

Academic Medic Presents:

THE TOP 10 WAYS TO HELP YOUR CHILD COPE WITH MATRIC FINALS



1. **Help them develop a *realistic* study timetable.** This means scheduling study times around extra-murals as well as leaving some time for relaxation. Time management is essential and students often struggle to balance work with relaxation. Help them develop a helpful schedule which they are confident and comfortable they can follow.
2. **Encourage the use of past papers when studying.** Past exams are very good at giving students an idea of what to expect in the exam, and can help them feel more at ease with the type of questions and the way in which these are asked. All high achieving tutors agree that past exams were a game changer for their performance. Confidence is key!



3. **Do not indulge your child should they claim they cannot do or understand something.** Many students are quick to claim that a section of work is 'impossible' or 'not taught properly', but in most cases, the student simply needs to give some time to understanding concepts and going through examples. If your child is stuck on a concept, encourage them to be persistent with it instead of giving up.



4. **Ensure their study space is conducive to studying.** A quiet, well-lit room is necessary for effective studying. A well fed student is also necessary for effective studying! The best thing a parent can do during this time is support and nurture your child to the best of your ability, ensuring they are happy, comfortable and ready to learn. Interruptions and disturbances by family members should be discouraged.



5. **Allow your child to listen to music while studying, if it really helps them.** A common misconception is that music diminishes concentration; however, many people find it actually helps them to focus more on their studies. YouTube has many hour-long compilations of relaxing instrumental music that can be soothing to the studier. An example may be found at the following link:



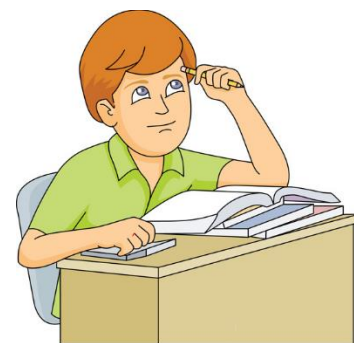
https://www.youtube.com/watch?v=2JQsf7i_dXY

6. **Make sure your child takes study breaks.** It can be counteractive to study for hour on end, which is why study breaks are important. It is essential that the student gives their brain time to absorb the information they have taken in and time to recover before continuing. Furthermore, the happiness of a student is crucial to their overall success. However, if the study break is longer than the actual study time, this is also counteractive!

7. **Make sure your child gets enough exercise.** It can be difficult to fit exercise into a busy studying schedule, but remaining active is a key component in reducing stress and enhancing academic performance. **Encourage them to get enough sleep.** As much as they think they need to cram the night before a big exam, a good night's rest will allow them to think much better under pressure and will enhance their memory in the exam. The overall well-being of a student is directly related to their performance.



8. **Make sure your child understands that doing well in the exams is for their benefit.** It is important for students to want to succeed for the right reasons. They must understand that doing well in these exams is not for anyone's benefit but their own, and this should be sufficient motivation for them. They should work for their own goals and their own desires and they must find their own passion and desire to achieve. In the end of the day, nobody can truly force them to be driven. Ensure your child is aware of the importance of their situation in a positive manner whereby they are inspired to better themselves for their own benefit.



9. **Be supportive of your child when they report back on how an exam went.** More often than not, students will believe they fared much worse in an exam than they actually did. If they are worried about their performance in an exam, discourage them from dwelling on what might have gone wrong and encourage them to work harder for the next exam.

10. **Remember, your child is the one writing the exams.** It is definitely very difficult being a parent during exam time; however, it is important to remember that your child is most probably under even more stress than you are. But, if you can provide them with a supportive and encouraging environment, they will be that much closer to success!



Are you looking for more resources to help your child? Be sure to purchase the Academic Medic Physics and Chemistry Study Essentials coming out Monday 17th October. Does your child often say that difficult trick questions appear in their exam which they have never covered in class? Academic Medic has combined the brains of our top achieving students with multiple distinctions to create a brief document (less than 20 pages) of worked examples for Physics and Chemistry, focusing on only the toughest questions which top achievers struggled with. This great resource will be available for only R50! Be sure to follow our Facebook Page for details or view our website: www.academicmedic.co.za