

Helping your Teen

Prepare for their Exams with Confidence

3 QUICK WAYS TO HELP YOU, HELP YOUR
TEEN PREPARE FOR THEIR EXAMS

PLUS A BONUS TECHNIQUE



“
Success doesn't happen overnight. Its when everyday you get a little better than the day before. It all adds up.

Dwayne Johnson



INTRODUCTION

This booklet has been created for families like mine who are living with teenagers preparing for their exams.

I know that there are times when I wish I could sit the exams for them, although in all honesty my teens would probably gain higher marks than me!

**Do you wish that you could take away their anxiety?
Do you wish that you could help them calm themselves?
Do you wish you had some little pearls of wisdom to
share with your teens?**

In this booklet you will find **3** techniques that you can share with your teenager to:

- Calm themselves
- Reduce their anxiety
- Help with memory recall



SQUARE BREATHING

This is a really useful technique for your teen to practice.

By concentrating on their breathing for a few minutes, your teen can very quickly calm their nerves and anxiety. With no equipment needed this is also a technique that can be done quickly and discretely.

Make sure that you are either sitting or lying comfortably.

Breathe in for the count of 4
Hold that breath for the count of 4
Exhale your breath for a count of 4
Hold for the count of 4

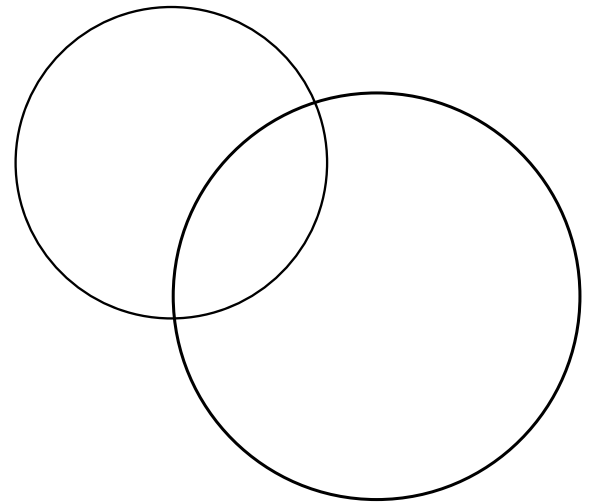
Repeat as many times as you feel that you need

I often find that when I use this technique I close my eyes and for each step I visualise one side of a square.

This is one technique that can be used in the exams hall too.

“Focus on what you can control, and don't waste energy on the things that you cannot.”

Unknown



CIRCLE OF CONTROL

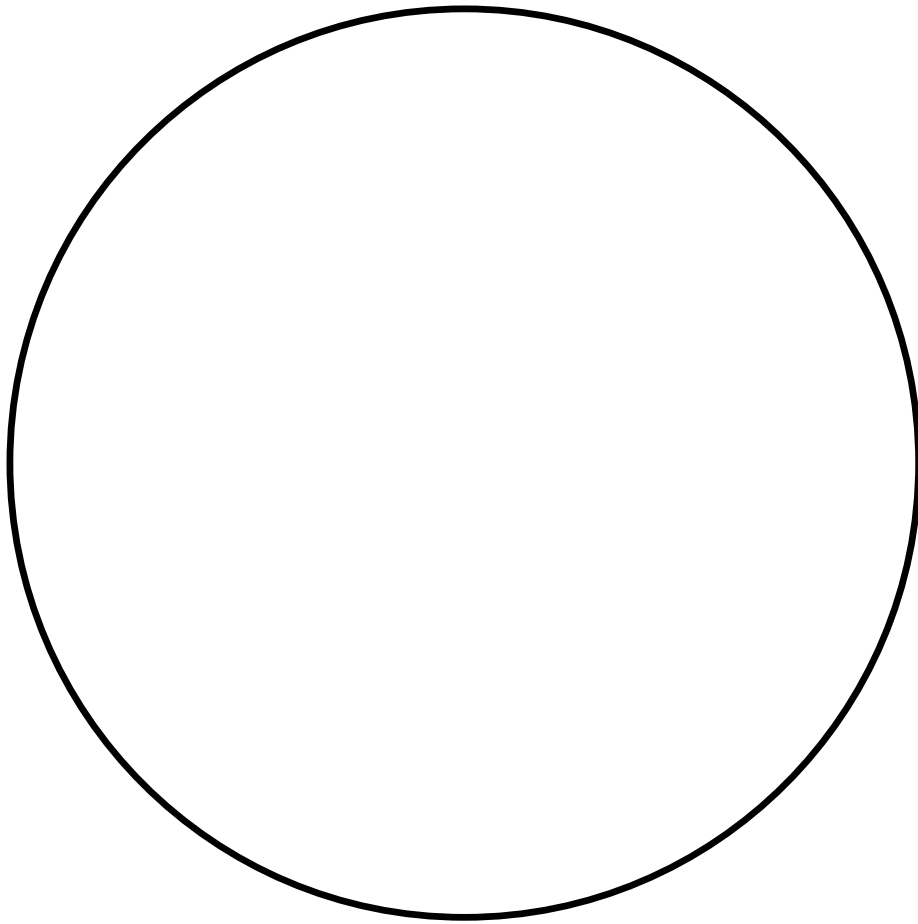
sometimes our teens worry about the 'what ifs' and this can become exhausting both for you and them.

Ask your teen to make a list of all the things that are on their mind when they think of exams.

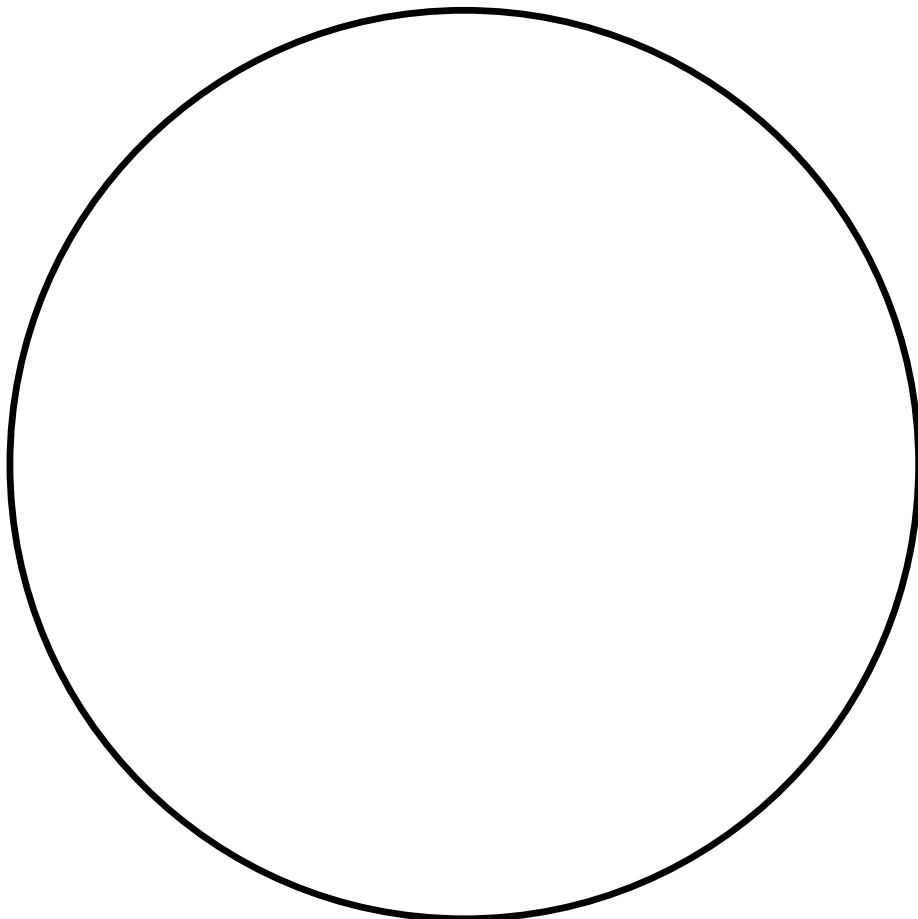
Using the circles on the next page, ask you teenager to choose whether each item is something they can control or something that they can't control, and to write it in the relevant circle.

This activity helps your teen to be proactive and productive by spending their time and energy on all things related to their exams, that they have control over.

Circle of Control



Circle of Concern



“
There is no learning
without
remembering.

Socrates



RECALL TECHNIQUE

There are studies that show that when we try to remember something we can look up to the left if we are remembering a picture, or look to our middle left when remembering sounds.

For *Visual* teens (those who look up to their left when remembering)

- Use large sheets of paper and encourage revision using mind maps, trigger words, colours, pictures, tables and charts.
- Stick these to their wall, position them up to the left of their eyeline.
- Invite them to read these often and close their eyes to recall by picturing them in their mind.

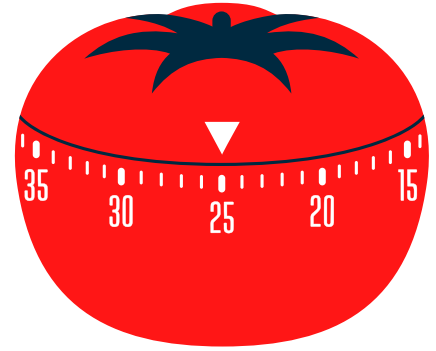
For *Auditory* teens (those who look to their middle left)

- Revise by reading revision notes out loud
- For complex revision give it a funny accent i.e. Donald Duck.

Bonus Technique

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*Success doesn't come
from what you do
occasionally, but from
what you do consistently.*

Marie Forleo



POMODORO TECHNIQUE

Pomodoro means tomato in Italian. Breaking up your revision time into tomatoes, as opposed to hours, does help....I promise.

Support your teen to make a list of the revision that they need to do

Step 1 Prioritise and organise the list

Step 2 Break their revision into 25 minute slots

Step 3 Set a timer for 25 minutes

Step 4 Work for 25 minutes (1 Pomodoro)

Step 5 Take a 5 minute break

Step 6 Work for another Pomodoro

and continue with this pattern until they have studied for 4 Pomodoro's

After 4 Pomodoro's have been achieved increase the break to 20 minutes.

I really hope that you found this helpful, if you choose to use any of these techniques **please share** how you and your teens found them, I love to hear from you.

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