



Exam Jitters

Exam Jitters

EXAM JITTERS

How parents talk about the exams can have a significant impact on the level of stress a student may experience.

It is term 2, which means some students in years 3, 5, 7 and 9 will be doing NAPLAN and the other students will be writing exams. Exams can be a challenging period for both parents and students. Most students really want to do well and make their parents proud. Some of them apply so much pressure on themselves to achieve this outcome, that it impacts on their stress levels and impede their capacity to perform optimally.

Parents also want to support their children to achieve the best possible outcomes. Parents play a key role in supporting their children to reduce their stress levels during this period. If you have a child in Senior School, it can be useful to initiate a conversation about the upcoming exams and determine:

Dates - when their exams are occurring,

Plan - ask them what their plan is to be prepared for the exams

Support - ask them what you can do to support them during their preparation period.

How to Reduce Stress during the exam period?

Parents, if you are unsure about how to support your child to reduce their stress levels and

developing a healthy approach to exams, please watch the interviews on SchoolTV on Exam Jitters. Parents you can learn how to assist your kids to maintain perspective and keep their sanity intact during exam time. Keeping stress levels to a minimum and reducing anxiety can be easily achieved through careful planning and having a supportive environment.

[Here is the link to this](#)

Source: School TV

Adjusted by Jacoline Petersen
Director of Student Counselling
