

Managing Examination Stress

Parents play a vital role in helping students manage stress and avoid anxiety in the lead-up to exams. You can support your child by encouraging healthy routines such as consistent sleep, balanced meals, regular exercise, and short, focused study sessions rather than long periods of cramming. Create a calm, distraction-free environment at home and help them break tasks into manageable steps. Most importantly, reassure your child that exams are only one part of their learning journey, and that effort, progress, and wellbeing matter more than perfection. Staying positive, listening without judgement, and helping them keep balance between study and relaxation will significantly reduce pressure and build their confidence.

Developing strong study skills helps children stay organised, understand their work better, and become more independent learners. These habits improve academic performance and build confidence, discipline, and problem-solving abilities—skills that support success both in school and beyond. We are sharing an article published by the American Psychological Association on [Managing Exam Stress](#).

[Help your Child Beat Exam Stress](#)

