



# THE WAY

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SCHOOLTV.me



FEATURING: Dr Michael Carr-Gregg

THIS MONTH:

## Exam Jitters

Do you know the best way to support your child during exams?



Exam Jitters

### EXAM JITTERS

Every year, more and more emphasis is placed on achieving good results in exams causing many students to feel extraordinary pressure and having unrealistic expectations

This month on SchoolTV, parents will find advice on how to help students cope with the pressure and how students can work smarter to achieve the results they desire.

Exams are like a game. Once you know how to play the game, your chances of achieving great results rapidly increase. Parents can learn how to assist their kids to maintain perspective and keep their sanity intact during exam time.

Diet, exercise and sleep all play an important part in helping a student balance a busy schedule and study smarter. Keeping stress levels to a minimum and reducing anxiety can be easily achieved through careful planning and having a supportive environment.

We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

If you have any concerns about your child, please contact the College Counselling Team for further information.

Here is the link to this month's edition <http://thac.nsw.schooltv.me/newsletter/exam-jitters>

**Mrs Jacoline Petersen**  
Director of Student Counselling

*Source: SchoolTV*

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