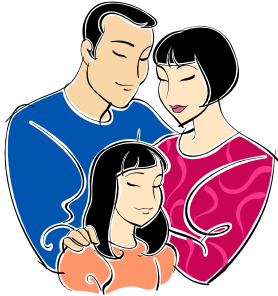


GCSE's – What can Parents do?



"Parental support is eight times more important in determining a child's academic success than other factors"

- Your most important role as always is to praise and encourage your child
- Show an interest by talking to them about what they are learning in different subjects and in their homework, coursework and REVISION
- Talk to your child about how you can support them and what they would find helpful
- The simplest things often get in the way of revision; weeks can be lost while pupils "are going to get some folders soon"! Get around these by providing folders/wall charts and other equipment they will need during the revision period
- Help your child to plan their revision timetable- It will take an investment of your time (probably several hours) but it is the single thing that will make a big difference in the long run
- Support your child in sticking to their revision plan and stick to the start and finish times they have agreed
- Praise them when they do it and if necessary agree a reward structure



- Top up the work box with pens/pencils/paper etc
- Provide favourite snacks and water for revision periods
- Be flexible - if they want to go out with their friends on a revision night agree when they will make up the time
- Be sensitive to the pressure your child will be feeling - let them know that if they are really not up to it on an odd day it really isn't the end of the world
- Constantly remind them of all the good work they are doing



- Show an interest in how the revision is going and talk through any difficulties
- Keep things in perspective - your child may not be doing things the way you would do them or as often as you would like but they are doing the best they can in the way that works best for them at the stage they are at!
- The exam period can be very stressful for pupils, encourage them to keep a positive perspective - soon they will be on the other side of the 'exam mountain'



- Try not to add to the stress levels in the house by rising to the bait when your child pushes the limits!
- Ensure that your child is prepared for the exam. Talk through what they need to take, when it is and where they need to be. On the day of the exam make sure that they have the appropriate equipment
- Try to keep routines the same and not to introduce any instability unless it is absolutely necessary
- On exam days try to ensure that they have had a good breakfast (or ensure that they take a banana or other sources of energy food if they can't eat first thing)



- Before the exam remind them that you love and value them - whatever happens.
- Remind them of any strategies that they have for keeping calm and wish them luck
- After the exam ask how it went but don't insist on a long post-mortem. Be available but respect your child's wishes to deal with their feelings in their own way
- Try to adopt an attitude of 'tomorrow's another day' if things have gone badly

