

How can we help Year 7 with their exams – Before, during and after!

Before her exams

- Being prepared will help her feel more confident
- Celebrate her successes in revision and encourage her to tell you what has gone well each day. Focus on the things she has achieved.
- Meditation and exercise are great ways to help her clear her mind, leaving her feeling refreshed and energised. Encourage her to use deep breathing to relax her body and mind.
- Help her plan something for first thing in the morning – if you start your day well, you are more likely to stay calm.
- Help her to eat the right foods and drink lots of water – too much coffee and sugar for example can make her feel more anxious as they are stimulants. Avoid fizzy drinks!
- Use positive language with her and talk positively about her exams going smoothly.
- If possible, avoid classmates who are highly stressed or who want to talk about the exams.
- Practice the relaxation techniques with your daughter so they are natural to her by exam day.
- Make sure she has planned her exam day so she feels in control; allow for travel and proper meals.

After her exams

- Sometimes exam stress doesn't just disappear once she has finished her exam as she might be worried about her results.
- Reassure her that she revised hard and did her best.
- Reassure her that you are proud of her determination.
- Avoid a post mortem on the exam – acknowledge it is another one ticked off. Discourage her from having post mortems with friends
- If your daughter fixates on something she did not know; ignore and acknowledge there will be lots she did get right

In your exams- tips for your daughter

- Breathe – take some deep breaths to relax your body and mind. This will really help if you freeze up or are struggling to get started.
- Focus on your paper. Block out the exam room and other students.
- Read the entire question paper, answering the questions you feel most comfortable with. By answering these first, you will feel more confident and settle into the rest of the exam.
- Stuck with a question? Leave it. Work on the next one and then come back to it.
- Remember, it's not a race. You've been allocated a set amount of time – use it and make sure you have done as much as you can.
- Keep a good attitude and use positive language with yourself; your nerves will pass and you're not alone.

