

Exam Support for Parents/Carers

Top Tips:

1. Find a good revision technique

Every child learns in a different way, whether this be using [flash cards](#), [drawing mind maps](#), or [comprehension](#).

Discussing with your child on [what works best for them](#) is important so they can learn effectively. If you struggle to identify what works best, [speak to the learning mentors](#), or [teachers to help!](#)

2. Encourage breaks from revision.

It is essential to [find a balance](#) of relaxing and studying. This allows better concentration during study time, alongside [easing anxiety and stresses](#).

Finding activities / techniques to do with your child which they enjoy and find relaxing.

3. Provide Emotional Support

Ensure you are [encouraging your child to talk](#) about any worries or stressors they may have. Reassure that their feelings are [valid and normal](#).

Assist in [providing solutions](#) to some feelings – such as if they are feeling overwhelmed and struggling to concentrate, take them for a break such as a walk.

4. Remain Hopeful and Positive

It is so important for children to [believe in themselves](#) during the exam period to achieve the best of their ability.

Reinforce that you are and will [be proud of them no matter what happens](#).

If you, or your child is suffering with stress or anxiety and cannot manage this, [speak to your GP](#).

Exam Season is very stressful, for both students and parents. It is important everyone feels well supported.

We are here to help at Endeavour Academy with any concerns / worries you may have.

Exam Support for Students

Top Tips:

Finding a Good Revision Technique:

Using *flash cards, drawing mind maps, or comprehension*

Find what works best for you by trialling them all and discuss with your teachers on other examples!

Motivation Tips:

1. **Make a timetable** – set out what you are going to do each day and stick to it as much as possible.
2. Use **website blockers** to prevent you from going on social media while you are revising - SelfControl / Cold Turkey. OR put your phone on **Do Not Disturb**.
3. **Leave yourself a treat** in random pages of textbooks – then when you get to that page you have a reward!

Take a break!

When you are revising, ensure you are taking *regular, short breaks!*

This increases concentration and allows revision to be more beneficial to you.

Activities such as going for a walk, reading a book or talking to a friend are helpful.

This can decrease your anxiety and help you become grounded again.

Try not to compare yourself to what your friends are completing as this can cause additional stress!

Get some support!

If you're feeling really worried or anxious, talk to friend, family member, or teacher! It helps to get it out of your system, and they may well be able to help by offering practical solutions to deal with exam stress.