

Exam Stress

Talking to teenagers can be tricky at the best of times and exam stress can put a real strain on relationships. But the most important point to remember is that you can help your child manage their stress and do well in their exams. Here is a list of things you may find useful to support your family through the next few months/weeks.

Best wishes and good luck,

Becky Vernon
Head of Wellbeing

What can you do to help your child if they are stressed?

Talk with your child

Don't add to the stress by pressuring them or asking too many questions

Look out for signs of stress

Encourage a healthy lifestyle

Encourage breaks and treats

Get support for yourself if needed

Encourage evidenced based revision

Evidenced based revision

Revise in short (30-45min) blocks

No all-nighters

Summarise rather than simply re-read

Set goals for learning

Learn to explain rather than for a test

Practice

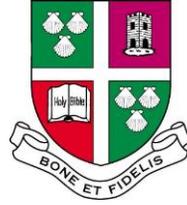
Have a place to study

Calm music or none at all

Switch the phone/TV off

If you want to share this accompanying video with your child you can find it here:

<https://www.youtube.com/watch?v=p60rN9JEagg>



Places to get additional support

The internet provides a great source of information, with varying degrees of benefit. Here are some sites and apps we recommend, which can help support you and your child:

Websites

www.mindmate.org.uk

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

<http://www.bbc.co.uk/guides/zsvcqhv>

<http://www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4qH/exam-stress>

The BBC Radio 1 video is here: <https://tinyurl.com/R1ExamTips>

Apps

Headspace: meditation helps with stress and anxiety, and Headspace aims to make meditation more accessible with 10 short guided meditations, a personalized progress page and reminders to help keep you on track. There is a free 10 day pack but once you have learnt the basics you can do it without the app or simply sign up again.

SAM: A free self-help app for anxiety, conceived and co-designed by experts at the University of the West of England (UWE Bristol), SAM has been downloaded by over 500,000 users from around the globe in over 100 countries since its launch in July 2013. It has been in the top 100 Health and Fitness Apps.