



## EXAM STRESS

Exam stress is normal and very common

*Exams create stress.. Students may experience it because:*

- They often need to learn and recall a large amount of information for an exam
- Exams always have an element of uncertainty about them
- They may need a particular exam result to gain entry into another course or career path.

It is useful to remind our children that this is only a small part of their life (even though it might not feel like it at the time). It won't last forever.

### **How can parents support their children to manage their stress?**

One of the challenges as a parent is that exams are something your child has to do on their own. There are a number of ways parents can support their children as they work through their final exams at school.

You can support them by trying the following:

- Have realistic expectations and don't push them too hard
- Be constructive and positive
- Encourage good sleep patterns and eating habits
- Provide a quiet space for them to study and prepare
- Teach them the importance of study breaks
- Encourage them to ask the teacher questions if they're unsure
- Help them know what to expect on the day of the exam

- Help them be on time for the exam or arrive early
- After the exam, listen to their concerns and avoid criticising them

Keeping things in perspective for students and parents alike, can help prevent everyone getting overwhelmed. Although this final year is important, it is not necessarily the most important year of your child's life.

Parents can provide support, not only emotionally, but also practically by keeping their child well-nourished and encouraging physical activity.

Students in their final year of school are considered a high-risk group for depression and anxiety. Sleep deprivation, diet and social media are some of the biggest issues faced by this group of teens. Therefore it is vitally important that a student's mental health is looked after as well as their physical health.

In this special report, parents will find useful tips to support their child during this often stressful time. We hope you take time to reflect on the information offered here and we always welcome your feedback. If you do have any concerns about your child, please contact the school counsellor for further information.

Here is the link to your special report [http://thac.nsw.schooltv.me/wellbeing\\_news/year-12-exam-stress-special-report](http://thac.nsw.schooltv.me/wellbeing_news/year-12-exam-stress-special-report)

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Source: SchoolTV

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