



# Carleton Community High School

*A Specialist Science with Mathematics School*



## Beat Exam Stress

**Exams can be a challenging part of school life for both children and parents. The good news is that there are ways to ease the stress!**

### Exercise

Exercise will help boost children's energy levels, clear their mind and relieve stress. Walking, cycling, swimming and dancing are all effective.

### Watch out for Stress

Look out for signs of exam stress. Children who experience stress may be irritable, not sleep well, lose interest in food, worry a lot and appear depressed or negative.

Having someone to talk to about their work can help. Support from a parent, tutor or study buddy can help children air their worries and keep things in perspective.

**IF YOU FEEL YOUR CHILD ISN'T COPING, TALK TO YOUR CHILD'S TEACHER**

### Make time for treats

When the exams are over, help celebrate with a treat. These can be a real encouragement for the next time *they have a test*

*Don't use rewards as bribes. Instead, encourage them to work for their own satisfaction, offering small, frequent treats.*



### Ensure your Child Eats Well

A balanced diet is vital for your child's health and can help them to feel well during exam periods.

Some parents find that too many high fat, high sugar and high caffeine foods and drinks make their children hyperactive, irritable and moody.

### DON'T ADD PRESSURE

Support group Child Line says that many of the children who contact them feel that the greatest pressure at exam time comes from their family.

"Keep things in perspective," says Rosanne Pearce, a senior supervisor. "Listen to them, give support and avoid criticism."

Before they go in for a test or exam, be reassuring and positive. Make sure they know that failing isn't the end of the world, and that if

### Sleep Helps Exam Performance

Good sleep will improve thinking and concentration. Most teenagers need between 8 and 10 hours sleep a night.

Allow half an hour or so for children to wind down between studying, watching TV or using a computer and going to bed to help them get a good night's sleep.

things don't go well they may be able to take the exam again. After each exam, encourage your child to talk through with you. Then move on and focus on the next test, rather than dwelling on things that can't be changed.



## HELP THEM STUDY

Help your child revise by making sure they have somewhere comfortable to study. Help them draw up a revision timetable. Ask school to help our child to draw one up.

## Be Flexible at Exam Time

Family Lives advises parents to be flexible around exam time. When your child is revising all day, don't worry about household jobs that are left undone or untidy bedrooms.

Staying calm yourself can help. Remember, exams don't last forever.

## Discuss their Nerves

Remind your child that feeling nervous is normal. Nervousness is a natural reaction to exams.

The key is to put these nerves to positive use. Being reminded of what they do know and the time they have put into study can help them feel confident.

## Take a break

Planning your breaks can be just as important as scheduling the actual studying. Medical research has shown that the correct use of breaks boosts your ability to assimilate new information. This is crucial in the early stages of revising. "Taking in new information is very demanding, so breaks have to be much more frequent early on," says Sati Kudal (founder of ELITE tutors). "Study for 30 minutes, then take a 10 minute break. In those 10 minutes don't process any new information. This includes going on Facebook, checking news feeds or reading news articles. Nothing new."

<http://www.telegraph.co.uk/education/educationadvice/9872611/Revision-from-GCSE-to-A-level-it-is-all-about-the-scheme.html>

**If you feel that your child is finding exam time difficult REMEMBER we are here to help and support. Please do not hesitate to contact your child's form tutor, Year Leader or Welfare Support Team.**

## Further Information

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Examstress.aspx>

<http://www.youtube.com/watch?v=XoJHrEwONjU>

<http://www.theguardian.com/science/2010/may/31/why-teenagers-cant-concentrate-brains>

<http://mumsnet.com/education/exam-survival-tips>

<http://www.creativeeducation.co.uk/blog/index.php/2011/06/exam-tips/>

