

Some tips that can help you prepare your students for final exams.

“Success is not final, failure is not fatal; it is the courage to continue that counts.”

Winston Churchill

Create a distraction free study zone

Final exam time is when the “rubber meets the road.” Study time needs to be efficient, productive, and distraction free. Set up a space that’s quiet and conducive to studying. If your students have been studying in their bedrooms, now may be the time to have them study at desk in a different part of the house.

Monitor your students’ smart device usage

For many of us monitoring our children’s smart device usage is a constant struggle. It’s estimated that kids spend one-third of their day using their smart devices.

Don’t be afraid to take away a device...especially if it helps your teen sleep

Create a study schedule

Due to the amount of content, students may have difficulty figuring out what, when, where, and how to study. Create a plan they can follow. This will help them focus on studying their curriculum instead of focusing on the logistics of studying. **Experts recommend studying no longer than an hour without a break.**

Create a balance

While doing well on final exams is important, studying shouldn’t be their only focus. They should continue to do things they enjoy. Exercising or spending time outdoors can help them stay mentally focused and healthy.

Make balanced and nutritious meals

Eating healthy on a consistent basis is always a good goal to have. During exam time, try to reduce the amount of junk food they eat. Foods high in carbohydrates and sugars can leave students feeling tired and unable to concentrate. Also, minimize their caffeine intake. Excessive caffeine can make them feel hyperactive or anxious. With the amount of stress and pressure they’re already feeling, they definitely don’t need to add to it.

Ensure they get plenty of sleep

Make sure your students continue their normal sleep patterns. All night cramming sessions are one of the worst things they can do. Lack of sleep makes it difficult for people to retain and recall information. Again, don’t be afraid of taking their devices away at bedtime

Stay realistic with your expectations

It’s easy for us to create high expectations for our children. While the world is a competitive place, we can’t lose sight of reality. Not every grade our child earns is going to be an A+. Some days, situations, and exams don’t go as planned.

Take care of yourself

Final exams can be stressful for parents too. Trying to manage your students’ extracurricular activities, study time, as well as your workload can be overwhelming. Don’t forget to continue doing what you enjoy to help reduce stress.

If your child does not do as well on final exams as they hope, be a good listener. Let them share how they feel. Continue to encourage them to work hard, and to do their best. Lastly, tell them you love them!