SUPPORTING YOUR CHILD THROUGH THEIR GCSES

GCSE examinations can be a worrying prospect for your child and they will be under a great deal of pressure with deadlines and examination preparation. Here's how you can help!

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POSITIVE START TO THE DAY

The beginning of the school day can be a rush for everyone. Here are some tips for a routine in the morning and evening to help the day start smoothly and with minimum stress.

The night before

Encourage your child to pack their school bag and lay out their uniform before going to bed each evening.

Breakfast

Try to make sure your child eats breakfast. This provides essential energy and will help him or her perform better at school.

ENSURE YOU ARE KEPT INFORMED

Signing up to the schools Facebook, Twitter, text and email communications can ensure you have a better understanding of what's actually going on in school and what teachers are communicating to both students and parents.

PROVIDING ALL-ROUND SUPPORT

The best way to support your child during this stressful time is to make home life as calm and pleasant as possible. Try not to nag or make too many demands. Arguments are counter productive and will only add unnecessary stress. Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals. Encourage your child to join family meals, even if it's a busy revision day - it's important to have a change of scene and get away from the books and computer for a while. Also encourage your child to take regular exercise to help clear the mind.



HOMEWORK

Homework can often feel like a chore, and there are a million things your child would rather be doing! However, in years 10 and 11 your child should aim to do from 90 to 150 minutes of homework per day. Though this work is done independently, your interest and input is still important and helps your child to do well. Ask your child if there's anything you can do to help with homework. If your child has several assignments due in on the same day, suggest they space the work out rather than leave it all until the night before.

- Set up the perfect study space
- No homework right before bed
- Choose the best time to work
- Start with the most difficult
- Plan ahead



REVISION

The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that will make them feel in control of their work.

- Work out a revision timetable for each subject
- Break revision time into small chunks with short breaks at the end of each session often work well
- Condense notes onto postcards to act as revision prompts
- Buy new stationery, highlighters and pens to make revision more interesting
- Go through school notes with your child or listen while they revise a topic

THE DAY OF THE EXAM

It's important to get a good night's sleep before an exam, so discourage your child from staying up late to cram. Make sure he or she eats a good breakfast on the morning of the exam and get them there with plenty of time. Reassure them that although you want them to do well no matter what happens you are very proud of them.

> "I can genuinely say that my daughter could not have managed without GCSEPod. I only wish that I'd known about GCSEPod when her GCSEs began, as I know that if she'd used it to reinforce her learning after each topic area, the impact would have been even greater."
>
> Lisa Chappell, Parent

HOW CAN GCSEPOD HELP?

We understand how important it is for you to support your child during their GCSEs, so we've created a page full of useful advice, guidance and resources, especially for you!

- ✓ GCSEPod makes it easy to understand the subject knowledge your child is learning.
- ✓ Log into your child's account to monitor homework and any areas in which they may be struggling.
- ✓ Monitor your child's progress for every subject
- ✓ Our support team is on-hand to answer your questions even during school hols!
- ✓ The parents page on our website is packed full of useful resources to help and support both you and you child.

www.gcsepod.com/parents