Exam season: a parent and teenager support plan

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

Complete this together if your teenager finds it useful. It is a support conversation, not a revision timetable or a way to monitor every hour. They can choose what they want to share.

Help I would welcome

A practical job someone could help with: _____

A way of checking in that works for me: _____

A question or comment I would prefer less often: _____

The practical details

Where the exam information is kept: _____

Travel and arrival arrangements to confirm: _____

Equipment or materials to check with school: _____

A school contact for support or adjustments: _____

Check requirements with the school or exam provider. Do not rely on another student's arrangements being the same.

Continue: Exam season: a parent and teenager support plan

Keeping the week manageable

One ordinary activity I want to keep: _____

A household demand we can adjust: _____

Something that helps me take a break: _____

How I will ask when I need more support: _____

On the day

Beforehand, I would like: _____

Afterwards, I would prefer: _____

If transport or another plan goes wrong, we will: _____

If stress is taking over

Someone at school I can approach: _____

An adult who can help me seek further support: _____

What I want them to understand: _____

Do not wait for an exam result to ask for help with distress. See the NHS parent guide to exam stress for further advice. Review this plan when it stops being useful.

Browse all free resources.