- Examination Boards have guidance.

5. TIPS FROM PARENTS

“As a parent, it is never good to get caught up in arguing about revision, however frustrated you may get. Try to remain calm and be open to negotiation when it comes to free time/rewards”.

“Don’t try to make your child sit at a table for hours revising. It doesn’t work. Encourage short timed sessions of revision”.

“Encourage them to talk to you about what they have been doing. It is good for them to know that you are interested”.

“Help them to stay calm. It is always about them trying to do their best, and come away knowing that they have tried their hardest”.

“If you find yourself getting stressed out, step back. Ask for support from a family member. Share the worry”.

“Plan a ‘guilt-free’ me time. This will reward revision. Let them enjoy playing on the computer game, watching TV etc.”

“Organisation! Organisation! Organisation!”

“Make sure they have a dedicated study area. Try to organise work by subjects. Stick the revision timetable up somewhere”.

“Keep in touch with them. Encourage them every day.....don’t nag!”

REVISION CHECKLIST

HOW TO SUPPORT YOUR CHILD	√
Put the revision timetable up on a wall.	
Make sure they eat healthy meals and snacks.	
Ensure they take regular exercise and plenty of sleep.	
Ensure that they know which examination they have on each day.	
Check that they know what equipment they need for each examination.	
Make sure they have a quiet, well-lit, dedicated study area at a table or desk.	
Stay calm and emphasise why they need to study.	
Ask if they need help on regular occasions, diffusing negative thoughts and being positive and realistic.	
Make sure they take regular breaks.	
Suggested timings: 20 minutes revising 5 minutes testing 5 minutes resting	
Try a mock examination for an hour.	
Plan a “guilt-free” me time for your child doing something they enjoy, sport, watching a film etc.	