

# Exam advice

2020

Tips for parents

## No one said exams are easy!

Exam time can often be as stressful for parents as it is for pupils. We have pulled together some hints, tips and advice which we hope you will find useful.



## It's Good to Talk

Chat with your child about their upcoming exams, ask them how their preparations are going and ask how they're feeling about it. Keep the communication going throughout the exam season. If they have them, gently encourage your child to talk about exam nerves when they are ready to. Emphasise that these feelings are completely normal and to be expected. Remind them of their hard work to date to build their confidence.



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**Tips for parents during exams**  
Useful information and guidance can also be found on our website

[www.sheffieldpark-academy.org](http://www.sheffieldpark-academy.org)

## Ask Yourself...

What  
Do  
You  
Expect?

### What are you expecting from your child during their exams?

Parents naturally want their children to do well in exams. Most pupils place enough pressure on themselves during exams to make that outcome a reality. Additional expectations, demands or pressure from parents and other family members can end up being more harmful than useful.

Reassure them of your love and support and encourage them to do their best.



# MORE TIPS FOR PARENTS

## Calm

One of the best ways to support your child during the stress of revision and exams is to make home life as calm and pleasant as possible.

Don't let your stress become their stress.

Ensure that other members of the household are aware that your child may be under pressure and collective support and understanding is in place.

Try not to make too many demands on your child during exam time. Arguments are counter-productive and will only add unnecessary stress and distract from revision and concentration.

## You are what you eat

What you eat and drink affects your performance in any field of activity, especially one involving mental sharpness.

As a parent, you should try to ensure that your child eats and drinks nutritious food during the coming weeks.

Grazing on junk food is tempting at times of increased stress but this should be avoided.

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## Know your child's exam timetable

Pin a copy of the examination timetable to the fridge or write the dates in your diary. Make sure you are aware when your son or daughter has an exam.

A copy of the exam timetable can be found on our website [www.sheffieldpark-academy.org/](http://www.sheffieldpark-academy.org/)

## Ensure your child is present for every exam

Make sure the alarm is set, help them prepare for the day ahead with a healthy breakfast and keep them on track to be on time for school.

## Listen

After each day's examinations, encourage your child to chat to you about their day. Do not be tempted to discuss in detail the mistakes or errors they may have made. Going into great detail about this will not achieve anything positive and may lead to increase stress levels. However, it is important to allow them the time and space to tell

## Help them to focus on the day ahead

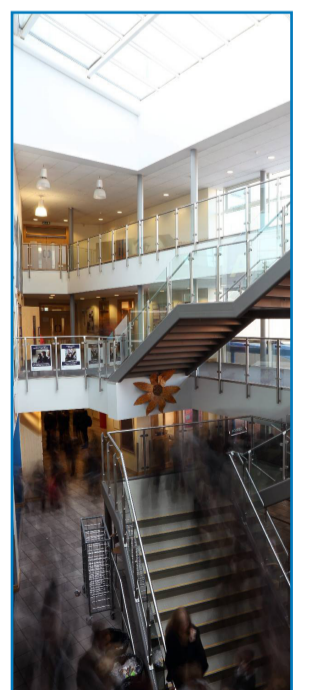
It can be helpful to look ahead to the next day. Questions, such as "What is up next?", "Are there any compulsory sections?", "Are there any predictable questions?" and so on, can be useful in helping students devise their study schedule for the time available before the next exam.

## Encourage a balanced daily routine

Help your child to maintain a healthy balance between study and rest.

After an exam, they need time to rest and recharge before they can do any beneficial study for the next one.


Encourage them to join family meals even if it's a busy revision day. It is important to have a change of scene and maintain a healthy diet.



# HOW TO DEAL WITH EXAM STRESS

## HOW TO DEAL WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



**BELIEVE IN YOURSELF**  
If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.

**GET ORGANISED**  
You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.

**MAKE SLEEP A PRIORITY**  
Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.

**OVERCOME PROBLEMS**  
If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teaching or revising on GCSEPod.


**FIT EXERCISE IN EVERYDAY**  
It's easy to put off exercise but remember a healthy body = a healthy mind. Doing at least 20 minutes of physical activity a day can help to improve focus and keep you relaxed.

**EAT RIGHT**  
Eat three healthy meals a day and limit your consumption of caffeine and sugars. Power foods for your brain include blueberries, salmon and nuts.

**TALK ABOUT YOUR NERVES**  
Nervousness is a natural reaction to exams, but bottling it up will only make it worse. Talking to your friends and family about how you are feeling is a great way of alleviating stress and worry.

**KEEP THINGS IN PERSPECTIVE**  
The exams might seem like the most crucial thing right now, but in the grander scheme of your whole life they are only a small part. Just concentrate on the actual exam in hand not what may or may not happen after.

**EXAM SUCCESS**



## People to talk to

If you feel your child is finding it difficult to deal with the pressure of exams there are people in school that you or they can speak to. Please do not feel like you are alone – we are in this together!

- Your child's form teacher
- Mr Ratcliffe - Wellbeing Practitioner
- Ms Fernande - Head of Y11
- Mr Sykes - Associate Senior Leader

## Useful Websites

Further help and advice can be found online - here are a selection of sites which you may find useful:

[www.bbc.co.uk/schools/parents/helping\\_with\\_exams/](http://www.bbc.co.uk/schools/parents/helping_with_exams/)

[www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/](http://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/)

[www.tes.com/teaching-resources/gcse-](http://www.tes.com/teaching-resources/gcse-exam-revision/parents)

[www.gcsepod.com/parents/](http://www.gcsepod.com/parents/)

[www.bbc.co.uk/guides/zw8qpbk](http://www.bbc.co.uk/guides/zw8qpbk)



Listening, supportive and non-judgemental



## Assisting with revision

**The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that will make them feel in control of their work.**

Tips for revision planning

- work out a revision timetable for each subject

- break revision time into small chunks - hour-long sessions with short breaks at the end of each session often work well

- make sure your child has all the essential books and materials

- condense notes onto postcards to act as revision prompts

- if you can, buy new stationery, highlighters and pens to make revision more interesting

- go through school notes with your child or listen while they revise a topic

- time your child's attempts at practice papers

# Super Learning Days

To support your child's revision and study, we will run sessions where we collapse the normal timetable. Instead of 'normal' lessons we will be holding a series of 'Super Learning Days' in which all students will be completing intensive revision. Each day will focus on a different subject. The start and end of the day will remain the same – everyone is expected to be in at 8.40am (some days may be earlier, but your child will be informed of this) and we will finish, as normal, at 4.05pm.

Details of SLDs will be added shortly.....

## And finally.....

A Level results will be available from 8am on Thursday 13th August 2020 and GCSE results from 10am on Thursday 20th August 2020.

If your child can not make it into the academy on that day, but wishes someone else to collect them on their behalf, they must have written confirmation which is signed by your child.



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