THE WAY

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HEALTHY STUDY HABITS

It is that time of the year where students are preparing for the mid-year exams . When we speak to students, we often find that they are very stressed about their parents' responses to their academic results.

It is normal for parents to want to motivate their children to do well. It is also useful for students to have some level of stress to motivate them to prepare for the exams. However, we want to avoid high levels of stress, because it can reduce their academic performance.

What can parents do to support their children with their exam preparation?

In Junior School, often students won't even know they are doing an assessment and the word exams is not used. Consequently, they can be very stressed when they encounter exams in Year 7 for the first time. It is useful for parents to acknowledged this and reassure them that learning how to study and preparing for the exams, are new skills that you will support them to develop. Consequently, the focus will not be on academic outcomes only, but more so on their executive skills. The focus will be on their:

- Organisation
- Time Management
- Problem solving
- Discipline
- Study Skills

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The idea is that you will support them to learn how to study. Establish what they know about how to study and what they need to learn.

Their responses can guide you on how best to support them. Attached are some links that can support you as you guide them on this journey.

You can click on any of the links if you wish to help them to:

Develop Healthy Study Habits

Understand HSC Exam Stress

Understand the Exam Jitters

If you have any additional questions, feel free to contact me at jpetersen@thac.nsw.edu.au

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