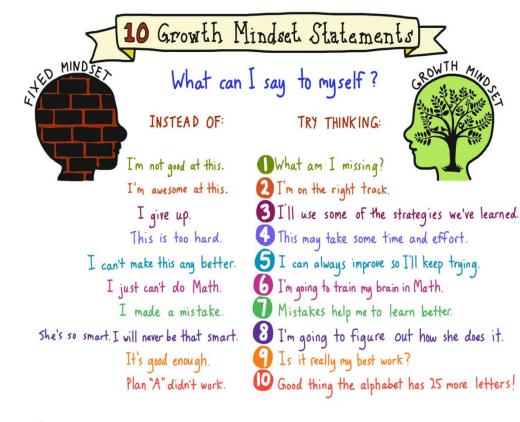


Helping your Child to Prepare for Exams

6th April 2016



A positive attitude goes a long way



(Original source unknown)

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.

Osylviaduckworth

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.

- 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

- 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

- 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.



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8

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