



Typical exam stress face

EXAM SEASON IS HERE... AND COINCIDENTLY, SO ARE HIGH ANXIETY LEVELS

For some people the examination period is an extremely stressful and anxious time. Stress can cause medical problems or reduce the efficiency of exam performance. Of course, most people have some anxiety reaction to examinations. The task is to know if we ourselves are the ones who have such excessive anxiety that it affects our exams and life as a whole.



Be the best that you can be

4 TIPS FOR KIDS DURING STRESSFUL TIMES (LIKE EXAM PREPARATION)

Take your time

Self-care can be a big difference maker during stressful times. When we become caught up in our stress, we sometimes forget this simple truth. Nothing comes easy and learning things like how to study and prepare better can be a process. Take time to figure out some goals for yourself, put in the hard work towards accomplishing those goals, relax and do the best with the resources that you've got! Also, you remember more than you think you do. If you forget something, that's ok, just continue with the paper and come back to the question later.

Invite conversations with people around you

Please ask for help! Your peers, family and teachers know you well and they want to help reduce your stress. Sometimes the small conversations can be surprisingly helpful in stress reduction.

Plan (Always)

Planning is an important feature of growing up. Whether you are an athlete training for a competition or a film director thinking about your next movie, planning is a crucial life skill. In writing exams, you need to give yourself time and plan out a study timetable for the next few weeks. Planners feel in control, crammers feel overloaded.

Sport/ Exercise

Your brain sometimes needs a break and one of the best ways to help it out is to do some exercise. Even a simple walk can help to clear your mind a bit. A healthy body can achieve more in the long run.

4 TIPS FOR PARENTS DURING STRESSFUL TIMES (LIKE YOUR CHILD'S EXAMS)

Talk to them

Talking about the exam with your child can relieve stress about exam taking. If your child is struggling on their exams, talk to them about it and meet with their teacher or the School Based Support Team to find out the best way to help your child.

Important but not life and death

Encourage your child to do well but don't pressure him/her beyond their limits. The last thing any of us want is to be a contributor to their stress levels. During exams, it is important for your child to stay relaxed for the exams.

Provide a work space

For some reason high schoolers believe that studying on their beds is a good thing during exams. While this may be relaxing, it is ill advised. Providing them with a quiet, well lighted area with little distractions can be a big feature in assisting your child study efficiently.

Space things out

Encourage your child to space out their studying attempts and any lingering homework assignments so that they won't be forced to cram on the night before the exam... or the morning of the exams.



Growth Mindset

Our whole school theme for this year is **Growth Mindset** and the idea is that we want everyone in our school community to hold a mindset that no outcome or attributes are fixed. Even though tough periods will emerge, the C.S. Lewis quote still holds true, "failures are finger posts on the road to achievement".



Be the best that you can be