

Helping your Child to Prepare for Exams

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A positive attitude goes a long way

10 Growth Mindset Statements

What can I say to myself?

FIXED MINDSET

GROWTH MINDSET

INSTEAD OF:

I'm not good at this.
I'm awesome at this.
I give up.
This is too hard.
I can't make this any better.
I just can't do Math.
I made a mistake.
She's so smart. I will never be that smart.
It's good enough.
Plan "A" didn't work.

TRY THINKING:

- 1 What am I missing?
- 2 I'm on the right track.
- 3 I'll use some of the strategies we've learned.
- 4 This may take some time and effort.
- 5 I can always improve so I'll keep trying.
- 6 I'm going to train my brain in Math.
- 7 Mistakes help me to learn better.
- 8 I'm going to figure out how she does it.
- 9 Is it really my best work?
- 10 Good thing the alphabet has 25 more letters!

(Original source unknown)

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- Start with a positive mindset – if a child believes that he/she can improve, then it will happen!
- Approach exams as opportunities to show what has been learned and how students have improved.
- Be strategic – instead of focusing on mistakes, use them as learning opportunities.

Some stress can be helpful, but not too much...



- Stress can help us to be alert, motivated, engaged and productive.
- This is the optimal performance zone for revision.
- However, if stress levels are too high, health problems can result, productivity is low, and burnout is possible.
- Parents can work with their children on ways to manage stress and make exams a beneficial experience.

Preparing for Exams: How can Parents Help?

1. Talk to your child.
 - a. How are they feeling/coping?
 - b. Do they have a plan?
 - c. What would they like help with?
2. Prepare the environment.
 - a. Do they have a quiet study space?
 - b. Materials/equipment – brand new for exams
 - c. Phones/electronics – take them away!
 - Only allow children to use laptops – and only when they can show you what they are working on.
 - d. Provide healthy food, and water instead of sugary beverages.
 - e. Sleep! 6-8 hours is optimal.

Preparing for Exams: How can Parents Help?

3. Take an interest in the process.
 - a. Regular 'check-ups'
 - b. Daily monitoring
4. Help with particular tasks.
 - a. Quizzing/testing
 - b. Printing (past papers)
5. Support
 - a. Physical exercise
 - b. Hugs and pep talks
 - c. Meals with the family

Preparing for Exams: What to Avoid

- Bribes and/or rewards
 - Although small things, or a celebration when they are done would not go amiss!
- Unattainable expectations
- Comparisons with other students
- Threats

Guidelines for Students

- Start early!
- Talk to teachers about the specific areas to focus on.
- Devise a revision plan and stick to it.
- Study during your most productive time of day.
- Take care of yourself – eat right, sleep and get some exercise.
- Break up revision sessions into smaller groups (i.e., 3 of 20-40 minutes) which helps you to retain more than one long block of time.



Thank you.

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