

# PARENTS' CORNER



From your Wellness Team



## Wellness Team :

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# Exam Preparation

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## **Quiet Study Space**

The school library is open 2:50 - 4:00pm  
Monday, Tuesday, Thursday & Friday.

## **Start Early**

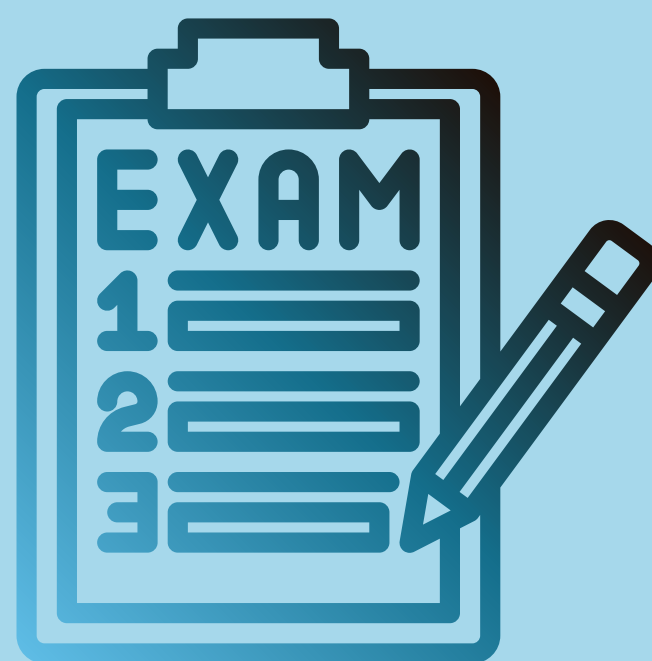
Encourage studying several days before the test.

Cramming is not beneficial to our long-term memory, and can add additional stress to exam season.

## **Stay Positive**

Remind your student that they have the ability to do well on their tests!

Talk to your child about their exams and remind them not to put excessive pressure on themselves.



## **Make Study Sheets**

Encourage your student to summarize main ideas into notes that help them remember the information.

This can be a single page of notes to review several times.

## **Get Help-Attend the Class Review**

Normalize asking for help! Teachers, classmates and friends are there for support, before and after exams.

Class reviews aim to cover the most important material, encourage attendance during those sessions.

## **Set Priorities**

Students should prioritize studying the most important material first. If they're unsure what to prioritize, they should ask their teacher.