

# Did you know?

## FINAL EXAMS



Dear parents,

Final exams are just around the corner, so we thought we would give you a little quiz. Here are three questions for you:

### TRUE OR FALSE?

#### 1) Your child can experience a lot of stress before and during an exam.

**TRUE.** Student outcomes are a big part of our school system. Exams can create stress and become a major issue for some students, causing:

- insomnia;
- loss of appetite;
- refusal to go to school;
- indigestion, headache, nausea.

Do not underestimate the stress your child is feeling. It is real and upsetting. For further information about stress and anxiety, see this edition of *Did You Know?*

#### 2) Several short study sessions are better than one long study period.

**TRUE.** One of the best ways to consolidate learning is by regularly studying the subject matter in short study sessions. This facilitates communication between neurons (known as neurotransmission), improving your child's ability to memorize and retain information. In addition, repetition will increase your child's long-term memory and ability to focus.

#### 3) Healthy lifestyle habits will have no impact on your child's ability to perform in an exam.

**FALSE.** Promoting a healthy lifestyle is important to help your child perform better in exams. When children are physically active, eat well and get enough sleep, they are better equipped for their exams. In fact, Canadian research shows there is a direct link between healthy lifestyle habits and student success.



### How to help your child get ready for exams

- Identify priority areas of study and make a schedule. Start early!
- Avoid cramming.
- Help your child concentrate by keeping things quiet around the house.
- Take study breaks.
- Make a review sheet.
- Encourage your child to attend review sessions and to ask for help.
- Make sure your child maintains a healthy lifestyle.
- Help your child stay positive.
- Show your support!

### Mark your calendar!

Join Jacinthe Germain, FNEC student success adviser, for a presentation on exam preparation via Zoom on June 9, at noon. She will also be available to answer any questions you may have! To register: [elapointe@cepn-fnec.com](mailto:elapointe@cepn-fnec.com)

### REFERENCES

- Université de Sherbrooke (2022, mai). Stress ou anxiété? Fiche d'intervention. Alloprof (s.d.). Trucs pour étudier.  
 Ruby, Françoise (2017, 15 mars). Saines habitudes de vie et réussite scolaire : il faut miser sur une approche globale. 100°.

