



How to combat Exam Stress

Exam preparation is one of the most stressful times for students. During this season, many experience increased anxiety levels, self-doubt and overwhelm.

Here are 5 tips for parents to help their teen combat exam stress.

1. Encourage Open Communication

Create a safe space for your teen to express their worries. Listen without judgment, validate their feelings, and reassure them that it's okay to feel stressed. Talking about their anxiety can help alleviate some of the pressure they're experiencing.

2. Promote Healthy Study Habits

Help your teen establish a balanced study routine, with regular breaks and **proper sleep**. Avoid cramming the night before and encourage them to focus on one subject at a time.

3. Support Relaxation and Downtime

Encourage activities that help your teen relax, such as exercise, meditation, or hobbies they enjoy. Taking time to unwind is essential for mental clarity and managing stress. Remind them that relaxation is just as important as studying.

4. Focus on Effort, Not Perfection

Help your teen shift their focus from the pressure of achieving perfect grades to the value of effort and progress. Remind them that exams are just one part of their academic journey, and it's okay to not be perfect.

5. Enrol for Revision Classes

Encourage your teen to access any additional revision drop-in classes offered at school. However, it is common that during the adolescent years, teens are self-conscious and don't want to admit they are struggling academically especially amongst their peers. Personalised Academic tuition/Coaching could prove more beneficial, either one to one or a small group.

If you have any questions or would like to know how we can further support your teen,
get in touch on **07534 683605**

or email us coaching@valuelearning.co.uk