PARENT SUPPORT FOR HSC STUDENTS

The final year of Senior School is usually a year of hard work and a huge commitment for students.

The pandemic is continuing to disrupt education and contributing to higher levels of uncertainty. Now the HSC trials will be conducted remotely. With all of this going on, it's not surprising that some students have an emotional response and it is therefore extremely important for parents to know how to support their children during this time.

Parents can help instill hope during these uncertain times by ensuring young people remain connected with their social networks and encourage them to maintain balance between study and life. Students can benefit from being reminded that their self-worth is not attached to their results and that you will love them even if they don't achieve the highest ATAR and no matter what.

Acknowledge that this is a difficult time and encourage them to do the best they can under the circumstances. When students try their best, but fear disappointing their parents, fear not being loved and unable to feel good about themselves, we see overwhelm and emotional distress. Remind your child that there are many study options post the HSC to achieve success and that their HSC results will not define who they are.

Parents will discover practical advice for students and parents to help get through the final year of Senior School.

We hope you take time to reflect on the information offered in this article. If you have any concerns about your child, please contact the College Counsellors for further information or seek

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medical or professional help.

Click on this link for more information on the Surviving Final Year edition of SchoolTV

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