

TIP SHEET FOR PARENTS

FINAL EXAMS

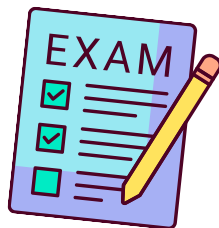


*Is your child new to writing exams?
Here are six tips to support their exam prep!*

1

SHARE WHAT EXAMS REALLY ARE

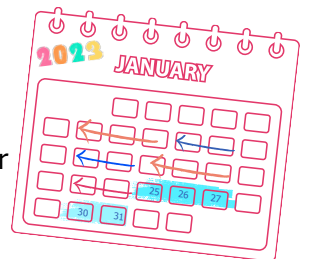
- Exams are tests based on the big ideas and essential skills in a course
- Exams are like unit tests, except they consolidate content and concepts from the whole semester
- Exams and CPTs are part of the *final 30%* of their mark



2

SUPPORT A STUDY PLAN

- Suggest marking exam dates on the calendar to schedule several short blocks of study time for each course
- Help them identify their best time of day for focusing. Cramming at the last minute or pulling all-nighters are not recommended



[Learn more here](#)

3

ENCOURAGE REVIEW

- Notebooks, tests & assignments make great review material
- Making study notes also helps, ex. [Cornell notes](#)
- Encourage your child to ask their teacher for clarification and to complete any review materials



4

SUGGEST OPTIONS FOR STUDY TECHNIQUES

- Do practice problems
- Think up acronyms to use as memory aids
- Create analogies, stories or visualizations to synthesize information
- Form a study group or find a study buddy

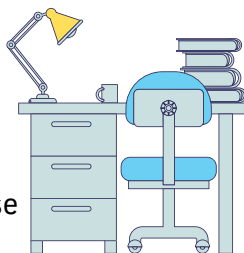


[Learn more here](#)

5

HELP MINIMIZE DISTRACTIONS

- Encourage your child to set devices to silent or put them out of sight
- Suggest a quiet, dedicated workspace; understand if silence, soft music or white noise is most helpful to their concentration



6

WELL-BEING SUPPORTS

- Exams may feel stressful. Promote self-care strategies to help them manage
- Share this [Self-Care Quiz & Coping Strategies for Taking Tests](#)



"Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you" (Deuteronomy 31:6).