



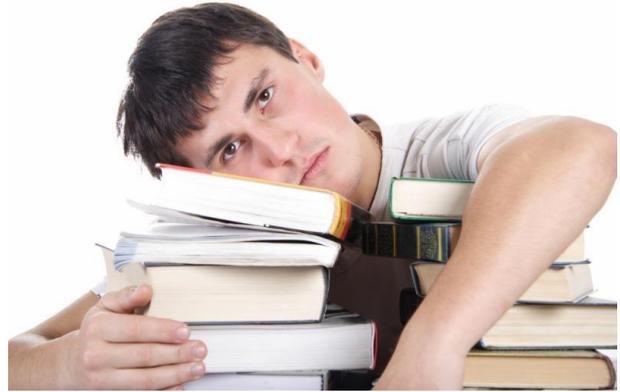
## Exam Stress

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### *Top 12 tips on how to support your teenager during exam time*

In NSW Year 12 HSC Exams start mid-October. For many parents this is a relief that they are finally here and for others the culmination of an exceptionally stressful year. For the younger teens final year exams are almost upon them and in as little as 9 weeks school will be over for the year!

Most parents want their child to do well and yet don't know how to best support them. Often well-meaning parents can have the opposite effect and end up feeling frustrated and their teenager refusing to put in the effort. Try these tips for a calmer more rewarding exam period.



### **1. Give them space**

Breathing down their neck watching how much they do will only push them away

### **2. Contain your worry**

Talk to teachers or other parents but do not keep asking for reassurance from your teen. They can't handle your worry as well as their own

### **3. Be encouraging**

Even if they have been lazy for the last few months, now is **NOT** the time to remind them. Only use encouraging, positive words

### **4. Don't go on about it**

Asking too many questions about their preparation and giving too much advice is not as useful as just listening. Listen from their point of view, don't try and fix or solve things, just listen.

### **5. Highlight strengths and successes**

Encourage them not to dwell on failures. It is normal for most students to feel that every exam was a disaster - don't join the inquest



## **6. Provide a good place to study**

Quiet, well ventilated, plenty of desk space and free from distractions. Disconnect wi-fi and turn off mobile phones during study periods. Music is OK - just not too loud.

## **7. Encourage them to study in 45 minute blocks**

Then take a 5 minute exercise or food break - just make sure the break doesn't turn into 30 minutes!

## **8. Avoid nagging**

More hugging and less tugging. Too much pressure can be harmful. **DO NOT** compare siblings in any way.

## **9. Keep up exercise and routine responsibilities**

The ones who perform best manage their time well and realise that life es on and other responsibilities must be met as well as study.

## **10. On exam day**

Provide a od breakfast, ask them if they have everything they need for the exam (don't tell them). Give them a hug and tell them you love them.

## **11. After the exam**

Let them voice their worries and expectations and also encourage them to let go and focus on the next exam or event.

## **12. Celebrate the ending of the exams**

Take the family on a special outing.

*"You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of."*

*Jim Rohn*