

PARENTS' GUIDE

GCSE EXAM PREPARATION

Key tips to support your child

1 HELP THEM PLAN

- Create a realistic **revision timetable**
- **Break topics** into smaller chunks
- **Prioritise** difficult subjects

2 ENCOURAGE ACTIVE REVISION

- **Use flashcards**, quizzes & past papers
- **Teach** topics aloud
- **Review** mistakes

3 BUILD HEALTHY ROUTINES

- Regular **sleep, meals & exercise**
- **Take breaks**
- **Stay hydrated**

4 MANAGE TECHNOLOGY

- Agree **sensible phone & social media boundaries**
- **Use tech for learning**

5 KEEP COMMUNICATION POSITIVE

- **Praise** effort
- **Avoid** comparisons
- **Listen** to concerns

6 SUPPORT WELLBEING

- **Watch for stress** & anxiety
- **Seek support** if needed

7 PREPARE FOR EXAM DAY

- **Organise equipment & timetable**
- **Keep mornings calm**



Examations Information

In Partnership to
Educate, Nurture & Empower

Abbey Grange Church of England Academy

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