

# Supporting Pupils Through Exams



# Key Dates



Mock Series 1 – 23rd October until 19th November

Mock Series 2 – 19th February until 10th March

GCSE & BTEC Exams – 13th May until 21st June



**it's a marathon  
not a sprint**



# What can parents do?

**Be positive** If things are going wrong talk to your child and avoid at all costs losing your temper.

**Avoid negatives** Self esteem will be brittle.

**Be the provider** Make sure you have the equipment for your children, pens, paper, folders etc

**Appreciate that children will get stressed**

**Show an interest in their revision**

**Join in the revision process**

**Reduce chores around the house** Cook their favourite meals

**Reward for effort (not bribery)**

**Remove electronic devices** Electronic devices can be a distraction.



**Find a suitable revision place where study can be done and notes kept safe**

# Exam Stress

- Eating more or less
- Sleeping more or less
- Headaches
- Crying
- Nausea/Butterflies
- Low self-confidence
- Guilty feelings
- Loss of interest
- Tired
- Poor memory and concentration
- Failing to finish tasks
- Irritable and angry
- Feel lonely and isolated
- Hyperactive
- Indecisive
- Fearful of the future



# Dealing with Exam Stress

Get your child to do  
some form of exercise

Control the time spent  
on revision  
(30 minute chunks max)

Plan fun activities into  
the revision timetable

Sensible diet  
Avoid caffeine  
Drink plenty of water

Sensible bed time  
Rest reduces stress.

Talk positively  
Bear in mind that hearing about  
yourself, brothers or sisters  
have gone through this will not  
help at this time. It can increase  
the pressure to live up to  
expectations.

Allow your children to  
talk to friends on the  
phone, social media etc  
(within reason)

Be aware that for the  
next few months GCSEs  
will seem like the only  
important thing in the  
world.

Be interested in your  
child's progress and  
praise success!

**DON'T PANIC!**  
You are not alone.  
Contact school and talk  
to us if worried.

Avoid offering bribes or  
presents conditional on  
high grades.  
It is better to encourage for  
effort or own satisfaction.


Encourage the rest of  
the family to be  
considerate.

# Revision Strategies


## Priority revision timetable

## Other Strategies

- Fact sheets
- Flash cards
- Flow charts
- Quizzes
- Past paper questions



## Revision Timetable



Week Beginning \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 1							
Break							
Morning 2							
Break							
Afternoon 1							
Break							
Afternoon 2							
Break							
Evening							

eParenting.co.uk

# Other Information and Support

**Curriculum maps** which outline what students have been studying

**Weekly assemblies**

**School website** which has information on different revision strategies and information for specific subjects

**Period 6 lessons** which will finish next week, apart from BTEC

**Study hall** is a place for pupils to use after school with resources they can use such as textbooks and past paper exam questions



# And Finally...

Your support, encouragement and interest can make a spectacular difference to your child's motivation and ability to cope with the academic and organisational demands of the exams.