How Parents Can Help Their HSC Students

Stay Calm
- At times your child will be stressed, so they need you to maintain a calm approach (especially during exam times & when assessment tasks are due)
- If you are concerned about signs of stress in your child encourage them to take a break & seek help if needed

Provide Healthy Food & Snacks
- If they are not eating well they will not have the energy to study effectively. Great snack food include: bananas, fruit & nuts, wholegrain bread etc
- Limit the caffeine (coke & coffee/tea), as this will elevate their stress levels. The best drink is water.

Organise a place for them to study
- Provide a quiet place, free from distractions such as the TV or mobile phone.
- The space should be comfortable, well lit & well ventilated (fresh air, not stuffy).
- If they don’t have a desk, then clear a space on the dining room table.
- A notice-board would be useful – attach timetable, schedule of assessment tasks, study schedule etc
- Don’t tidy up the mess on the bedroom floor, especially piles of notes (as parents we don’t want to be responsible for throwing out important pieces of paper).

Help with Time Management
- Mark on the calendar when assessment tasks are due (they may need a prompt to get started 2 weeks before they are due). Trying to get a task done the day before it is due is not effective time management.
- Mark exam times on the calendar – if possible, give them time off household chores or encourage them to cut down on work hours (if they are doing casual work) during exam times.
- They may need some help to plan activities & schedule study times (teachers will help here as well).

Balance
- They need to balance work & study with other activities.
- Sport & exercise are important when studying.
- Recognise that their social life is important to them, but work with them to set a reasonable limit.
- Balance the needs of other family members – help them understand that they are important as well

Be Supportive
- Encourage them to do their best.
- Let them know you are proud of their achievements.
- Support them in achieving THEIR goals for the future (not yours).

Useful Website for Parents
http://hsc.csu.edu.au  (go to the section For Parents)