

Reducing Exam Stress for Students

(www.examtime.com)

- It's never as stressful going into an exam if he feels that he's as prepared as he can be. Remind him that he only has to tackle one question at a time - he shouldn't get overwhelmed by the length of the paper.
- Help him to develop strategies to deal with his stress.
- Talk to his friends and find out what works for them in dealing with stress.
- Make sure that his expectations aren't unrealistic and that he isn't putting excessive and unnecessary pressure on himself.
- Remind him that you're there to help - whether it's to help him revise, refuel him or get him to choose a luck charm to take into the exam.

What can I do to alleviate exam stress?

- Find a quiet space for him to study without distractions.
- Find out what he's studying and how his time-plan is working.
- Offer to lighten the load around the house during his study period.
- Force him to have breaks from study - at a certain point he will not be studying efficiently if he never takes a break (25min intervals).
- Develop some revision techniques with him - there are many ways to revise and they don't all work for everyone, but revising methodically and calmly is the best way to study, as opposed to a panicked cram session the night before an exam.
- Help him to find balance. While studying is important, it's also important that he take regular breaks, engage in some physical activity and eat regular and nutritious meals. Include supplements (Vit B, Vit C, Omega 3 +6, Magnesium and Zinc).
- Make sure that the weight of your expectations isn't what's causing him excessive stress.
- Encourage him to take some time away from the books for friends and family.
- Make sure that he asks for help if he needs it. Talking about worries and fears is important (let the 'genie out the bottle'.)

On the day of the exam:

Having a plan of action on the day of an exam may help your child to focus and stay calm.

- Double check the time and place of the exam and leave plenty of time to get there.
- Make sure she has everything he needs to write with etc, - and provide spares for just-in-case.

- Eat a good breakfast - even with a stomach in knots, he needs to eat something that will sustain him.
- Go to the toilet just before the exam starts. A nervous stomach can result in a nervous bladder! Once in the exam, he should read all the directions on the paper and all the questions first so he knows exactly what she needs to do.
- Remind him to plan out the allotted time so he has enough time for each question.
- Tackle the easiest questions first. If there is something that's hard, leave it and come back to it if there's time at the end.
- Once pens are down, and the exam is done, don't let him torment himself by rehashing everything he imagines he did wrong.

GOOD LUCK!!

Reminder: **MY BEST IS GOOD ENOUGH!!**