

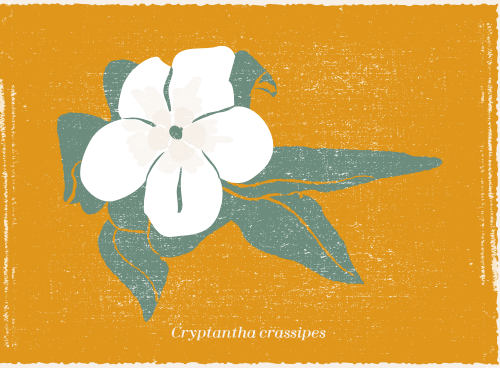
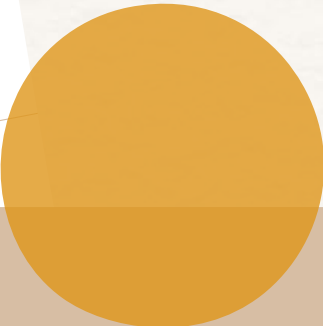


STRESS NOT!

MANAGE WELL!

P3 End of Year (EOY) Examination





Key Objectives:

- To share tips on how parents can help their children to manage examination stress
- To share tips for parents to manage their own stress

As parents care a lot for their children and they want the best for them, examination periods can be stressful for parents as well. Therefore, it is crucial for parents to be able to manage their own stress so that they can support their children effectively.

Before we start ...

Overview

Areas of Coverage	Slides
Preparation and days leading up to the exams	4 - 21
During the exam period	22 - 25
Before, during, and after results are released	26 - 29
Positive and helpful mindset	30 - 41
Positive and supportive relationships	42 - 45

Question

Question 01

Question 02</

Question 02

How do I know if my child is feeling stressed?

Some children may fear failure, which further drives up anxiety during examination periods. A fear of failure may be identified through cues such as:

"If I don't do well, I think that I will have no future"

"I am not good enough/ useless/ have no talent"

"Others will think less of me"

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Question 03</

Question 04</

Question 04

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