

## **Year 10 Summer Exams – Advice for Parents and Carers**

You can support your son by:

- Helping him to get himself organised with a revision plan
- Having a copy of the PPE timetable on hand so that you are aware of the exams he has
- Ensuring he has the resources he needs e.g. revision guides, paper, colours, index cards, etc.
- Ensuring that he is revising!
- Helping him to avoid distractions

<b>Advice for students</b>	<b>Advice for parents*</b>
Do not suffer in silence, if you feel stressed, talk to someone and do not let things build up. Talk to parents, friends or members of staff	Discuss nerves. Look out for signs of stress such as irritability, poor sleeping habits, appearing depressed and negative
Try to eat healthily	Make sure your son is eating well
Make sure you sleep	Encourage sleep
Ask parents for help with revision if this helps. Telling someone what you do not understand about a topic is often a great way to help you understand it	Assist them in their study if this helps e.g. testing them, getting them to tell you why they do not understand something often helps to understand it
Get exercise	Encourage exercise
Be aware of not wasting time	Don't add to the pressure but keep things in perspective
Do not waste time thinking about what you have not done, be organized and try to move forward	Be flexible with family routines and realize that exams do not last forever

*\*Taken from NHS Choices – Coping with exam stress*

Useful web addresses:

<http://www.childline.org.uk/Explore/SchoolCollege/Pages/exam-stress.aspx>

[http://www.youngminds.org.uk/for\\_parents/worried\\_about\\_your\\_child/schoolwork\\_exam\\_stress?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAq\\_7IGcKGvxb9QuXQ882KuM-yseJq7G120zknQ02TZOqmRoC3-Xw\\_wcB](http://www.youngminds.org.uk/for_parents/worried_about_your_child/schoolwork_exam_stress?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAq_7IGcKGvxb9QuXQ882KuM-yseJq7G120zknQ02TZOqmRoC3-Xw_wcB)

[https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAq\\_7IGX\\_zwV3dgcEIsl6MTvNCH0G4XtVS9oKPW6XGD08QUrBoCaUXw\\_wcB](https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAq_7IGX_zwV3dgcEIsl6MTvNCH0G4XtVS9oKPW6XGD08QUrBoCaUXw_wcB)