

10 Exam Tips for Parents

1. Know your son's exam schedule - Put a copy of the exam timetable on the family notice board or fridge. Make sure you are aware when your son has to be in school for each exam.
2. Ensure your son is present for each paper - It sounds crazy, but with both parents working in many homes, it can happen that someone forgets to wake the student. Make sure he is dressed and fed each morning before you leave the house.
3. Make a checklist of daily requirements, based on each day's papers - Has your son got the kit they need to sit the exam? Pens, erasers, calculators etc should be checked, along with reading glasses etc.
4. Listen to the story of their day and move on - After each day's exams, allow your son to recount to you his daily story. Do not be tempted to review in detail the errors or omissions he may have made. Such a process achieves absolutely nothing, other than to increase stress levels. Just allow him the time to tell his story and move on.
5. Help him to focus on the next day's exams - It can be helpful to review the next paper. Simple questions, such as "What is up next?", "Are there any compulsory sections?", "Are there any predictable questions?" and so on, can be useful in helping students plan their revision schedule for the time available before the next exam.
6. Help him to maintain a balanced routine - ensure he maintains a proper balance between study and rest. After an exam, he needs time to recharge before study for the next paper. Remember that this is an ongoing process and he needs to be mentally sharp for each exam. Late-night study sessions should be avoided.
7. A good night's sleep improves examination performance - all revision should end at least an hour before bed to allow your son to unwind. Falling straight into bed from the study desk means his mind will be buzzing for hours as he attempts to fall asleep. Remove digital distractions from your son's bedroom to help him sleep without interruption.
8. You are what you eat - what you eat and drink affects your performance in any activity, especially one involving mental sharpness. As a parent, you should try to ensure that your son eats and drinks nutritious food during the coming weeks. Help him to avoid grazing on junk food, this can be very tempting at times of increased stress.
9. Don't stress the importance of any examination - make it clear to your son that your love and regard for him is in no way dependent on how he performs in exams. This affirmation is the best gift you can give them on the eve of their exams.
10. Make sure your son continues to mix with friends and family - don't isolate him in his bedroom. Contact with his friends is very important to maintaining his spirits during the coming weeks. You can also support them and have a friendly chat when they are taking a break from their revision.