




# Stress Not, Manage Well

MDM HANA  
SENIOR TEACHER (MATHEMATICS)



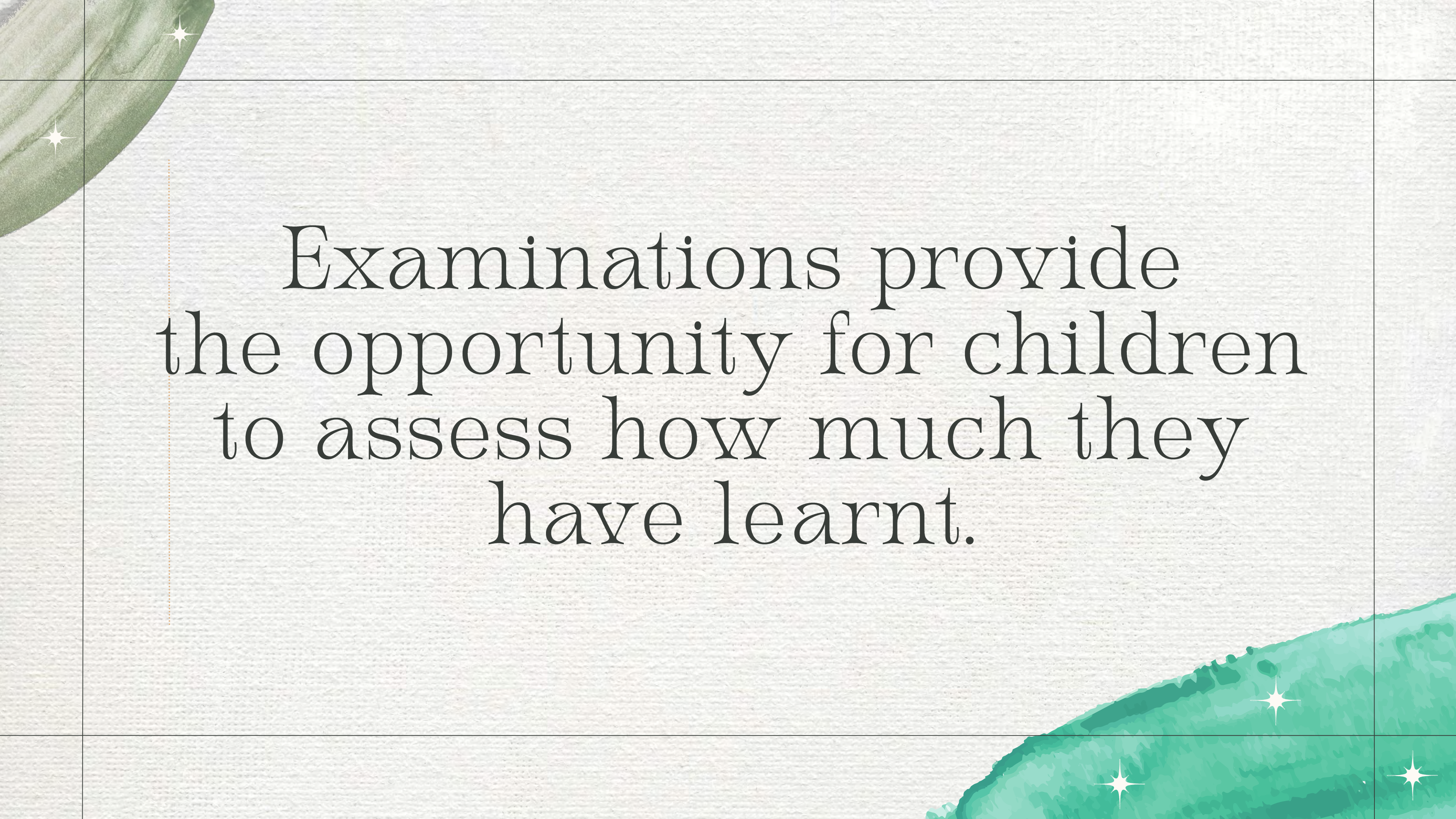




What I  
Will Cover  
Today

Tips on managing  
examination stress  
for you and your  
child.





Examinations provide  
the opportunity for children  
to assess how much they  
have learnt.



# HOW CAN I MOTIVATE MY CHILD TO STUDY?

## **PROCRASTINATING**

Guide her to break down revision into smaller, more achievable tasks.

## **DISTRACTED**

Set ground rules together  
e.g. 10 mins of play after each task is completed.


## **STUCK WITH REVISION**

Encourage her to revisit the earlier chapters. If needed, ask them to approach her teachers or older siblings for help.

## **LACKS ENERGY**

Guide her to draw up a schedule which includes time for homework, revision, play, exercise and rest.



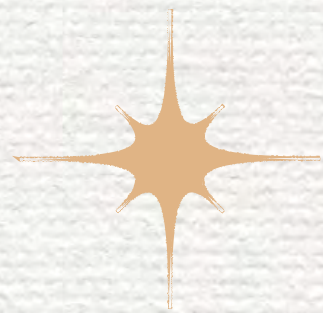


# HOW DO I KNOW IF MY CHILD IS STRESSED?

- struggles to pay attention
- constantly tired
- makes excuses to miss school
- prefers to be alone
- loss of appetite and sleep
- spending more time on mobile device and social media
- always feeling down



90 marks is  
not good  
enough!



The way we  
talk to our  
children  
becomes their  
inner voice

You wasted all  
the money I  
spent on  
tuition for you!

How are you  
going to get  
into XXX  
School with  
your results?

You're only  
good enough if  
you get all As.



I'm doomed if I  
don't get into  
XXX School.

I'm a  
waste of  
money.

If I don't do  
well, I have  
no future.

Mom and Dad  
only loves me if  
I get good  
grades.



I'm useless.  
I'm not  
good  
enough.





# MANAGING STRESS

FOR PARENTS

Regulate your  
emotions

Speak to someone  
you trust

Ensure sufficient rest,  
exercise and eat well

Spend time with your  
child to bond



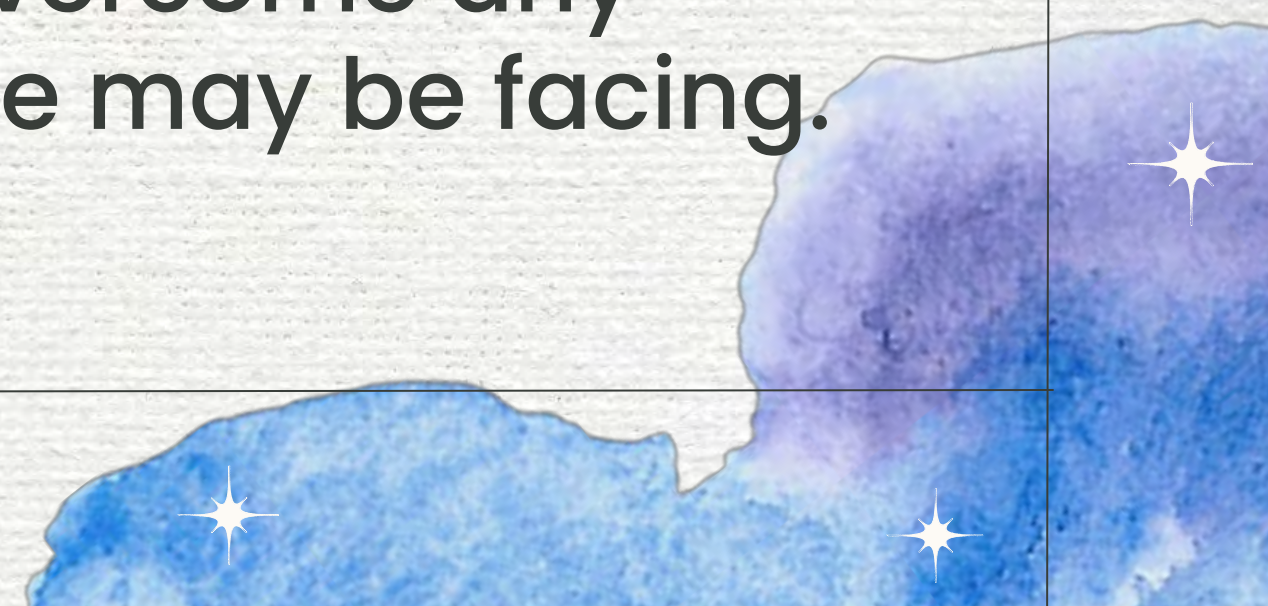


WHAT CAN I DO TO  
HELP MY CHILD?






# Be present


- Pay attention to your child and communicate frequently in an open and supportive manner. Continue with your usual conversation topics so that your child's mind is not overwhelmed by the upcoming exams.
  - Provide practical support to help her overcome any hurdles she may be facing.
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# Role Model

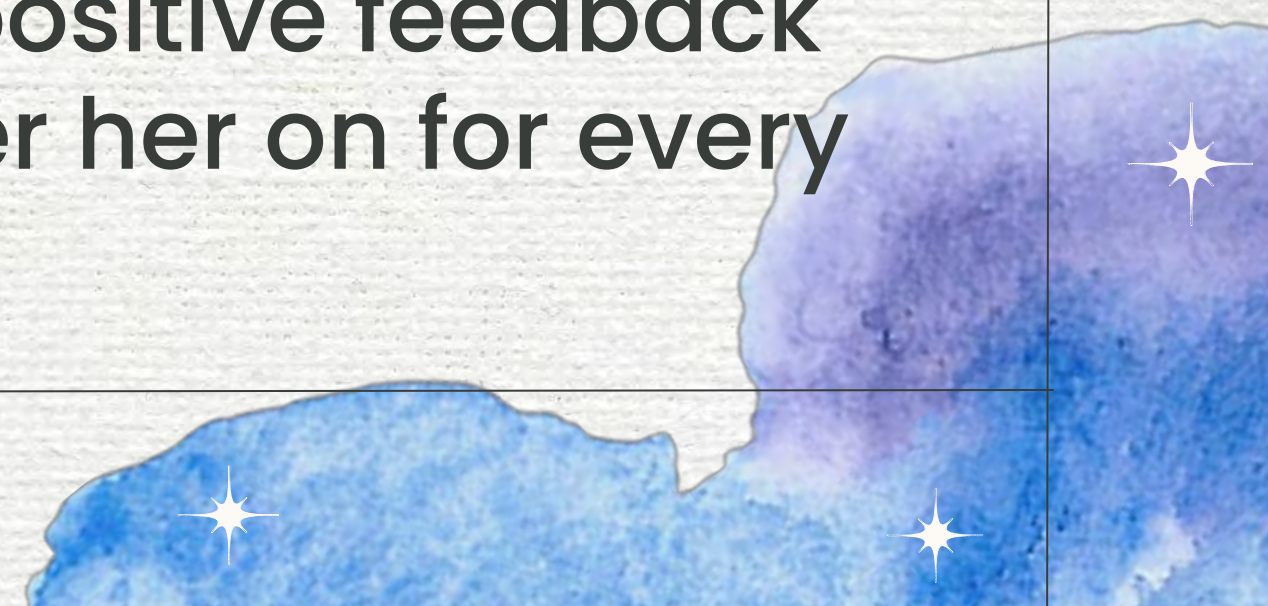
Share with your child some of your own experiences of dealing with stress, how you managed it and maintained positivity.



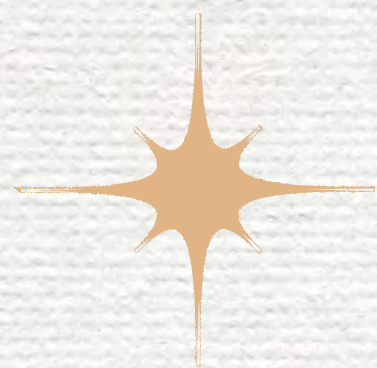




# Reassure

- Let your child know that she is loved and accepted regardless of her examination performance.
  - Tell her that it is normal to feel stressed, anxious and nervous during the examination period.
  - Provide positive feedback and cheer her on for every effort.
- 





# AFFIRMATIONS YOU CAN GIVE YOUR CHILD

- I am proud of you for not giving up
- You put in the hard work and that's what matters
- It was not easy but you tried. You're learning and growing!
- I liked how you tried different ways to solve the problem



# STOP

## technique

Interrupt anxious thoughts and feelings

S

### Stop.

When you notice yourself feeling anxious or overwhelmed, stop what you're doing or thinking for a moment.

T

### Take a deep breath.

Inhale slowly through your nose and exhale slowly through your mouth. Repeat several times.

O

### Observe.

Notice what is happening in your body and mind. Acknowledge the feelings and thoughts you are experiencing.

P

### Proceed.

Choose how you would like to proceed, focusing on activities or thoughts that make you calm and happy.





# GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

5

THINGS YOU CAN  
**SEE**



4

THINGS YOU CAN  
**TOUCH**



3

THINGS YOU CAN  
**HEAR**



2

THINGS YOU CAN  
**SMELL**




1


THING YOU CAN  
**TASTE**







<p>When your child receives her results</p>	<p><b>SHIFT THE FOCUS FROM ABSOLUTE GRADES</b></p> <p>Instead of asking “How many marks did you get?”, try asking “What did you do well in? What do you think you can do differently?”</p>
<p><b>IF SHE IS HAPPY WITH HER RESULTS...</b></p> <p>Affirm her efforts and hard work instead of celebrating the results</p>	<p><b>IF SHE IS DISAPPOINTED WITH HER RESULTS...</b></p> <p>Focus on getting your child to learn from the experience, instead of what cannot be changed.</p>



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Every child is unique  
with different  
strengths and talents,  
and untapped  
potential.

Examinations are just one part of your  
child's learning journey. The important  
life skills acquired in the process will  
carry her throughout life.



THANK YOU