



School Counselling

It is normal for young people to feel a bit worried about exams, especially if they feel under pressure to do well. But too much stress may lead to low mood, feeling anxious or unusual sleeping or eating patterns.

If you recognise any of these feelings or behaviours in your child, or are worried that exam pressure is getting a bit too much for them, please encourage them to speak with their pastoral teacher or the school counsellor, who can help them cope better with how they are feeling.

Drop-in times for a chat with the counsellor are Tuesday and Wednesday lunchtimes.

Group counselling has been very beneficial for pupils during exam times. Pupils can enquire about these groups by speaking to their pastoral teacher.



Language & Literacy corridor
behind library
ground floor • Room s005

Advice & Support

UCAS

Exam Results Helpline

www.ucas.com

Specialist careers advice for helping young people and their families decide on options following GCSE, A Level and Nationals exam results.

Helpline: 0808 100 8000
text 85258



BBC Bitesize: The Mind Set

www.bbc.org.uk/bitesize

Results - how to cope on the day



MindEd

www.mindedforfamilies.org.uk

MindEd for families is a website where you can hear about other parents' experiences and find clear, helpful guidance on children and young people's mental health and wellbeing



Garnock Community Campus
Tel: 01505 682685

Exam Stress Support & Advice FOR PARENTS



we are always listening

How can I help my child?

Many parents are at odds as to how best they can help their children manage stress and do their best in exams. It can seem an overwhelming and daunting time for everyone involved.

Remain Calm - Remember it's not you, it's them!! It's perfectly normal for Parents to become anxious and worry for your kids in the lead up to exams - especially if it's the first time a major exam has happened 'in the household'. The best way you can help your child is to remain calm yourself! It's very important not to transfer any additional anxiety onto your kids. This can happen unintentionally, especially if you've had mixed experience of exams yourself. Don't let your experience colour your expectations for your child. Many parents can feel like they are the ones doing the exams! Be calm and supportive.

Exams are a stressful time. Mood swings and outbursts are more likely to occur during this period.

Look out for other signs that your child may be struggling, including poor sleep patterns or a change in appetite or behaviour.

It's worth preparing ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the result that they, or you, are hoping for.

These are things that can really make a difference:

Work with your child to find what revision style works for them.

Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.

Make sure they are eating and drinking at regular intervals.

Encourage them to take some time after revising to wind down.

Reassure them - reinforce that you are and will be proud of them no matter what happens.

Remain positive and hopeful!

Plan a treat or an activity together to mark the end of the exams.

Set aside one to one time so that they can talk to you about any worries.

Let them know their feelings are valid and normal, but also offer support and solutions where possible.

Anxiety is often worst at night and this means it is useful to encourage good bedtime routine

Work with them to develop relaxation techniques.

If anxiety and stress start impacting their day-to-day life seek help from your GP or school counsellor.

How to manage a 'disappointing' results day

If your child, or you, are unhappy with their exam results it can be tough to deal with. Here are some things that can help:

If your child is happy to show you their results statement, you might find it helpful to have a look, just in case they have misread or misunderstood, or overlooked something.

Accept their feelings, whatever they are - disappointment, anger, embarrassment, bravado. Their feelings are neither right nor wrong, they just are. Don't offer immediate judgement, or solutions, or even reassurance - there will be plenty of time for conversations later.

Reflect back how they are feeling to show you have understood, for example, "I can see you're disappointed with the Maths result."

Let them know you love them through highs and lows. Big hugs are good (although probably very embarrassing in public).

Show you're on their side - it could be something small like getting their favourite snack.

Give yourself some breathing space and time to reflect.

Ask the school to help your child explore any possible next steps, such as including re-takes, re-marking, alternative courses.

If your child is disappointed with their results, they might also be embarrassed. Agree with your child how they want their results discussed with family and friends, if at all.