**What parents should know to help their children study…**

**Q. What equipment do I need to provide for my child, to help their studying?**

**A.**

This is a list of helpful equipment:

* Pencil case
* Pens and highlighters
* Pencils
* Rubber
* Protractor
* Compass
* Set of colouring pencils
* 30cm ruler
* Scissors
* Glue
* Calculator
* Sharpener
* Dictionary/Thesaurus
* File dividers
* Folders

**Q. Where should my child study?**

**A.**

* Somewhere with good lighting
* Lots of space
* Away from distractions

**Q. How can I aid my child’s well-being, during studying?**

**A.**

It is important to your child to:

* Take regular breaks from study
* Get plenty of sleep
* Drink lots of water
* Eat a balanced diet
* To be organised and prepared for their exams e.g. have all the correct equipment, exam times and dates

Continually reassure your child that they can do the work – this will help build their confidence and self-esteem

**Q. What strategies can I encourage my child to do?**

**A.**

* Look at their time management e.g. create a timetable or keep a diary
* Complete work before 9pm
* Encourage them to use an Index Card System
	1. Get them to write each question or term on the back of an index card
	2. On the front of each index card they write an answer or an explanation for the question or term on the back
	3. They then shuffle the index cards
	4. Next they look at the card on the top of the deck:
	5. Try to answer the question or explain the term
	6. If they know it, great! Put it on the bottom of the deck
	7. If they don’t know it, look at the answer and put it a few cards down
	8. They proceed through the deck of cards until they know all of the information

**Q. What forms of support are available to my child?**

**A.**

Seek help and support through discussion and working with:

* Yourself
* Friends
* Teachers
* Mentors
* Library
* Internet

**\*Encourage your child to seek help from school and subject specific teachers. Remember; the school wants your child to succeed!**