

TOP 10 TIPS FOR PARENTS MANAGING EXAM STRESS



1. PRACTISE WORKLOAD WISDOM

Exam time can be really stressful for kids. Help them think about if their workload is doable and if they have enough time to relax. Make a study schedule together that's realistic and includes breaks and days off.

6. GATHER A 'TECH TOOLKIT'

Using technology can be a big help when studying for exams. YouTube channels and websites like BBC Bitesize offer great resources for kids to learn and remember more. Suggest using flashcard apps and educational podcasts to get study reminders, especially when

2. ADVISE CLEARING THE CLUTTER

A messy workspace can make it hard to concentrate and can affect how we feel. Encourage kids to keep their desk and study materials tidy to help them focus better. Suggest using colorful notes, mind maps, and fun drawings to make studying more creative.

7. KEEP IT FUN

Revision is easier when children enjoy it. Adding humor to notes and connecting information to real life can make it more memorable. Encourage different study methods, like including physical activity such as taking a walk during revision time.

3. MASTER THE MATERIALS TOGETHER

Revision is tough when kids don't know where to start or what to study. Help them talk to their teachers about what materials to use. Gathering different resources can give them a better grasp of the subject. Feeling ready can boost their confidence and ease some worries.

8. SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. Highlight how reviewing material regularly over time (spaced repetition) helps reinforce learning. Talk about the benefits of active recall, like self-testing or explaining concepts aloud, to understand their strengths and weaknesses.

4. RECOMMEND CREATIVE NOTE-TAKING

Taking detailed notes instead of just using bullet points can kickstart a child's studying. Encourage them to make flashcards with condensed versions of their notes for better repetition and memorization. Emphasize the importance of regularly reviewing notes to help them stick in the child's memory.

9. ENCOURAGE A POSITIVE MINDSET

When children feel stressed about exams, their thoughts can turn negative. Encourage a growth mindset by highlighting the importance of giving their best instead of chasing perfection. Positive self-talk and affirmations can boost confidence and lower anxiety. Visualization of success and setting achievable goals can keep them motivated and focused.

5. USE VISUAL AIDS AND MNEMONICS

Encourage using videos and sticky notes to make learning more engaging. Many kids find these tools more helpful than just reading notes. Try making mnemonics for a fun way to study effectively. Also, using colors strategically can help with remembering information during exams.

10. HELP THEM TO SEIZE THE DAY

Kids can do several things on exam day to ease stress and stay focused. Guide them through helpful strategies like arriving early, reading instructions and questions carefully, and pacing themselves during the test. Recommend relaxation techniques such as deep breathing or visualization to manage nerves before and during the exam.