**Supporting Your Child during Exam Time:**

Exam time can be stressful for both students and parents. Students will be participating in a study skills session with in depth information at school but there are many ways in which you can support your child at home.

Discuss your child’s upcoming exams with them. How many exams will they be sitting? What grades are they hoping for? How can you best support them? This will give both of you an accurate idea of how much work needs to be put in to achieve their highest possible mark. This will also give you a good idea of how to best support your child in achieving their academic goals.

**Helping your child prepare for sitting their exams:**

Help your child to maintain a balanced diet and stay hydrated prior to and during exam time. A breakfast high in fiber and carbohydrates will ensure “brain fuel” on the day of an exam.

Ensure that your child is getting a full 8 hours of sleep (especially in the week leading up to the exam).

Help your child to strive for a relaxed state of mind and realistic expectations.

Help your child prepare for their exam by helping with time management, their environment, and reviewing content.

**Helping your child with knowing when & where to study:**

Students sometimes need help with managing time and making studying a priority. Reminders to put away distractions or help with scheduling study sessions may be needed from you.

Studying has been shown to be most effective in short repeated sessions over a period of days or weeks. Help your child master the “pomodoro” technique (using a timer 25 minutes of focused study time followed by a 5 minute break)

Help your child create a dedicated study spot in the home. This area should be comfortable, quiet, and free from distractions. Studies have shown that students who have studied in a quiet environment have a better recall of content.

**Helping your child with knowing how to study:**

Help your child to study by assisting them in creating flash cards or jot notes with important information to study. Long notes can be overwhelming for many students.

Help your child create a practice test based on their study notes or textbook.

Help your child to study based on their dominant learning style. Everyone is a combination of styles so a combination of techniques may be what is needed. See the chart below for techniques based on the three main learning styles.

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| --- | --- | --- |
| *Auditory Learners:* solidify their learning by hearing the information​ | *Visual Learners:*take in information with their eyes​ | *Kinesthetic Learners:* learn best through physical activity​ |
| * Avoid the visuals of videos (listen don’t watch)​
* Have a friend or relative verbally quiz you
* Find audio sources with information you are studying​
* Verbalize what you are studying​
* Read your textbook out loud
 | * Take detailed notes you can review later​
* Consider using mind maps to sort your information​
* Write a practice test
* Use flash cards while studying​
* Watch a video on the topic
 | * When using the **pomodoro technique,** do a body break during your five minute break​
* Find ways to make your session active​ (such as a friend quizzing you while you do a physical activity)
* Keep your hands busy using a stress ball or fidget​
* Use flash cards spread throughout the room to get moving
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