**Tips for Exam Students and Parents**

**Before the exams**, down to the last bit of revision!

* Most of the work is done
* Important to sleep well, bed early ~8hours
* Eat well – balanced diet, healthy snacks
* Exercise – healthy body, healthy mind
* Routine of exams – study during the day, start same time as exams this helps to get used to the routine of the exams. Students find the afternoons tiring so getting used to it now via your study will help.
* The final week – finish your general study by the bank holiday weekend. Start focusing on the subjects scheduled for these first 3 days such as English, Math’s, Geography (Irish for JC).
* Resources such as revision books and websites are useful – [www.skoool.ie](http://www.skoool.ie), [www.examsupport.ie](http://www.examsupport.ie), [www.spunout.ie](http://www.spunout.ie). These are excellent resources providing, sample answers, revision checklists, tips on stress management etc..

**During the exams**

* The school will open from 8.30am onwards
* On the morning of the first exam it is advised that all students should arrive before 9am to register, find exam centre and read Department of Education rules and regulations on sitting state exams (at entrance of centers)
* For subsequent exams be outside your exam centre 10-15 minutes prior to start time
* If late for any exam a student has up to a half hour to get into exam centre after which he cannot enter
* A student cannot leave the exam centre in the first half hour or last 10 minutes
* Do not leave exam early, especially if your pal is gone on ahead!
* Look over exam techniques given earlier in the year, especially around timing!
* You cannot borrow in the exam
* Food and drink are not encouraged in the exam centers
* If a student is caught cheating, it will be on their academic record and exam maybe cancelled for them
* Once a student leaves the exam they must leave the school or report to the exam co-coordinator. Respect for other students still in the exam centers is essential!

**After the Exams**

* Keep post-mortems to a minimum. It is worth doing a small bit of self analysis after the exam and put a genuine grade on the work you have done. When the results come out in August (Leaving Certificate) September (Junior Certificate) they should compare well. If not then request to view the paper and apply for rechecks if necessary (only open to Leaving Certificate).
* For Leaving Certificate students, Take a few days after your exams before considering using the change of mind facility and be careful performance in exams should not alter preference in CAO!

**Tips for Parents**

* Important to keep as normal a routine as possible re food (not advised to do a fry up the morning of the exam, especially if not normal routine), getting to school, sleep etc.
* Important not to add to stress of the situation, being supportive, reassuring and keeping positive will help.
* Try not to encourage post-mortems, encourage to move on and get focusing on the next exam
* Important to be aware of school rules re exams such as full school uniform at all times
* In case of emergency, such as illness, accident, etc., inform the school straight away as special arrangements can be made if necessary
* Photocopy exam timetable, have one by your study desk and also in the kitchen. Highlight all your exams and times so everyone is clear
* Have a checklist of necessities to bring into each exam such as pens, calculator, etc., and have this organized the night before
* All Paper, Log tables are provided for in the exam

**Pre- exam results**

* Stay relaxed, don’t panic
* Forget about “what if’s”
* Healthy distractions – good to keep busy
* As this is an anxious time for students it is important that parents are supportive, positive, act normal and have no expectations.

**Day of results**

* Be positive– there are always options!
* Remember when calculating your points you count your top 6 subjects for CAO
* Did you achieve the appropriate requirements?
* Monday after the results CAO post first round offers
* Celebrate sensibly!

***Good Luck in your exams and your future!***