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## EXAMINATION TIME

### FOR THE PARENT

Much of exam stress comes to a head on the day of the exam but, although this is the day when your child will have to prove themselves without your assistance, you can still help to reduce their stress levels. Encourage them to go to bed early the night before, and to have everything they need organised with their clothes laid out and their case packed. This will reduce their stress on the day.

In the morning, try to create a calm and positive atmosphere in the home and make sure you and the rest of the family are on time so that your child doesn't have the added stress of being late. Listening to peers talk about what they have and haven't studied is very off-putting so encourage your child to enter the exam venue and sit quietly before they start writing. Before they go in, remind them that they are well-prepared and wish them luck. The rest is up to them!

### MOTIVATION

Some people struggle with a lack of motivation. These simple strategies may help:

- Plan rewards for yourself when you have achieved goals
- Start with easier / more interesting subjects'
- Establish a work routine – once started, a routine becomes easier to maintain
- Remind yourself why you are writing these exams and why they're important to your future.

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### FOR THE LEARNER

#### IN THE EXAM ROOM

- Make sure all your pens and pencils work, that your calculator has batteries etc.

- Bring a bottle of water if you are allowed.
- Bring a supply of tissues.
- Read through all the questions carefully and ask the invigilator straight away if anything is unclear.
- Plan your answers using the spider diagram technique for essays to ensure that you remember everything.
- Allow yourself time to check your answers thoroughly before handing your paper in.
- If you can't answer a question move on to the next one and come back to that one later; your brain may have processed it by then.
- **BREATHE!**

*Shanta Benitha*  
Deputy Principal