

“Coping with exam... How parents can help...”



For many children, examinations are a nightmare. Children fear that they will disappoint their parents and lose the friendship of their peers if they do badly in a subject. Faced with such pressure, stress has become increasingly common among young children.

Dealing with **exam stress is not difficult**. Right preparation for the exams is the primary step, being confident about is another and being positive about the outcome is the most important factor. Many children and parents face exam stress because of the fear of performance and of the results.

This often results from **lack of self-confidence** or **over expectations** and **pressure to excel in the exams**. Parents can help their children by **being supportive** during preparations and their exams.



Children look upon their parents for inspiration and much of their emotional status depends on parental support. As role models, parents too must deal with their stress and help their children handle exam stress effectively.

Being ambitious is good, but the best approach is of positive reinforcement without being pressurized. Exam stress is a common occurrence, but if know the symptoms of stress during exams, you can deal with it in a better way.

According to **Dr Snehal Singh, lifestyle management consultant**, some exam stress symptoms include:

- ❖ Headaches and migraine
- ❖ Muscle tension and body pain
- ❖ Appetite changes, abdominal pain
- ❖ Constipation or loose motions
- ❖ Difficulty in sleeping
- ❖ Increased irritability and mood swings
- ❖ Inability to concentrate
- ❖ Feeling of uncontrollable crying
- ❖ Negative self talk

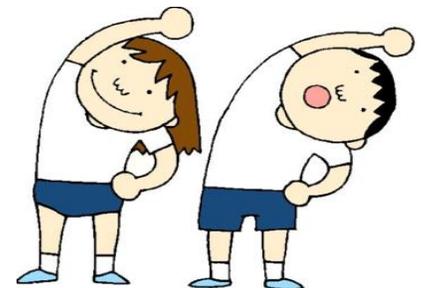
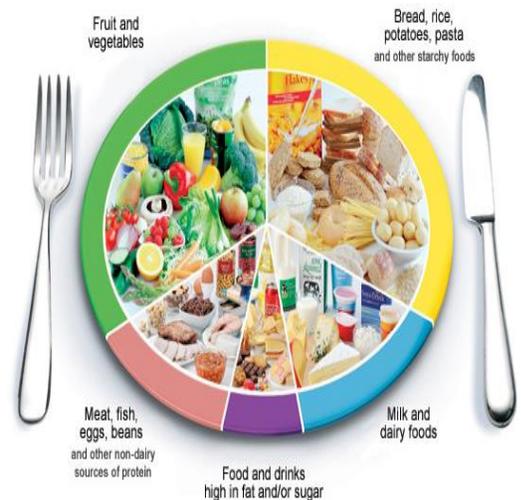
These are just a few common ones. But when they continue for long, they can cause trouble and affect the exam performance too. Rapid heartbeats, dry mouth and sweaty hands are acute symptoms of stress, often seen during the exam times.

As parents, you can watch out for such signs and help your children relieve their stress. Parents can take an **active involvement in their preparation and guide them**, where needed.

A constructive and assertive parent can bring up a positive and confident child. **Avoid comparing your children with other kids**. Every child is different and has a unique way of learning. So, appreciate your child's abilities and encourage them to excel in their way.

Here are some things which we as parents can do to help our children not only survive, but maybe even thrive during their exams.

- As a parent, pay special attention towards your child and encourage him/her to overcome their worries and gain confidence to go through their exams successfully by interacting with them freely.
- Do not show over-attention and keep over-expectations. Always be affectionate, supportive, and proactive for their study.
- Take time, spend it with your child, and reassure them that you are always with him/her to support and encourage.
- Concentrate on the **nutrition**, provide with lots of fresh fruits and vegetables and low fat, low-sugar, and low-caffeine foods that increase memory power and encourage your child to follow an exercise routine to be more systematic.





- Also, ensure that your child is sleeping well for about 5-7 hours. This helps in increasing the thinking and concentration power of your child.

- Remind your child that nervousness is a common phenomenon for every student. Explain to the child that nervousness can make him/her lose confidence and the key is to set these nerves to the best use.

- Never set rules for studying; allow your child to go with his/her schedule while studying. Instead, assist your child in drawing up a regular study time schedule.
- Do not add stress and pressure, be a good listener and listen to them, give support and stay away from criticism.
- After completing an exam day, discuss about the paper and encourage your child to move ahead. Encourage your child to concentrate on the next test rather thinking on the finished exam that no one can change.
- Do not compare your children with any other children. Provide positive strokes to your child to compare their performance with themselves.

Lastly, having done all or some of the above acknowledges, appreciate your efforts and value yourself for being a proactive and sensitive parent.

Thank you for taking the time to read about my reflections. I hope you have found something useful here.

Happy parenting & best of luck for us!

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Parents who are willing to contribute are encouraged to email their thoughts to tigpsar.counselor@gmail.com