

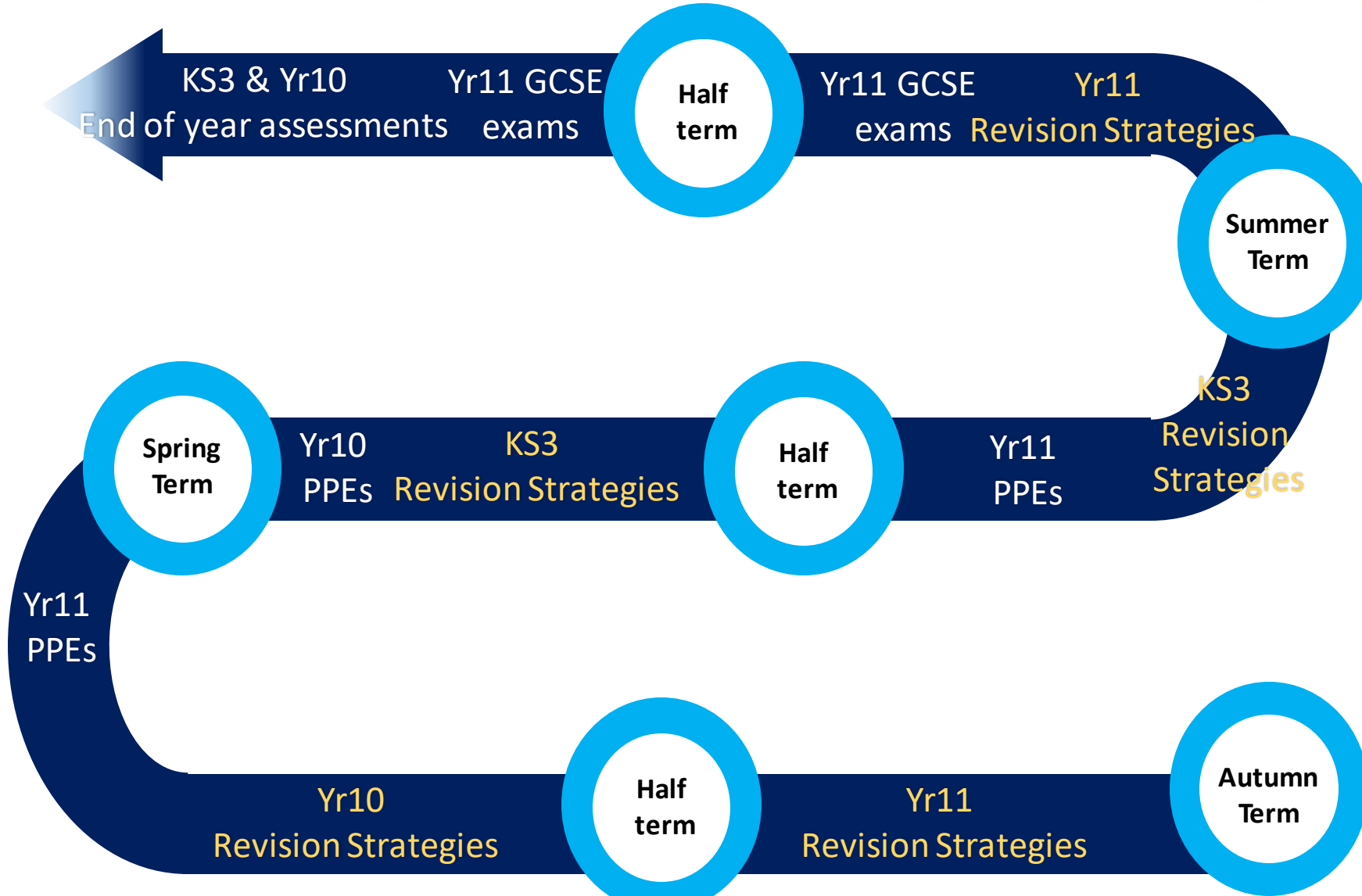


EPCHS Support for Exams



TOP TIPS FOR PARENTS

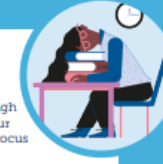
- Ensure you're checking students PPE/ exam timetables.
- Provide your child with all the correct equipment for their exams.



Top Exam Tips!

Get a good night's sleep

It's important to get enough sleep the night before your exam. It will be easier to focus if you are well rested.



Get organised

Make sure you have everything you need by organising your pencil case the night before.



Eat a meal beforehand

Remember to eat breakfast or lunch before the exam to prevent your stomach from rumbling and distracting you.



Arrive early

Give yourself plenty of time to get to the venue; you don't want to be in a rush before the exam.



Drink water

An easy way to improve your concentration is to stay hydrated, so remember to bring a bottle of water to the exam.



Stay calm

If you find yourself getting nervous, take some deep breaths and feel your body relaxing before you move on to the next question.



Read the question

Don't rush through the exam. Make sure you read each question at least twice before writing your answer.



Leave time at the end

Make sure you leave time at the end of the exam to check your answers.

