

SUPPORT YOUR



Exam Support

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Support them to make a revision timetable

* If you need any further information please speak to Mr. Curtis Brignell.

* Make sure you are realistic and give your young person the best chance to succeed by encouraging them to attend all revision sessions after school and during the holidays.

Help them to eat well at meal times and don't miss breakfast

* The school canteen is open from 8:00am so students can get into school a bit earlier to start the day with breakfast, this will help them to have enough energy.

Encourage them to sleep for around 9 hours each night

* Young people will perform much better each day if their brain has had a chance to rest and process the information.

Support them to have 1 hour of exercise most days

* Exercise will help keep your young person calm during exams. They will feel energised and refreshed, and will perform better.

Expect them to be in school every day - 100% attendance

* If young people are in school then they are learning and giving themselves the best chance to succeed in their exams.

Encourage them to talk to friends, family and teachers for support

* Encourage them to be honest, and let their family and friends know how they are feeling, talking can help to release stress.

Support them by being positive to put in effort and do their best

* Encourage them to make good use of their time. Stay focused when revising and know in their heart they have done all they can.

Reward your young person when they have worked hard

* The right balance between study and leisure is important. After a productive day of revision reward them by watching a film or going to the park for a game of football with friends.

How can parents can help?

Do

- Discuss with your child what will be involved in the revision period and what your role could be.
- Provide the environment necessary for success. Students need a place to revise which is quiet, calm and comfortable.
- Respond positively when they ask for help. Ask exactly how you can help and if you can't help immediately, say when it's convenient.
- Give plenty of praise and encouragement. Stay calm.
- Point out what they have done well if you look at their work. Don't dwell on the errors - emphasise the positives.
- Keep them well supplied with food and drinks.
- Be prepared to listen when they want to talk about problems as everything becomes more emotional and heightened during the exam period.
- Encourage them to take regular breaks during long periods of revision.
- Encourage morning revision when the brain is more receptive and discourage studying right up to bedtime.

Don't

- Make comparisons with brothers, sisters, and friends.
- Add to their worries by constantly mentioning the exams.
- Relate too much to when you were sitting exams at school or how you did your revision.
- Worry if their revision techniques seem strange or unusual.
- Make a battle out of whether or not they listen to music when doing their revision.
- Distract them unnecessarily.
- Expect them to study all the time as taking some time out to relax will have a positive effect on their work.
- Join in the general anxiety; be a picture of serene confidence.

If you have any concerns and would like to speak to a member of staff at Tallis. Please contact your young persons tutor or the head of year.

There is a great deal you can do as a parent. You can be invaluable in making the exam process smooth, calm and successful. Please remember: Don't hesitate to contact staff at Tallis for help and advice.