

Advice and Tips for Parents and Pupils

WHY MIGHT I OR MY YOUNG PERSON BE EXPERIENCING STRESS?

As the school year progresses and pupils have completed their first summative assessment, the demands on pupils in the Senior Phase increases. A second summative assessment takes place in February. Pupils will have important SQA assignments in most classes. In addition to this there are a host of other deadlines around homework, portfolios and practical performances and pieces.

IS STRESS ABOUT EXAMS NORMAL?

It is to be expected that young people will feel the strain around this time of year. Nerves around performing well in exams and subjects is perfectly normal and is a healthy and positive response, which motivates pupils to work hard and do their very best in the weeks and months leading up to assessments.

HOW CAN WE HELP?

This leaflet is designed with both pupils and parents in mind. It provides some information on warning signs of when a young person's stress may become unhelpful. There are a number of useful tips and practices to help young people plan and execute their revision in the most efficient way. Of course, Guidance Teachers are always available to help pupils in school, but there is also a list of other helpful websites and resources included.

Warning Signs



Although many of the below signs are common in adolescence, if a young person is suffering from a number of these on a regular basis there may be a cause for concern.

- *Change in sleeping patterns*
- *Irritability*
- *Not seeing friends*
- *Feeling tense*
- *Change in appetite*
- *Stomach problems*
- *Low mood*
- *Feeling negative and sad*
- *Not seeing how to solve problems*
- *Not enjoying activities*
- *Being withdrawn*

Useful links relating to exam stress:

Childline: <http://tiny.cc/v9dsiz>

NHS: <http://tiny.cc/9aesiz>



Helpful Tips

Plan your revision. If you are feeling stressed then take back control! Use the SQA App to plan your study and use your time effectively by prioritising your subjects.

Experiment with study techniques - use colour, mind maps, record yourself and listen back, use flash cards, quiz yourself, create posters. Keep yourself engaged!

Attend study support - this is a great opportunity to get extra support outwith class.

Take care of your mind! Take walks, play sport, take breaks and talk to your friends. It is important to create balance - the study app will help you to plan this.

Useful links relating to study planning:

SQA App: <http://tiny.cc/9aesiz>

BBC: <http://tiny.cc/riesiz>