

## 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