



✓ Parent Checklist: Supporting Your Child With SEND During Exam Revision

1. Routine & Planning

- ☐ We have a simple, predictable daily revision routine
- ☐ Revision sessions are short (10–20 minutes) with planned breaks
- ☐ We use a visible planner or timetable (wall chart, whiteboard, colour coding)
- ☐ We focus on one or two subjects per day, not everything at once
- ☐ We break big tasks into small, manageable steps

2. Environment

- ☐ My child has a calm, organised study space
- ☐ Noise and distractions are reduced (headphones, quiet room, tidy desk)
- ☐ Phones and unnecessary devices are kept out of reach during revision
- ☐ Water, snacks, and any sensory supports are available

3. Active Revision Strategies

- ☐ My child uses active methods (flashcards, mind maps, practice questions)
- ☐ We avoid passive revision (just rereading notes)
- ☐ My child uses visuals, colour coding, or diagrams if helpful
- ☐ We use memory tools (mnemonics, memory stories, teaching back)

4. Breaks, Movement & Sensory Needs

- ☐ We use short, structured breaks between revision chunks
- ☐ My child has opportunities for movement or sensory regulation
- ☐ We avoid long, unstructured breaks that lead to distraction
- ☐ We watch for signs of overload and pause when needed

5. Organisation & Executive Function Support

- ☐ We review deadlines and exam dates together
- ☐ We help prioritise tasks (now / next / later)
- ☐ We use checklists to track progress
- ☐ We support writing down the *first step* of any task

6. Exam Skills Practice

- ☐ My child practises exam-style questions
- ☐ We talk through command words (explain, analyse, compare)
- ☐ My child practises planning answers before writing
- ☐ We gradually introduce timed practice when they're ready

7. Access Arrangements (not applicable for all students)

- ☐ My child knows their exam adjustments (extra time, rest breaks, reader, etc.)
- ☐ We practise using these adjustments at home
- ☐ My child feels confident about how their exam will work

8. Stress & Wellbeing

- ☐ We use calm-down strategies when needed (breathing, grounding, movement)
- ☐ My child has a predictable daily routine
- ☐ We encourage positive self-talk and reassurance
- ☐ We keep revision balanced with rest, hobbies, and sleep

9. Encouraging Independence

- ☐ My child is supported to email teachers or ask for help
- ☐ We talk about what helps them learn
- ☐ We celebrate small wins and effort, not perfection
- ☐ We encourage them to take ownership of their revision plan

10. Staying Connected With College

- ☐ We know who my child's Inclusion Coordinator at college is
- ☐ We ask for guidance when needed
- ☐ We share what works well at home
- ☐ We encourage our child to attend support sessions