

EXAM PRESSURE

Part of the SCHOOLS' series

I wish he would buckle down and revise.

If you feel worried about your children's exams and their results, imagine how stressful it must be for them, not just to sit the exams but to wait for the outcome afterwards. You can be a supportive parent by encouraging them to talk about their anxieties and you can all expect plenty of help from the school as well.



Free Parentline
0800 800 2222

Free Textphone
0800 783 6783

Website
www.parentlineplus.org.uk

Email
parentsupport@parentlineplus.org.uk

 **Parentlineplus**
because instructions aren't included
0800 800 2222
www.parentlineplus.org.uk

Parentline Plus Tips

WHAT TO DO

- ✓ Accommodate their revision by rearranging family schedules and priorities. Be lenient about chores and untidiness, give them a break and understand lost tempers and moodiness. Don't blame or nag them.
- ✓ Sort out a revision schedule with them or ask for the school's advice. Remember it's never too late to study or ask for help.
- ✓ Don't go in for bribes. Encourage them to work for their own satisfaction and schedule small, frequent rewards for effort.
- ✓ Make sure they have a comfortable place to work. Some people CAN revise better with music or the TV on. If you don't have a suitable spot, make it easy to find an alternative.
- ✓ Be calm, positive and reassuring and put the whole thing into perspective. They can always take an exam again.
- ✓ Make sure they're ready by encouraging them to prepare everything they need the night before and have an early night. Organise a special breakfast and go through a final check list to make sure nothing's forgotten.
- ✓ After each exam, allow them to talk it through but don't dwell on it. Focus on getting through the next exam or event.
- ✓ Exam results mark the end of one phase and the beginning of another in you and your child's life. This can be unsettling so let them voice their worries and expectations and listen out for any underlying serious problem.
- ✓ Plan an event to mark the results. Whatever they are, have some fun now. Make it clear that you love and value your child for themselves, not for what happened in an exam.

FURTHER HELP

BBC Learning

Useful Information on study skills.

→ Website:
www.bbc.co.uk/learning

ChildLine

For children and young people.

→ Helpline: **0800 1111**
→ Website:
www.childline.org.uk