

M A N A G I N G S T R E S S

**What are
the signs
of exam
stress?**

**What
support can I
offer my
child?**

**How can I help
my child
emotionally?**

**Is there
any online
support?**

Parent / Carer Information and Support

Exam

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Exam

What COULD exam stress look and feel like to you?

Feeling very overwhelmed with everything.

Over thinking things!

Feeling the pressure of many deadlines and everyone wanting my time!

Spending more time worrying about doing a task as opposed to doing the task.

It feels like the list of things to do is never ending and you can't see anything changing soon. Then you ignore it hoping it will go away!

Feeling like you can't remember anything that you need to remember.

Feeling the "weight of the world on my shoulders".

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Feeling very overwhelmed with everything.

When you are not in control of what you are thinking and feeling you do become overwhelmed. It is important to be organised and forward plan so you are prepared.

Over thinking things!

Create a plan or make a note of ideas in order to focus your thoughts. It may not stop you thinking, but it will encourage you to move forward with your thinking.

Feeling the pressure of many deadlines and everyone wanting my time!

It is important to know when each deadline is so you can set mini goals to achieve leading up to the deadline. If you keep missing deadlines it will negatively affect how you are feeling.

It feels like the list of things to do is never ending and you can't see anything changing soon. Then I ignore it hoping it will go away!

**Whenever we feel that we have too much to do, instead of trying to work through everything, it becomes easier to ignore it. The problem with this is that these tasks are not going to disappear, and more will join the queue. Set yourself a daily to do list which enable you to achieve and move forward.
When you address all of the tasks, you will feel better about it all.**

Exam



Exam

Feeling the “weight of the world on my shoulders”.

This is easy to feel when you feel like you have too much to do. The key is to be pro-active and make sure you do not get to this point. However, if you do, be resilient enough to form a plan to move forward.

Feeling like you can't remember anything that you need to remember.

When your mind is full of things like “I can't do this” or “I am never going to be able to get it” you convince yourself this will be the case. Equally, when your mind because negative you give up. You need to have the “I can do it” positive mindset and use different memory strategies.

Spending more time worrying about doing a task as opposed to doing the task.

It becomes far easier to spend your time worrying about not being able to do something, as opposed to just doing it. Worrying about it is not going to change the fact you have to do it, so spend your time more productively by breaking the task down and completing the work.

Exam



Exam

How can I support my child?

Ensure your child is preparing and planning for exam season is key.

Encourage them to create a revision timetable that they stick to for a number of months meaning they are not leaving everything to the last minute and panicking!

On the next slide there is an example of a revision timetable that considers the hours they spend at school, intervention sessions, revision sessions and importantly some

THEM TIME!

They will need to personalise the plan, but it could help manage their time.

Exam



Exam

How can I manage exam stress? A Revision Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School – 8:30 – 3:30	School – 8:30 – 3:30	School – 8:30 – 3:30	School – 8:30 – 3:30	School – 8:30 – 3:30	Revision – 10 – 11 / 11:30 – 12:30 / 1 - 2	
Me Time – 3:30 – 5:30	Intervention – 3:30 – 4:30	Intervention – 3:30 – 4:30	Intervention – 3:30 – 4:30	Me Time – 3:30 – 5:30	Me Time	Revision – 1 – 2 / 2:30 – 3:30 / 4 - 5
Revision – 5:30 – 7:30	Me Time – 4:30 – 6:30	Me Time – 4:30 – 6:30	Me Time – 4:30 – 6:30	Revision – 5:30 – 7:30		Me Time

The above is an exemplar – a revision timetable is individual to you.

Exam



Exam

How else can I support my child?

Every child is different and will manage their stress levels in different ways.

The key is to find the best strategies that will suit your child.

On the next two slides, there are some suggestions as to how you can help your child manage exam stress.

Discuss these with your child to see which ones will suit your child best. This also means that you will feel involved in helping and supporting your child.

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How can I support my child?

Create a revision timetable where time for you is included. This means you are organising your time.

Exercise – great to keep your mind and body active because it makes you more alert.

Drink plenty of water – hydration is key to maintaining high energy levels.

Manage your time effectively. Know when you have a deadline and plan your time to achieve that final goal.

Make sure you include time to do what you want, whether that is read or socialise with friends. If you have some “me time” you will feel more refreshed for work.

Reduce your social media time. Spend some time talking to friends and family instead of feeling more stressed by what everyone else is saying or doing.

Use revision strategies like putting post it notes around your room, record yourself and listen back, set yourself a quiz, look at past exam questions.

Don't compare yourself to anyone else. You are you, and you need to do whatever works for you!

**M A N A G I N G
S T R E S S**

Encourage your child to do the following....

**Show
commitment**

**Accept that
some things
will be hard!**

**Be
positive!**

**Understand one part
of your life is
stressful, not all of it.**

**Watch some comedy in order
to give them something to
laugh at that is positive and
relieves stress.**

**Talk to people
and listen to
advice!**

**Manage
your time**

**Plan ahead and
identify what may
cause you the stress.**

**Don't leave
everything to the
last minute!**

**Have their revision
timetable on the fridge
so you can get involved.**

**Rest and
sleep!**

**Break tasks down,
don't just see one
big task.**

**Take control of
what you need to
do!**

**Address the
stress, don't avoid
it!**

**Ensure your child
takes some breaks
from revising which
will help them
maintain their focus.**

**Make sure you
are organised.**

**Use mindfulness
techniques**

**Don't be so hard
on yourself!**

**Spend some time
talking about
something other
than exams.**

**This will help to
make stress
manageable!**



Emotional wellbeing and stress?

When the mind feels stressed, it has a negative effect on you emotionally. This means that you do not do things to the best of your ability. It also means that although you may be stressed about exams, for example, other things in your life like family relationships and friendships may also be affected.

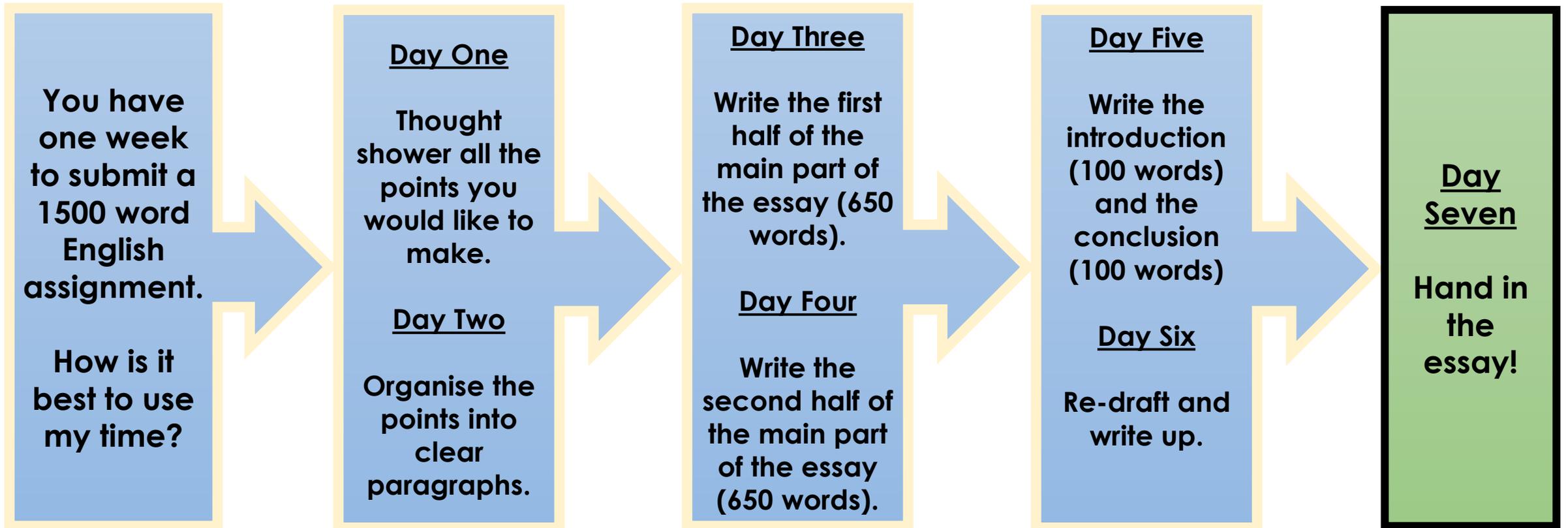
It is important to plan for stresses you have control over. You know when your exams will be, so plan for them. Create a revision timetable, rest, remain hydrated and so on meaning you are able to take control of this particular stress!

Meeting deadlines



Meeting deadlines

Meeting deadlines can also cause an element of stress. The flow chart below is based on an English essay deadline, but could be adapted for other deadlines!



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Exam

On Exam Day

Make sure they are well rested!

If the exam is in the morning, wake them up in plenty of time so they are fully awake for the exam.

Make sure they have had some breakfast, and they re hydrated.

Leave plenty of time for the journey to school.

Ensure they know the time and location of the exam.

Use mindfulness techniques, breathing techniques and encourage them to stay calm.

Avoid discussing the exam with peers and getting yourself too anxious before you have seen the paper.

Read through each question carefully and plan how you will answer it.

Encourage them not to over think things and convince themselves they can not do it.



Final Thoughts

No-one is going to be able to sit an exam for you, attend an interview for you or deal with relationship concerns for you. However, you can plan and prepare for some of these things, and consider strategies to deal with unplanned things!

Be emotionally resilient and do things to support your healthy mind like reading, listening to music or mindfulness.

Plan and prepare for stresses you have control over like exams. Leaving everything to the last minute will have a negative effect on how you approach everything.

Your thoughts and feeling are important. If you are worried about anything, speak to someone, do not dwell on things.



On-Line Support

Every Mind Matters – NHS UK
<https://www.nhs.uk/oneyou/for-your-mind/stress/>

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

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

Parentline
<https://www.parentline.com.au/older-kids/issues/helping-kids-cope-exam-stress>