

Supporting your child's well-being... in examinations

We are now in the full swing of examination season with students across the college fully engaging in revision and taking exams. We consider preparation for examinations vital to students' success but ensuring a balance between quality revision and relaxation is important to staying healthy.



Sleep

Ensure you get a good night's sleep before your exams but also when revising. Go to bed at a reasonable hour to ensure this and get up at reasonable times. Don't work in bed. Keep it for relaxing and sleeping.



Exercise

Exercise your body as well as your mind! This could be a run, a trip to the swimming pool or a session at the gym. It could also be a short walk that allows you to clear your mind and increase your concentration.



Switch them off!

Ensure you put your devices in a place where you won't get distracted by them when you are revising.

Also stop using phones, laptops and tablets before bed. This will give you time to unwind and also will help your body to relax and not get distracted by the bright lights from screens.

Go easy on caffeinated drinks

Coffee and energy drinks might increase concentration and make you feel more awake but the effects quickly wear off. Too much caffeine can be harmful to your health so stick to water. It will hydrate you and will ensure you can rest.



Eat healthily

Try and eat well during your revision and your break periods. Ensure you get your 'five a day' and snack on fruit and vegetables. Try to keep a stash of healthy snacks such as nuts, apples or carrot sticks to refuel your brain as well as your body.



When in any exam remember the following...

- 1. Address the question being asked.**
Look for keywords.
- 2. Plan your answer**
- 3. Develop your ideas.**
Don't just stop at one point. Give evidence, explain and then make another point.
- 4. Use the right language.**
Use the keywords for the subject.
- 5. Finally check your answer.**

GOOD LUCK

