

Mock Exam Preparation Top Tips for Parents



- **Talk to your child** about how you can support and help them
- **Help** your child to plan their **revision timetable**
- **Support** your child to stick to their revision timetable. Praise them when they do
- **Ensure** your child takes breaks and builds in time to relax
- **Try** and find a place in the home where your child can work and leave their revision materials undisturbed
- **Keep a well stocked work box** with all the equipment they need for revision and exams. If they lose things, no matter how frustrating, please replace them – revision and exams are stressful, so arguments about lost pens and pencils aren't worth it
- **Provide favourite snacks** and water for revision periods
- **Check**
 - how they're getting on during revision periods
- **Be flexible** – if they want to go out on a revision night agree when they will make up the time
- **Be sensitive** to the pressure your child is feeling – if they're clearly having a bad day then is it the end of the world if they don't revise that night?
- **Keep things in perspective.** If you are concerned about your child's level of stress please contact their mentor
- **Know** your child's mock exam timetable and make sure they know where the exam is, what time it starts and what they will need
- **Encourage** your child to eat a healthy breakfast
- **Before** exams wish them luck and remind them that you love and value them whatever happens
- **After** exams ask them how it went, but don't go on
- **If** your child is unwell on the day of an exam contact school early