



## Help your child to beat exam stress!

As the examination season approaches, parents are often just as nervous as their children! However, parents have a major part to play in helping their children to cope with the stresses of exam time and so we would like to give some tips for parents:

### Help your child to study.

- Make sure that they have a quiet and comfortable place to study.
- Help them to draw up a revision schedule so that they allow enough time to cover all the topics they need to revise.
- Help by testing your son or daughter to make sure their revision is working – reading through notes will not be enough to make them stick in the memory. Suggest they make a short list of key points, get them to do practice papers with mark schemes, use websites which offer revision activities and games. A variety of techniques will help information to sink in.

### Ensure your child eats well

- A balanced diet with lots of fruit and vegetables and complex carbohydrates such as brown bread will help them concentrate and think clearly. Too much high-fat, high-sugar and high-caffeine food and drink such as cola, chips, burgers and chocolate can make studying harder. It may also make your child irritable, hyperactive and moody!
- Encourage them to bring a bottle of water into exams as it will help them to stay alert – don't forget to make sure it is in a clear bottle with all labels removed.

### Ensure your child gets plenty of sleep and rest.

- They will need early nights throughout the days and weeks of revision, as well as on the night before an exam.
- Cramming in last-minute revision the night before an exam is generally a bad idea. It will make students panic – it's far better to have some relaxation and an early night.

### Encourage your child to get some exercise.

- Exercise boosts energy levels, clears the mind and relieves stress.

**And finally....** some students worry a great deal and put so much pressure on themselves. If your child is feeling the pressure, help them to keep things in perspective by listening to them, reassuring them and by being positive.