

IT'S EXAMS TIME!

Parents. . .

Believe in your child; emphasise on his/her strengths

Encourage your child to give his/her best

Treasure the process of learning, not just focus on the results

Help your child develop a structure and routine for studying

Expect realistically what your child is capable of; help him/her experience success

Recognise the symptoms of stress/anxiety and address them

Empathise with your child regarding the challenges he/she is facing