

# 5 tips for parents during exams

1

## Define revision.

Try to define the difference between “They’ve been revising” and “They’ve spent valuable time revising”. The latter is going to feature lots of concentration and the need for breaks.

2

## Agree to the role of devices.

The internet can be very valuable during revision and there are many great online resources out there but ensure that your child is genuinely concentrating and learning without the incessant ping of notifications. Consider “distraction-free zones”.

3

## Listen a lot and talk a little.

The best gift you can give your child is your time and your ear. Try to listen more than advise. Remember that when someone is stressed they don’t always need a solution, they often just need to share it. Support them and listen to them. Oh, and give hugs. All teenagers love a hug, right?

4

## Set a bedtime.

Something your child will thank you for is agreeing on a routine bedtime that all of you stick to. Talk to your child, negotiate a sensible time and stick to it. Ensure that when they go to bed, their devices are off. Genuinely off!

5

## Become a coach.

One of the skills of a great coach is asking great questions. Try these:

1. Can you convince me that X is true?
2. Give me two examples/applications of X?
3. Explain to me how X happens (this helps with processes).

