

GETTING EXAM READY

TIPS FOR PARENTS

It's normal for students to feel stressed when preparing for exams (especially big exams). It's also normal for parents to share this stress. A bit of stress aids success by increasing motivation, but at high levels it becomes unhelpful and can reduce academic performance.

This sheet is designed to help parents offer support to their children in preparing for exams by recognising when stress is too much—and if it is, how to reduce it.



When pre-exam stress is normal

- * It's short term (such as a few days or weeks around the exam, but subsides once exams are over)
- * Students can still distract themselves by other things
- * Students feel fatigued, but only until exams are over
- * Students feel butterflies or shaky right before an exam



When it's too much

- * The shakiness and nervousness doesn't go away
- * Students are unable to study or sleep properly
- * Students feel nauseous, depressed or constantly worried about not doing well or failing
- * Students appear to be overwhelmed and panicked

REMEMBER— It's normal for students to feel stressed when preparing for exams, but if it gets too much they should seek help.

Have you seen this in your child?

If you notice your child showing any of these signs, there are things you can do to help. First, simply talk to them, for example: "How do you feel about your exams?" Listen to what they have to say and give them time to say it without interjecting. Also try going through the tip sheet for students together. If you still have concerns, contact your child's school or your GP for more advice.

IN A NUTSHELL

Stress is the activation of our 'flight-or-fight' response—a natural part of our sympathetic nervous system designed to prepare us to deal with threat or danger. If we suddenly feel unsafe or under attack, the flight-or-fight system increases our heart rate (which activates

blood flow to our muscles to help us either run or fight), stimulates our sweat glands (to cool the body) and heightens our senses (to increase alertness).

At first it can be hard to see how this is relevant to exams. But when people think of exams as threatening (worrying they won't do well) the flight-or-fight response is activated. Although it isn't helpful to have a racing

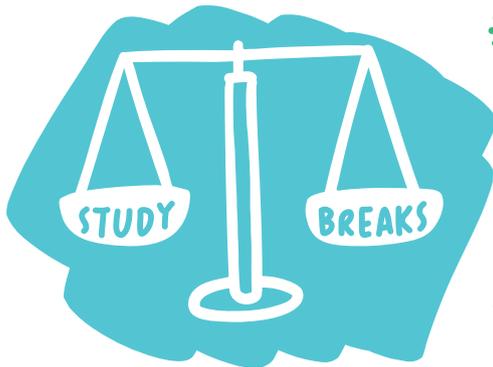
heart or to sweat in an exam situation, the increased mental alertness and motivation that stress brings may be helpful.

When stress is too high or goes on for too long, the symptoms actually hinder performance. If this sounds like your child, try some of the ideas and explore the websites and apps listed on the following page.

TIPS FOR PARENTS

MANAGING STRESS LEADING UP TO EXAMS

For most parents there are simple ways to help your children manage stress. We don't want to make it go away completely, but rather use it to their advantage. Different things work for different people, so encourage your child to experiment to see what works for them.



*** Encourage balance between study and breaks**

Help your child build a routine around realistic study times (eg before school, early evenings or weekends). Try to encourage study before downtime—but it's important not to nag. Be realistic when setting up routines, so that they are actually achievable.

*** Provide a dedicated quiet space**

A desk in an undisturbed part of the house is best, but wherever your child's study space is, encourage them to put their phone on silent, turn off chat features and keep the music low (or off). Don't get into battles about technology, but rather set clear parameters around its use.

*** Remind them to rest**

It's important for students to engage in activities that provide mental and physical rest and relaxation, like taking a bath or long shower, listening to music or a guided meditation, reading or watching a movie. Socialising is also a form of downtime. You could also plan some fun activities to enjoy as a family.

*** Healthy body = healthy mind**

Provide health food options to help keep your child's energy levels up. Encourage regular exercise like running, swimming or walking the dog, which uses up excess adrenaline and stress hormone (cortisol).

*** Talk to your child**

Ask what you can do to help, whether it's a pop quiz, reading drafts or just sharing your own experiences. When your child makes an effort to study, acknowledge it (even if it isn't as much as you'd like!). Research tells us that one of the things that is associated with severe distress in senior students is perceived pressure from parents. So offer support and encouragement rather than becoming directly involved in their schoolwork, or pushing a 'need to achieve'.



*** Remember the bigger picture**

It's important to acknowledge that exam results matter, but they're not the 'be all and end all'. While it's helpful for students to have academic goals to work towards, there are many pathways to post-school study options and careers.

EXTRA RESOURCES



Websites

ReachOut.com

Information, support and resources about mental health issues for young people

Headspace.org.au

A non-profit organisation for youth mental health

BeyondBlue.org.au

Helping with issues related to depression, suicide, anxiety and other mental illnesses



Apps

Calm

Soothing visual backgrounds and a range of meditations

Stop, Breathe & Think

Develop the skills to stop everything and just be still

Smiling Mind

Equipping young people with integral skills to thrive in life



Helplines

(available 24/7)

Lifeline

Call 13 11 14

Kids Helpline

Call 1800 55 1800