

WAITING FOR RESULTS DAY

Talk through plans for the best and worst outcomes. Help them to see that they have worked hard and there is nothing they can change right now.

Try to stay calm for them. Help them to keep an open mind about what comes next. Exam results will not hold the same importance when they are older.

Try and keep the summer busy. Plan things together as a family and encourage your child to spend time with friends.

Develop their confidence by talking about their strengths and weaknesses. Reinforce their self-esteem through encouraging their talents and interests. Exam results are not the only thing to measure success by and this is important to talk this through with them.

Teenagers are not designed to take this long term view - help them to think about how they will feel about these exams in 6 months, a year or more.



USEFUL WEBSITES



Young Minds

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time/>

Family Lives

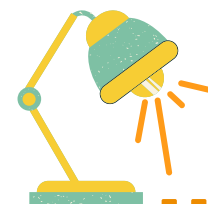
<https://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/>

NHS

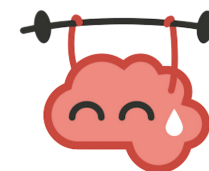
<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

BBC Bitesize

<https://www.bbc.co.uk/bitesize/articles/zckydxs>



HELPING YOUR CHILD WITH EXAM STRESS



COPING WITH EXAMS

It is very normal for students to feel nervous or worried about exams. It can be a challenging part of school life at the best of times but at the moment it may feel even more stressful than usual due to the uncertainty caused by Covid-19.



Ensure that your child knows it is ok to talk about how they are feeling.

The pressure of exams can come from many areas; school, friends, themselves and parents. As parents we want our children to do well. Being supportive, listening and avoiding criticism as well as being flexible about household jobs and untidy bedrooms, will help your child feel relaxed.

Finding a balance between work, social life, exercise and sleep can be difficult. Support your child to find this balance to help them keep perspective and reduce the feeling of being overwhelmed.

Encourage your child to have at least one day off a week.



Remind your child that exams don't last forever. Encourage them to do their best and that if things don't go to plan, there is **always** another way.

WHAT DOES STRESS LOOK LIKE?

Exam stress can creep up on students, so it is useful to know some of the signs and symptoms to look out for.

- Feeling confused
- Losing contact with friends or socialising too much
- Feeling moody, irritable and low
- Find it hard to make decisions
- Feeling overwhelmed
- Lack of motivation to do anything
- Trouble sleeping or getting up
- Tense muscles or headaches
- Stomach upsets or feeling sick



- Nail biting, feeling restless
- Being forgetful
- Feeling that nothing is going right, fearful of failure
- Loss of appetite or eating too much

Sometimes, overwhelming panic can lead to inactivity which could be mistaken for laziness.



Encourage your child to speak to a member of school staff that they trust. If your child's worry and anxiety becomes worse and starts to effect their everyday life, seeing a GP is a good place to start

WHAT CAN HELP?



Talk...

Talk to your child about exam nerves and remind them that this is a normal reaction. Having a small amount of nerves can be useful.

Be positive...

Remind them of all the study they have done, encourage them to face their fears, reassure them before going into an exam.

Be realistic

Time spent on study is likely to impact on the time they have for other things. Be flexible about time spent on household jobs and keep track of time spent working if they have a part time job.

Exercise!

It may be the last thing they feel like doing, but exercise can help clear their mind and relieve stress.

Support....

Help by ensuring they have somewhere quiet to study. Ask them how they would like you to help.

Do something together

Make time to do something with them that they enjoy. At the end of all the exams, take time to celebrate!