

HOW TO SUPPORT YOUR CHILD THROUGH THE EXAM SEASON



Offer practical support by helping your child create a schedule or timetable that works for them. Ensure they take regular breaks and that revision does not take up all their free and social time.



Help your child find an environment they feel comfortable revising in, whether it be at home, in school, or even at libraries or coffee shops, with or without friends around.



Let your child know that it is normal to be stressed during the exam season. If you notice their stress is becoming serious, talk to them or encourage them to talk to their teacher or school councillor.



Encourage active learning techniques such as flashcards, mind maps, and past exam papers. Minimise distractions such as phones, TV and social media during revision time. Consider a private tutor or revision workshops outside of lesson if they are struggling.



Most importantly, be positive during their exam period. Remind them to do their personal best and not compare themselves to others. Encourage them to focus on what went well, rather than what they missed or struggled with.

