

HELPING YOUR CHILD PREPARE FOR DECEMBER EXAMS.

How can I help my child through exams?

- Exams are a stressful time for any young person. Mood swings and outbursts are more likely to occur during this period.
- Look out for other signs that your child may be struggling, including poor sleep patterns or a change in appetite or behaviour.
- It's worth preparing ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the results that they, or you, are hoping for.

Things you can do.

- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.

- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of exams.
- Set aside one to one time so they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage good bedtime routines.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day to day lives, seek help from your GP.

How can the College help?

- Speak to your child's progress tutor to find out what revision techniques they recommend.
- If your child is struggling with a specific subject, ask them to talk to the relevant teacher to see whether they can provide additional help in the form of extension classes.
- We have a team of Academic Learning Coaches who can help with practical steps including revision timetables and time management skills. (**See next slide for more details**)
- If your child has additional learning or developmental needs, speak to their key worker.
- Encourage your child to attend Breakfast Club and Homework Club.

Academic Learning Coaches

- Based in the Library.
- Academic Learning Coaches are all highly qualified graduates with a 2:1 or higher in their specialist subject.
- Students can book appointments with Coaches in their study periods via e-mail for support with time management, essay writing skills, organisational skills as well as specialist subject support.

Your Academic Learning Coaches

Joe – English and History

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Rory – Geography and A Level Business

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Afeefa - Biology

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Hannah M - Chemistry

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Eddie - Chemistry

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Olivia – Learning Resources Manager

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Subject Support Available After College

The library is open until 6pm Monday – Thursday. Different coaches will be available on different nights – **why not encourage your child to book an appointment to see them?**

- **Monday:** Maths, Physics, English and History
- **Tuesday:** Psychology and Chemistry
- **Wednesday:** Chemistry, Biology, Sport Science and Maths
- **Thursday:** Computer Science, Business Studies, Physics, Geography

USEFUL APPS AND ONLINE RESOURCES FOR YOUR CHILD

Subject Resources

- Maths: [ExamSolutions](#) & [Photomath](#)
- Chemistry: [Chemguide](#) & [MAChemGuy](#)
- Biology: [A*Biology](#)
- Psychology: [SimplyPsychology](#)
- Physics: [Physics Online](#)
- [Tutor2u](#) has notes and videos for almost every subject you can think of
- [SparkNotes](#) mainly covers English, but has notes for other subjects as well

Useful Tools for Revision

- [Gojimo](#) gives you access to loads of practice questions for all major subjects
- [Quizlet](#) lets you make flashcards and quizzes that are based on them
- [Mindly](#) is a mind mapping tool
- [The Student Room](#) is a place for students to discuss revision, university applications, careers and everything in between. People often go there for help with past papers, so it can be a good resource if you come across any particularly tricky questions

Some Helpful Videos

[How to make the perfect mind map and study effectively](#)

[How to make flashcards](#)

[Top 10 memory tricks for revision](#)

[Alternative to flashcards](#)

[Taking notes from a textbook](#)