

# Examination Information for Parents/carers



It is important that your child is aware of the examination schedule, procedures, rules and regulations. These are all included in the REACH Candidate Exam Booklet 2022-23.

Please read the booklet through with them and sign and return the slip on the last page to REACH School.

## How can you make a difference in the run up to GCSE exams?

### Support your child to revise and prepare for exams:

- Provide a space for them to study at home, without distractions
- Ensure they are using revision guides which school have provided and strategies they have learned in school
- Help them to stick to their revision timetable and reward them when they do!
- Remind them to revise in short chunks (no more than 40 minutes per topic, then a break). It is best to do many short, focused revision sessions than hours of revision on one day
- Build in rest and reward time into their revision planning
- Ask them how they are feeling and what you can do to help
- Be sensitive to pressures and anxieties, and help them to keep things in perspective and have a positive mindset.

### The night before the exam:

- Encourage them to talk about when the exam starts, how long it is, and the main topics that may come up
- Try to minimise any stress, as they may have worried over revision and now want to relax
- Ensure they go to bed feeling confident
- Ensure they go to bed at a sensible time so they're not tired the following day
- Have an alarm clock ready so they wake on time and don't rush in the morning

### On the morning of the exam:

- Ensure your child has breakfast
- Reassure them
- Ensure they leave home on time

### Further support:

#### Revision:

- Every subject has revision materials to help your child to succeed:  
<https://www.reachschool.co.uk/student>
- [www.gcseguide.co.uk](http://www.gcseguide.co.uk) – use the 'bookshop' option to see what revision guides are available in each subject area and do the quizzes
- <https://www.bbc.co.uk/bitesize/levels/z98jmp3> has revision guides for students
- For help with revision techniques visit [www.gcse.com](http://www.gcse.com)  
<https://www.reachschool.co.uk/exams>

#### Exam pressure support:

- [Coping with exam pressure - a guide for students - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
- [What sorts of things might help you prepare for exams? - The Ofqual blog](http://www.ofqual.gov.uk)

#### Exam board websites:

[www.aqa.org.uk](http://www.aqa.org.uk)

[www.edexcel.org.uk](http://www.edexcel.org.uk)

[www.wjec.co.uk](http://www.wjec.co.uk)