

Helping your child prepare for exams

According to the TES parental support can make a huge difference in how a child performs in their final exams. Many parents/carers are sometimes reluctant to get fully involved or are unsure how they can support the study process in the period leading up to the exams. The following tips plus useful websites should help you to play your part in the process.

How you can support revision:

- Create an area in your home where your child is comfortable revising.
- Ask them how you can best support them in the process (Don't accept '*leave me alone*' as an answer!!)
- Help them create a study timetable. There is one on the school webpage.
- Support and encourage them to stick to their plan. This will ensure that they get best value from the time spent.
- Allow them to be flexible. If something important comes up let them change their study plan to meet this. Make sure however, that they make up the time.
- Provide treats for them e.g. favourite soft drinks, snacks etc. when they're studying. These will encourage them and they'll appreciate your efforts.
- Discuss with your child what they aim to achieve before they start each session. Planned and organised revision is far more likely to produce a positive outcome.
- Keep an eye on what they're doing without interrupting the revision process or antagonising your child. Try asking them

to summarise what they have learned/achieved during the period they've been revising.

- Provide them with revision guides for their subjects (Leckie and Leckie produce some excellent ones. These can be purchased at most bookshops or online at <http://www.leckieandleckie.co.uk>)
- Alternatively give them access to online revision at either www.bbc.co.uk/bitesize or <http://www.ltscotland.org.uk/nationalqualifications/exampreparation.asp>
- Regularly praise their efforts.
- Have a look at some of the recommended websites below. Try some of the techniques yourself and share your experiences with your child.
- Encourage them to attempt past papers under timed examination conditions. This is great preparation for the big day. It is also a good guide for them in terms of what they need to revise. Teachers at the school will be delighted to mark them.
- Watch out for them doing too much as well as doing too little. Examination time is a stressful time for young people.

Links to Success

Below are a few links which will help you to assist your child in the revision process. These will help develop skills and strategies and provide subject specific revision.

For help with developing the skills necessary for effective studying e.g. summarising, developing memory etc. When you click on each of the topics there are special pages for parents.

<http://www.ltscotland.org.uk/studyskills/fourthlevelsenior/index.asp>

For subject specific study guides and links to other useful websites.

<http://www.ltscotland.org.uk/nationalqualifications/exampreparation.asp>

For an excellent site which contains clear and concise content on:-

Making the most of exam week

Getting it right on the day

Coping with stress

Time management

Creating a study plan

Help and support

Effective study habits

Past Papers

Reading and note taking

<http://www.sqa.org.uk/sqa/41319.2543.html>

Spend twenty minutes looking through each of these short presentations on this site to see what strategies your child needs to develop. This will enable you to support their efforts more effectively in the revision process.