

# Managing Exam Anxiety and Stress



FAMILY matters!

Date: **15 July 2017 (Saturday)**

Time: **9am – 11am**

Venue: **Rivervale Primary School (PAL Room, Level 2)**

## Synopsis:

Examination has always been an essential part of our education system. Some children experience high anxiety over it while others appear indifferent. How can we, as parents, respond to these different reactions? What can we do with those who could not be bothered? How can we help our children perform at their optimum during exams? How can we motivate them? How can we help our children manage exam anxiety? In this workshop, we will discuss:

- What is stress?
- How does stress come about?
- What happens when stress gets out of hand?
- Practical tips to manage exam stress

## About the speaker:

**Christabel Hong** was as a mainstream school teacher for several years before becoming a counselling psychologist and an educational therapist. Her wealth of experience as a teacher and a psychologist, as well as a mother of two children, enables her to be well-acquainted with the challenges parents face today in raising children to be both academically competent and socially well-adjusted. Her workshops are filled with many practical examples and strategies gleaned from her many years of working with students and parents. Currently, she works mostly with students who have learning and school-related difficulties. She also journeys with parents to help them create a stronger parent-child relationship characterised by a more enjoyable parenting experience.

**Note: Please be at the workshop 15 minutes before 9am for registration.**



Reply Slip

## Family Matters@School: *Managing Exam Anxiety and Stress*

Please tick

Able to attend

Able to attend with spouse

Unable to attend

Name of Child: \_\_\_\_\_

Class: \_\_\_\_\_

Name of Parent: \_\_\_\_\_

Contact: \_\_\_\_\_

Email: \_\_\_\_\_

**Please place the reply slip in the white box at the security post by 11 July 2017.**