



## What can parents do to help?

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### Revision

- Make sure your child is completing the 20:20:20 homework every day alongside additional revision
- Make sure your child has the time to study and a quiet place to study
- Talk to your child about how you can support them and what they would find helpful
- Ensure they have the correct study guides. Provide them with any files, dividers, sticky notes and highlighters that may help them organise their revision
- Reduce your expectations of their contributions to household chores
- Make sure they get started! This will be the hardest bit over
- Help your child produce a realistic revision timetable and stick to it (see instructions on how to produce a revision timetable on our website). This may take a big investment in time and effort but is the single thing that will make the most difference.
- Offer to test them on their work if they want you to
- Be sensitive to the pressure they are under. Show an interest in how it is going. Try to stay calm and positive and praise the effort they are making
- Encourage your child to talk to their teachers if you have any questions or concerns (you may need to do this for them if necessary)
- Encourage your child to attend all revision and warm up sessions put on by the college

### Coping with the exam

- Make sure your child has a good night sleep before an exam
- Make sure they eat well before setting off for the exam
- Make sure they have all the equipment they need (black pens, pencils, rubber, ruler and calculator)
- Make sure they set off in plenty of time for the exam