



WAYS YOU CAN HELP YOUR CHILD SUCCEED AT SCHOOL



SOUTH DARTMOOR ACADEMY





INTRODUCTION

As a parent or carer, you are your child's first and most important teacher.

Evidence shows that when a parent/carer is involved with their child's schooling, the child does better and has better feelings about going to school. In fact, this goes further. Studies have proven that when parents/carers and families are involved with their child's schooling, this has more success and impact than how much money a family has or indeed how much education a parent or carer has.

There are many ways in which a parent/carer can help their child at home and throughout the school year and beyond the school year.

Here are the top tips to help with this!



- The secret of doing well in exams is to be well-prepared and to plan. Well-prepared means working throughout the whole school life – Years 7-11! The vast majority of students do this all the time. How far behind a child can be could simply be the result of being lazy in Years 7 and 8 - they work hard in Year 10 and 11 but always feel they are behind. Catch up can be stressful!
- Planning is important. Work out a clear schedule of revision with your child, with clear dates and times. Look at exam dates and work backwards – how much time is really needed to be well-prepared? Work out a schedule for every subject – do not prioritise subjects, this simply means that your child is preparing to under-perform. Starting to revise earlier is the answer.
- Encourage your child to break revision into varied chunks – clear breaks, clear learning lengths.
- Work out what your child needs to revise – ask your child to check over all work but focus on areas that are less well remembered.
- Ensure that your child has all the books and notes needed. Contact school for help if anything is missing.
- Help them find a revision method that works – there are many different strategies.
- Buy new pens, stationery for your child to make revision more exciting.
- Go over notes with your child. Help with their revision method. Don't force a revision method that works for you if it adds to their stress or doesn't work for them.
- Help your child with timed answers practise.
- SUPPORT, SUPPORT, SUPPORT! You are their number 1 fan at the most stressful time imaginable to a teenager! A calm and happy home environment, being at home to support, making others aware of the pressure your child is under, stocking up on snacks and nutritious food and drink all helps. Including your busy child at meal times is essential – they must re-energise and relax – easier if this is built into the revision plan! Encourage a get out and walk or exercise moment for your child.
- Encourage change of scene for your child – computer to book to notes to memory work rather than one diet all the time.
- Avoid conflict – they will get irritable and tired!
- Good sleep before an exam is as important as ever. As is a good breakfast. Encourage this.
- Bribes and rewards for exam results are counter-productive as they suggest that they will only work for reward or that you don't trust them to work hard. Encourage them to work hard for their own sake and own success and that good results are the reward – they will feel so good when they are successful on their own motivation. Treats to reward hard work are fine if done as a surprise!

ALSO TRY 3: HELPING YOUR CHILD THROUGH EXAMS

There's no getting away from them
– exams are stressful for everyone!
How can you help?

