



## Exam Anxiety-Supporting at Home!

Some stress and anxiety around exams is good and perfectly normal. Your child is becoming an adult and he/she must learn how to effectively deal with stress as they will encounter it throughout their life.

As parents/carers you will also be suffering from stress and anxiety over their exams, sometimes more as we have limited control! It is important to be supportive without being controlling. There are numerous studies showing that positivity and support always produces better performances. Here are some simple Dos and Don'ts:

### Do - Positive

Listen to any concerns that they have.

Make several copies of their exam timetable in case they lose it. Put one on the fridge.

Use positive affirmations such as 'I know you'll try your best' and 'I believe in you'

Separate the result from the student. Reassure them you love them regardless of their results.

### Don't - Negative

Tell them it was worse for you taking your exams.

Continually remind them of the dates and times of each exam.

Warn them they will fail if they don't pull their socks up

Tell them how disappointed you will be if they don't pass/get certain grades

## Do - Positive

## Don't - Negative

Discuss revision with them and offer help.

Draw up a detailed revision timetable accounting for every minute.

On exam day make sure they wake up on time and provide breakfast

Wake them up and keep firing exam questions at them

Recognise this is a stepping stone in their life

Tell them the rest of their life depends of these exams.

Let them know you are there if they need to talk

Grill them on subjects and answers.

Make sure they maintain a healthy life balance with social activities, relaxation etc.

Ban them from going out of on Facebook.

Ask how you can help.

Write lists for them to follow.

Adopt a more lenient approach to chores and moods.

Expect the normal behaviours.

Celebrate the end of the exams and accept they tried their best.

Tell them you don't think they tried hard enough and could have done better.

Liaise with school/college with problems or concerns.

**Remember it is going to come to an end!**

**Good luck!**