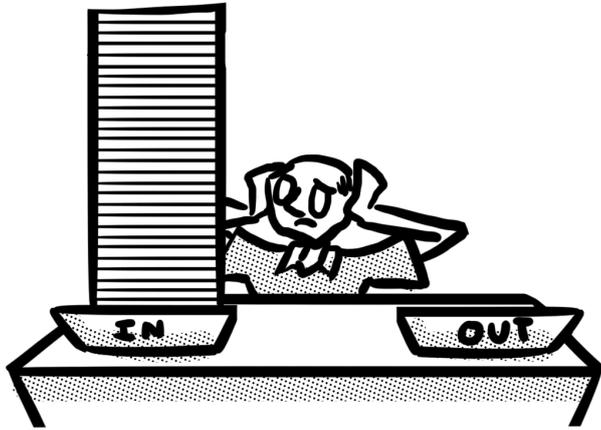


Did you know?



Research shows that the night before an exam is a stressful time and that cramming the night before an exam only leaves pupils feeling frustrated and anxious. Studies show that getting enough rest is vital to consolidate new information, so it is best that pupils get a good night's sleep and wake up feeling refreshed.

By the time it is the night before the exam, all revision should have been done. This is the perfect time for pupils to calm their nerves and make sure that they are ready to enter into their exam well-rested and confident in their ability.

Further research shows that limiting distractions can help pupils think better and reduce stress. Distractions include social media, technology, the internet, contact with people who may cause any upset etc. Research also shows that eating a nutritious meal, exercising or completing a relaxing activity the night before an exam can all contribute towards being in the right mindset to succeed.



What can you do?

- Encourage your child to review their revision and notes, covering topics one by one. Late night revision will not be effective so help your child to refresh themselves with what they need to and then to take a break so they get a good night's sleep.
- Encourage your child to have a relaxing evening routine the night before an exam, which could include eating a good meal (but not to try anything new), reading a book, going for a walk together, doing some exercise or having a bath. Be mindful that your child will be feeling stressed: provide them with comfort and reassurance and support them to be as calm and relaxed as possible.
- Help your child to get everything ready in preparation for their exam, such as clothes they need to wear, bag, pens, equipment, revision notes, water bottle, snacks etc. This will eliminate any unwanted stress on the exam day. Make sure your child has a breakfast ready to eat the next day as well.

