How to support your young person with revision and wellbeing

Spring into revision season!

Spring is here and with the blossom and milder weather comes revision season. Across the country, learners are preparing for exams at different levels. No matter the level of study, revision season can be a stressful period, not only for learners but for parents and carers, too. With April being 'Stress Awareness Month', it's the perfect time to be on top of revision stress. In this newsletter, we have tips for supporting your learner through revision season and an announcement of new Parent and Carer Ambassador roles!

We have a parent and carer session on April 28th, all about Student Finance - further details are at the bottom of this newsletter.

Revision Support Tips from our Parent Ambassador, Sam

The days of tiptoeing around the
house and speaking in hushed voices are back! It's revision time for many students across the country, including my daughter who is in Year 13.

The next few months are important and understandably, the most stressful time for our young people. I want to share three things that work for us and how we are getting through this time as a family:

1. **Take an interest** - Striking the balance between 'leaving her to it' and showing an interest in what topic she was revising was tough, but by showing her we were on hand it meant that she did not feel completely alone when revising.

2. **Lots of past paper practice** - By going onto the exam board website, we were able to find and print past papers and mark schemes and sit these as timed exams from home.

3. **Lots of rewards and treats** for working hard at the end of each week! It doesn’t have to be an expensive treat, my daughter really enjoys a long walk in the countryside after a tiring revision session.

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**May's Top Tips to Support Your Young Person with Revision & Exam Stress**

May is a Higher Education Engagement Assistant with HeppSY and has many revision seasons under her belt.
1: Understand the expectations on the young person.
Research the qualification your young person is working towards to better understand the expectations and pressures they are under. Find out key dates like exam and results days so you can be mindful of times they might be feeling extra pressure.

2: Encourage them to make a revision plan.
Talk to your young person about creating a revision schedule. Breaking down revision into smaller sessions can help them avoid getting overwhelmed. Websites such as Get Revising will even generate a schedule for you!

3: Create a dedicated learning environment.
If you can, set aside a space at home which is free from distractions and noise for your young person to revise in. Less distraction equals better focus and less stress!

4: Check in with the young person.
Make sure they know you’re there to support them. It could be as simple as bringing a hot drink to their desk and having a quick chat! If you need some extra advice in supporting them, Young Minds have tips specifically for exam time.

5: Remind them to take care of themselves.
Make sure your young person is getting enough sleep and eating well - the NHS has more advice on how to help manage the effects exam
stress on health. Importantly, encourage them to set aside some time for relaxing as well as for revision!

Higher Education: A Guide for Parents & Carers

Coming Soon!

We are very excited to announce that our newest resource for Parents & Carers is in its final stages and will be available in hard copy or online this spring/summer!

*Higher Education: A Guide for Parents & Carers* is a comprehensive brochure providing parents and carers with the information needed to help your young person in decision making, application and all things higher education.

We are recruiting paid Parent/Carer Ambassadors!

We are currently looking for more Parent/Carer Ambassadors - if you have a child/children at any higher education institution, this paid role could be of interest to you.

Hepp deliver sessions to parents and carers about the pathway into higher education. There is no better way to provide this information than through parents and carers who have lived the experience. With your support you can put others at ease through the process.

If you are interested to hear more please contact **Kelly Self** on k.self@shu.ac.uk or 07824 431415.

Upcoming Sessions for Parents and Carers
Thurs 28 April 2022 – 5-5:30pm
Understanding student finance as a parent/carer

As a parent or carer, we know the cost of higher education study can be daunting. Come along to this 30 minute information session where we’ll explain how student finance works for Higher Education.

We’ll give you the facts on how much money students can receive as a loan or non-repayable bursary / scholarship, the extra financial support they may be eligible for and repayments. Student and parent ambassadors will share their experiences and there will be time to answer any questions you have.

Click to book

Thurs 7 July 2022 – 5-5:30pm
Open days and clearing – why they are important for your child

Join us for this 30 minute information session where you’ll find out why open days are important, what to expect at one and how your child can make the most of them. We’ll also explain Clearing, which is used by 70,000 students each year to find a place on a university level course at the end of the academic year before they are due to start the course.

You will hear from our student and parent ambassadors who will share their experiences and what they found useful. There will also be an opportunity to ask any questions.

Click to book

Head to the Hepp and HeppSY Twitter for stress-busting tips and check out our HeppConnects page to stay up to date with events!

For more information and advice

- HeppHUB - Higher Education Progression Partnership
- HeppSY
- You can also speak to our qualified careers advisers via online messaging or a phone line: www.heppsy.org/chat.
Remember your support is invaluable and working together can make a difference.

Keep an eye out for our next edition in September!