



# Exam Week

## Tip Sheet for Parents

*As parents we need to remember that our students need our help in their academic life.  
Be interested in your student's progress and the importance of it.*

**Take care** of your student during exam week and end task time. They are going through a lot of stress.

### **Two weeks prior to exams and end tasks:**

Look for opportunities to **praise** your student's efforts.

**Encourage** regular review and discourage last minute cramming. Cramming isn't learning and it only increases last minute anxiety.

Know what **kind of a learner** your child is (visual, audio, hands-on, etc.) and encourage them to study in this style.

**Organize** study time with your child. Identify how much time will be dedicated to studying, considering activities, sports and jobs.

**Student notebooks** are a critical study tool – remind your student to use it to study. (*This is the book or binder they regularly take notes in during class*)

Make sure your student has **everything they need** to study – pen, calculator, notes or materials to complete their end task.

### **One week prior to exams:**

Ensure you are aware of the **dates and times** of your student's examinations. Post them in a prominent place in your home as a reminder.

All students receive a detailed and comprehensive **exam outline** and review from their subject teachers. Ask your student to use it as a key reference document when studying.

See reverse.....

Students learn better if their study periods are **short, frequent** and include regular breaks.

**Prepare for sabotage!** Identify anything that could interrupt and ruin the study plan (i.e. phone calls, favorite TV shows or video games).

Suggest **mental preparation** by visualizing a positive test experience – just like an athlete visualizes before a big game. Believe in yourself!

**Physical activity** can reduce stress – encourage your student to blow off steam by being active.

Provide a **good place** for your student to study - quiet or not - depending on the student's learning style.

### ***The week of exams:***

Ensure your student gets a **good night's rest** and make sure they eat a **good breakfast** before their exam. Suggest they wear comfortable clothing, are well hydrated and have Kleenex with them if they have a sniffley nose.

**Monitor** your student's activities to ensure they are not at work (or distracted) too much during exam week. Try to avoid planning family events or gatherings during exam and end task time.

Remember that students require **more study time** as they progress from grade to grade.

Ask for **exams back** to see the results – learn where improvements can be made and identify strengths.

**Good luck!**



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