

# 10 TOP TIPS TO SUPPORT YOUR CHILD THROUGH THEIR EXAMS



**Encourage Active Revision** – suggest techniques such as flashcards, mind maps, past paper questions, and self-quizzing instead of passive reading



**Promote Healthy Habits** – ensure they get enough sleep, eat nutritious meals, and stay hydrated to boost concentration and memory.



**Breaks Are Essential** – encourage revising in 25 min chunks and having a 5-min break to maintain focus unless completing past papers, allow the allocated time for these.



**Limit Stress & Anxiety** – help them manage exam nerves by practising relaxation techniques like deep breathing or short walks.



**Plan Post-Exam Treats** – having something to look forward to after exams can keep spirits up and provide motivation to push through.

**Create a Study Schedule** – plan a realistic and balanced timetable, ensuring all subjects are covered and allowing for breaks and rest.



**Set Up a Productive Environment** – provide a quiet, well-lit space for study, free from distractions like social media and TV.



**Use Past Papers** – practising exam-style questions under timed conditions helps improve confidence and exam technique.



**Be a Supportive Listener** – check in with your child regularly, offer encouragement, and reassure them that their best effort is enough.



**Reward Effort & Progress** – acknowledge their hard work with small rewards or treats to keep motivation high.



Your encouragement and support will help your child approach their exams with confidence.

Stay positive, and remind them that they are capable of success!