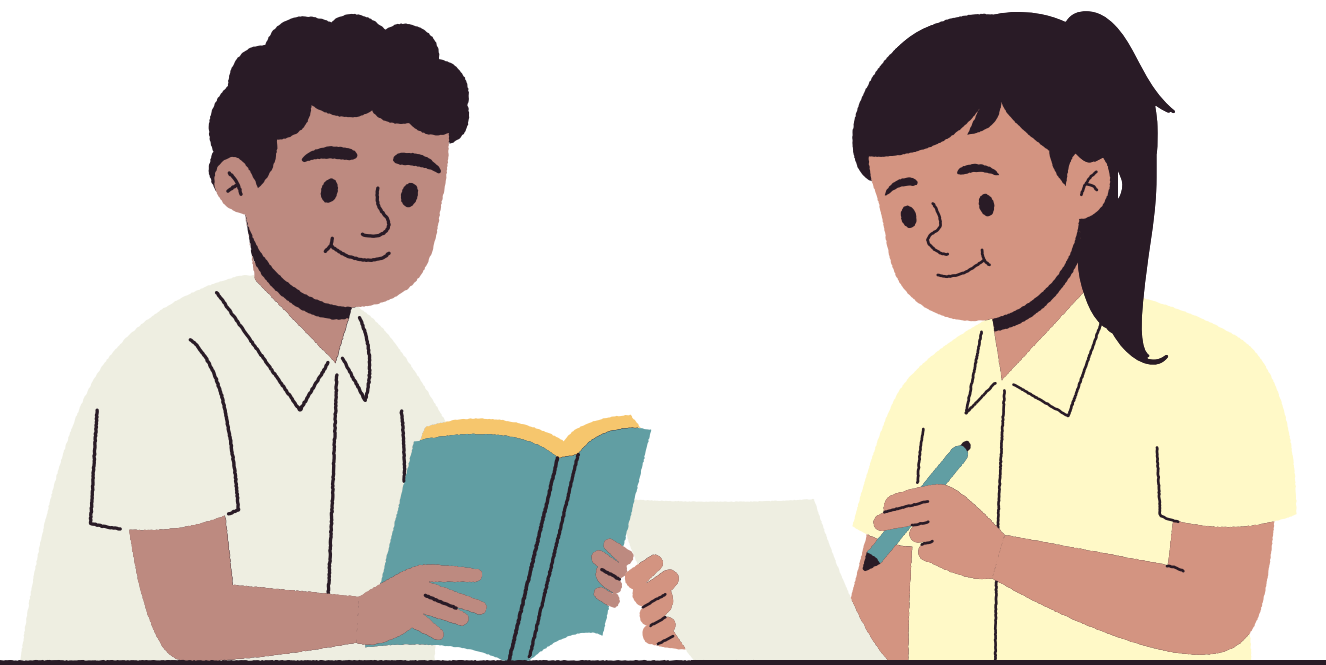


EXAM TIPS

A GUIDE FOR PARENTS



DO NOT OVER-PRESSURIZE THE CHILD



Maintain normalcy about exams with the confidence that the child has written exams and has received guidance from teachers. Support your child in studying and help them out. Adding pressure and forcing them to score well will only put them off.

COMMUNICATE

Talk to your child and find out how they are doing. Do not over emphasise past mistakes and make sure to talk about the present and how they can better study and focus on the upcoming exams.



STAY CALM

Even though the parent might be more stressed than the child when the exams are around, one should focus to stay calm rather than display their restlessness around their children.



CREATE A CONDUCTIVE STUDY ENVIRONMENT

Parents should ensure that their child's study space should be properly ventilated and well-lit, apart from being equipped with essential stationery items like pencils, erasers, rulers, and books. They must also be mindful of creating a space with minimal disturbance for the child



BE REALISTIC

Parents should gauge their child's ability and know that every child has a limit. Parents should also understand that their child will only be able to perform according to his/her ability. They should be ready to accept limitations and should trust their abilities and try to bring out the best in them.



ENSURE THEY EAT AND SLEEP WELL

Whether it's the daily glass of milk or nutritious snacks, parents must make sure their child is having all their meals on time. Nutrition plays an important role in keeping brain energy levels up as well. It is also important to ensure that children get good quality sleep.

