

Stress

The examination period and run up to it can be very stressful for students. A certain degree of stress is normal and is actually necessary for tackling the exams. As a parent / carer it is important to maintain a positive attitude. However, for some students the levels of stress may become too much and it is important to recognise when your child may be becoming too stressed.

Some of the symptoms of stress are listed below:

- Sleeping difficulties
- Tiredness
- Poor memory and concentration
- Poor appetite
- Loss of interest in things they like
- Headaches & other unexplained aches/pains
- Irritability and frequent angry episodes
- Feeling isolated and lonely

How can parents help stressed students?

1. Get your child to do some form of exercise.
2. Control the time spent on revision (30-minute chunks max).
3. Plan fun activities into the revision timetable.
4. Sensible diet. Avoid caffeine and drink plenty of water.
5. Sensible bedtime. Rest reduces stress.
6. Talk positively but bear in mind that hearing that yourself or brothers and sisters have gone through this will not help at this time. It can increase the pressure to live up to expectations.
7. Allow your children to talk to their friends (they are all going through similar feelings).
8. Be aware that for the next few months GCSEs will seem like the only important thing in the world.
9. Be interested in your child's progress and praise success!
10. DON'T PANIC! You are not alone. Contact school and talk to us if worried.
11. Avoid offering bribes or presents conditional on high grades. It is better to encourage for effort or own satisfaction.
12. Encourage the rest of the family to be considerate.



Further support

www.s-cool.co.uk	Offers some tips on getting through exam days
http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/uk/beating_exam_stress/newsid_3683000/3683887.stm	Offers stress-busting tips, how to spot if you're stressed, what to do if your mind goes blank in an exam and more.
https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/ Tel: 0800 1111	Offers tips and advice on exam stress such as 'Exam stress and how to beat it'.