



TOP TIPS FOR EXAM SUCCESS

The King's CE(A) School

A guide for parents and students on top
tips to achieving success with exams

SUPPORT FOR SUCCESS

Parental involvement in a child's education can mean the difference between realising their potential and celebrating success, and simply doing well.

Exam results depend on more than just good teaching and lucky questions on the day – success, results equally from motivation, persistence, good organisation, careful planning of revision and 'exam technique' – all of which you can influence.

And the good news...is that you do not have to be an expert in any subject your child is studying to make a real difference; *you do not have to be a 'super-parent'* – you just need to know how best to spend the time you do have at each stage of the process.



The aim of this booklet is to enable you to support your child, whilst providing you with the practical information you will need to help them in meeting the demands and pressures of sitting their final exams, in partnership with your child and The King's.

WHAT IS MY ROLE AS A PARENT OR CARER?

Your role may include some or all of the following;



Attendance Officer – making sure your child attends school regularly, arrives on time and attend lessons with the understanding that they **MUST** make the most of this time.



Agent – forging the partnership between home and school, going to Parents' Evenings, asking the right questions and finding out how best to support your child at home.



Banker – providing the right equipment and resources for homework and revision; a quiet space, a 'workbox' of pens, pencils, paper, files, revision guides and other necessities.



Project Manager – agreeing rules for homework or revision and helping them to plan a realistic timetable that they will not only stick to, but one that also balances the 'fun stuff' with studying.



Study Buddy – showing an interest in the subjects your child is studying, supporting them with homework and testing them when they ask you.



Entertainments Officer – finding out about interesting TV programmes, theatre productions, films, exhibitions or interactive resources relevant to your child's learning



Adviser – helping your child to break tasks down into manageable activities, keeping a subtle eye on their progress and more importantly, celebrating their achievements.



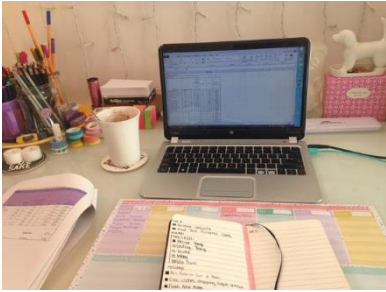
Counsellor – listening to your child when times are tough and always seeing a positive way forward, even when things are going badly – looking after their emotional welfare.



Admin Assistant – finding copies of past exam papers, searching relevant websites, finding out about the subject, exam structure, content and key areas.

Whatever your child's needs, they will always need someone to be their champion, celebrating their success and achievements.

TOP TIPS FOR PARENTS AND CARERS



A dedicated quiet space with good natural light or lighting is best for studying, with no distractions e.g. TV, games console and even siblings. If you have other children who are not studying for exams, make sure that they understand the importance of revision time.



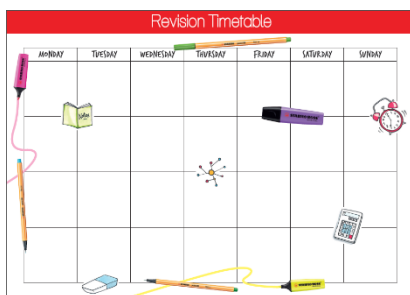
Ensure that your son/daughter has one evening a week away from their studies – a time for them to focus on other interests, that they will look forward to as a break from studying. It is also important that they take regular breaks during study periods to maintain good levels of focus and concentration.



Be around as 'feeding station' – ensure that your child eats healthily, keeps themselves hydrated and has proper meals at the right times – not too many sugary snacks and junk food. Have a read through the Food for Success leaflet for further information and support.



Offer to help your child in the lead up to an exam by testing them or asking if there is something that you can do for them to build their confidence levels.



Know your son/daughter's revision timetable – encourage them to tell you about what they are studying. If you know that they are not at their best first thing in the morning, encourage them to rest and work when they are more lively – they should choose their least active time of day to be sociable and go out, or watch TV and relax at those times.



Know exactly the date, time and location for each exam and incorporate this into the revision plan – make sure that your child is well prepared and has the correct equipment for each exam (pens, pencils, ruler, calculators etc.) – know what students are not allowed to take in to each exam, particularly mobile phones and smart watches!



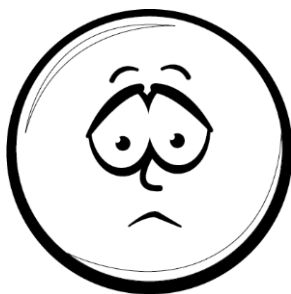
Make sure that your child is using the internet to study and not as a resource to give the appearance of study!

The web can be a fantastic source of supportive materials to help your child achieve excellent grades, but it can also be a great source of distraction – Facebook will still be there!

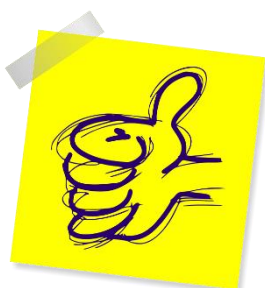


If your son or daughter has a medical condition, for example diabetes or hay fever, make sure that the school knows about it and ensure that any medication is taken as directed so as not to affect their exam performance.

There are also special considerations for some conditions.



If there is a family crisis, for example bereavement or issues affecting home life, ensure that the APU is aware of anything that might affect your son/daughter at this crucial time – their emotional welfare is important and additional stress can affect your child's performance.

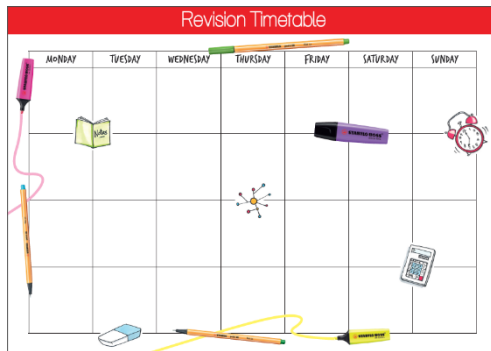


Remind your child that you can only ask them to try their best and even if they don't do as well as you had hoped, you will still love them as much and be there for them.



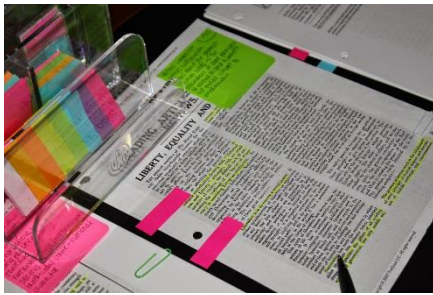
Reassure your child that you are more concerned about their welfare than results – whilst you want them to realise their potential, their exam grades are simply a stepping stone to the next chapter in their lifelong journey.

TOP TIPS FOR STUDENTS



Create a revision timetable with sensible work slots and break, and then show it to your parents to get their support.

Keep to this timetable! – then if you are not working, provided you are following your agreed timetable, no-one is going to hassle you – parents only hassle and worry when they are not sure what you are doing, or if you do not seem to have a plan – be organised and structure your time!



Organise yourself well and it will help you to fulfil your potential – keep revision notes for each subject in separate files, organise revision notes by topic, if you have been absent acquire a copy of someone else's notes, ensure that you have practice questions for each unit and keep revision guides in a safe place!



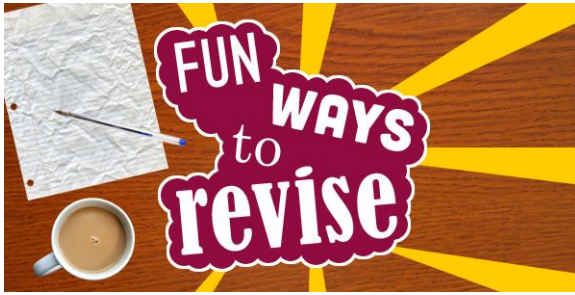
Know when and where your exams are taking place – they are not always in the same exam hall, know when they start, how long they are and what equipment you need (pens, pencil, ruler, calculator etc.) and be aware of what you are NOT allowed to take into the exam e.g. mobile phones and smart watches!!



Make sure that you have time at weekends when you are not revising or thinking about exams – balancing study time with 'downtime' will mean that you will come back to it refreshed!



Tell your family about your revision time and give them a copy of your revision timetable – ask them for help if you need it and to remind you when you should be revising – it may help them to feel useful.



Find the best ways to revise for each subject and those which best suit your preferred learning style, e.g. using bullet points on crib cards to highlight main subject theories – these are effective for quick revision and for reading during ‘down’ times, for example when you are travelling on a bus!



Some people revise more effectively by listening – so you could try ‘talking’ your revision and recording it on to your phone or accessing podcasts from the web.

Listen to these while lying in bed, while travelling in a car, or walking to the shops – this also takes the guilt out of being out and about rather than stuck in front of your books!



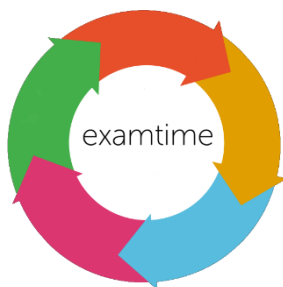
Ensure that your sleeping habits are regular in the lead up to your exams and that you are having at least 7 hours of uninterrupted sleep every night – now is not the time for staying up all night surfing the web or playing on your games console – make sure that you have an early night before each exam!



Prepare items needed for each exam the evening before – make sure you have the essentials (pens, pencil, ruler etc.) and also any specific equipment needed for your exam e.g. calculator or drawing equipment – but remember, taking unauthorised equipment or materials into your exam can get you disqualified from ALL exams – your exam invigilator should remind you of this before the exam starts!



Look after yourself during the exam period – a healthy diet is essential as is keeping yourself hydrated by drinking plenty water, which will help you to maintain good levels of concentration – consider cutting down on your part-time job by making your employer aware that you need to commit time to your exams and revisions – they should understand!



On the morning of the exam, have a good breakfast, stay calm and allow yourself plenty of time to get to the exam to avoid being late – remember that you can only do your best and even if do not do as well as you had hoped, your parents still love you as much and will be just as proud of you!