

Tips for parents concerned about exam stress

The following are suggestions and may not apply to all... there are always differences between students and families, but some may be helpful.

- Accept this is may be a stressful time for the whole family – outbursts can happen and try to remain calm.
- Make sure you know what is expected of your child, when their exams will be and when coursework needs to be handed in.
- If you have any concerns or questions, contact the school rather than relying on your child to do it – all teachers have email addresses - `firstname.lastname@ed.act.edu.au`, so can be contacted directly.
- Try and work with your child and support them rather than ‘policing’ them.
- Let your child know that you are there if they need you, but don’t expect them to share all their worries – many just won’t.
- Encourage your child to have regular breaks, to do something they enjoy, even if it’s just half an hour off for their favourite soap, or listening to music.
- Make sure they eat healthy snacks regularly, and drink enough so they don’t get dehydrated.
- Children have different ways of revising – some may prefer to be alone, others work best surrounded by noise and family.
- Respect their body clocks – many teenagers are more alert during the night and this may be the best time for them to revise even though it makes parents anxious.
- Reassure them that if they do not get their expected grades, there will be other opportunities ahead, and they should just do their best.
- Consider planning something nice for when it’s all over – reward them for trying their best, however they feel it went.