

Mount St Joseph GCSE Parent & Carer Guide



Supporting Your Child Through GCSE Revision and Exams

Working in partnership to support
achievement, confidence and wellbeing

At Mount St Joseph, we recognise the important role parents and carers play in supporting students during the GCSE examination period. This booklet has been designed to offer a range of practical tips and suggestions to help you support your child with revision and exams.

There is no single right way to do this. Every student is different, so this guide takes a “pick-and-mix” approach, encouraging you to select the ideas that best suit your child and your family. You are not expected to use every strategy, and any approaches that already work well should continue.

This booklet is intended to be easy to dip into throughout the revision and exam period. We hope it helps you to create a calm, supportive environment in which your child can feel confident and prepared.

Thank you for working in partnership with Mount St Joseph at this important time.

How to Use This Booklet

Pick and choose ideas that suit your child and family. Highlight or note strategies you like.

Do: ✓

- Flick through the booklet and try ideas that appeal.
- Keep it handy during the revision period.
- Highlight or note strategies that work.

Don't: ✗

- Try to do everything.
- Use tips that don't suit your situation.
- Abandon strategies that already work.

"Get them to pack their bag the night before with everything they'll need for the exam."

1. Your Role as a Parent or Carer

Think coach, not teacher. Provide structure, reassurance, and perspective – not content delivery.



2. Creating a Revision-Friendly Environment

Short, consistent revision sessions (30-45 mins) are more effective than long, irregular periods.

- Quiet, well-lit space
- Phones put away
- Clear start and finish times



3. Planning Revision Together

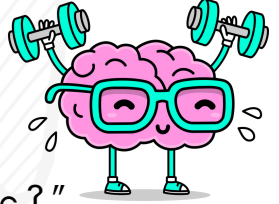
Build home revision around Period 7, subject intervention, and revision sessions. School-led sessions form the foundation; home revision consolidates learning.



4. Revision Techniques That Support GCSE Success

Encourage active learning: self-testing, practice questions, explaining topics aloud.

"What questions might your teacher ask on this topic?"



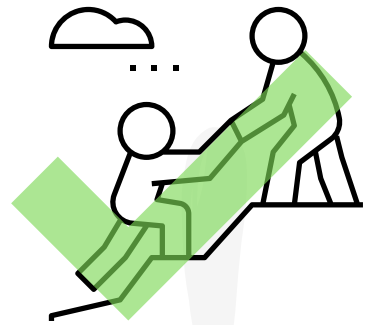
5. Supportive Language

Praise effort, not just results.

Helpful phrases:



- "It's okay to find this difficult."
- "Let's focus on today."
- "You don't need to be perfect, just prepared."



Avoid:



- "This will affect the rest of your life."
- "You should know this already."



6. Responding to Common Situations

Encourage a short start if avoiding revision, shift strategies if stuck, reassure if anxious, and support Period 7 attendance consistently.



7. Motivation, Mood, and Wellbeing

Motivation often follows action – even small steps count.

- Praise effort
- Break tasks into small steps
- Normalize ups and downs



8. Preparing for Exam Days

Organisation reduces stress.

- Adjust routines as needed
- Prepare equipment night before (pens, calculator, water, bus pass)
- Confirm exam times and locations
- Allow for mood changes



9. On the Day of an Exam

Keep routines calm and predictable.

- Get up early
- Encourage breakfast
- Avoid last-minute advice
- Avoid asking how they feel – wait for them to share
- Encourage staying away from negative peers



At this point, preparation is done – they are ready for their exams

10. After Each Exam

Don't interrogate; let them process at their own pace.

- Students may be elated, upset, or quiet – this is all normal behaviour
- Listen if they want to talk
- Keep home routines normal



11. End-of-Exam Period: "Are We There Yet?"

Continue interest, praise, and support even when energy flags. One final push matters.



12. Post-Exams Celebration

Celebrate effort, not just results.

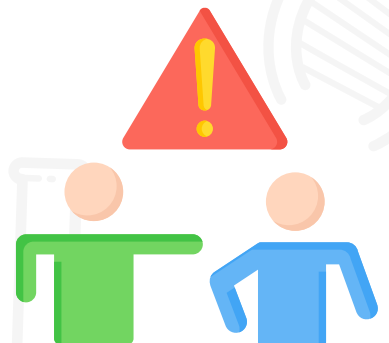
- Organise a small event, favourite takeaway, or relaxing family activity
- Encourage looking forward to summer
- Don't forget to treat yourself too!



13. What Parents Should Avoid

Clear boundaries build independence and confidence

- Treating revision as optional
- Taking over revision
- Using grades as threats or rewards
- Comparing students



14. Looking After Yourself

A calm parent = a calmer, more focused child.

- Limit exam-focused conversations
- Share concerns with other adults



15. Mount St Joseph Exam-Day Checklist

The Night Before:

- Clear Pencil case, calculator, clear water bottle with no label, bus pass ready
- Check exam location and time
- Calm, early bedtime



Morning of Exam:

- Wake child early – no rushing
- Encourage breakfast
- Keep home calm and quiet
- Travel to school organised with plenty of time
- Encourage avoiding negative peer talk
- Allow them choice on last-minute revision



During the Exam:

- Step back – they are prepared
- They will tell you if they are nervous
- Staff are on hand to keep an eye on them during exams in case they feel overwhelmed



After the Exam:

- Don't interrogate
- Listen if they want to talk
- Keep routine normal
- Praise effort

