



Exams can be a stressful time for both students and their families. As a parent or carer, your support can make a huge difference—not just academically, but emotionally and mentally too. This guide offers practical tips to help you create a supportive environment that promotes confidence, wellbeing, and effective learning in the lead-up to and during exam season.

## Calm, Focused Environments

Help your child establish a quiet and distraction-free study space. This should be a designated area with good lighting, minimal noise, and all necessary materials (stationery, textbooks, laptop, etc.). Ensure screens and mobile devices are limited during revision blocks.

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## Build a Consistent Routine

Set a daily routine that includes:

- Regular revision slots
- Breaks (every 45–60 minutes)
- Healthy meals and hydration
- Time for rest, sleep, and downtime

Predictability can reduce anxiety and improve focus.

## Encourage Active Revision Strategies

Support your child in using proven techniques:

- Past paper practice
- Mind maps and flashcards
- Quizzing (self or peer)
- Teaching content aloud ("If you can explain it, you understand it")

Avoid passive methods like reading or highlighting without recall.

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## Promote Healthy Habits

- Ensure they get 8–9 hours of sleep
- Provide healthy snacks and meals
- Encourage light exercise or time outdoors
- Limit caffeine and screen time in the evenings

Wellbeing directly impacts memory, attention, and emotional balance.



## Show Empathy, Not Pressure

Reassure your child that their worth is not defined by grades. Acknowledge their efforts and listen without judgment. Avoid comparing them to siblings or peers.

Stay calm even if they're not—your emotional tone helps regulate theirs.

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## Stay Informed

Ask your child what they're working on—but don't hover. It's okay to check in without overwhelming them. Offer to help organise materials or test them with flashcards, if they're open to it.

## Support on Exam Days

- Help them prepare their bag the night before (e.g. ID, equipment)
- Ensure they eat breakfast
- Offer positive words, not pressure
- Remind them to breathe slowly and read each question carefully

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## After the Exams

Regardless of how they think it went, acknowledge their effort. Celebrate their completion of the process. Avoid excessive focus on mistakes or immediate grade predictions.

Let them rest and enjoy some unstructured time—it's well earned!

