



al Report

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YEAR 12
EXAM
STRESS

- Year 12, Exam Stress

YR 12 EXAM STRESS

Supporting your teenager through their final school exams can be extremely daunting for parents. However, maintaining a calm household will ensure your child has the best chance of success.

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.

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.

There are many strategies that students can implement to help themselves. Parents can provide support, not only emotionally, but also practically by keeping their child well-nourished and encouraging physical activity.

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 College Counsellor for further information.

Here is the link to your special report https://thac.nsw.schooltv.me/wellbeing_news/year-12-exam-stress-special-report

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