ST. MARY'S *Catholic High School, Dubai*

How Parents Can Support Their Child During Exam Season

Your support at home makes a big difference to your child's confidence, wellbeing and performance.



Help with Preparation

- Encourage a realistic revision plan and routine at home.
- Provide a quiet, comfortable and distraction-free study space.
- Help them stay organised (notes, books, stationery and exam timetable).

Offer Emotional Support

- Be a good listener and check in regularly on how they're feeling.
- Reassure them that it's normal to feel a little nervous or under pressure.
- Use positive and encouraging language (e.g. "You're prepared," "You can do this," "I'm proud of your effort").

Support Healthy Habits

- Ensure they get enough sleep (8–10 hours).
- Provide balanced meals and regular hydration.
- Encourage short breaks, light exercise and relaxation.
- Limit non-essential screen time, especially late at night.

During Exam Week

- Help them be ready the night before (pack stationery, check exam time and location).
- Ensure they have a calm and positive start to the day (e.g. a good breakfast and plenty of time to get to school).
- Keep a balanced and calm home environment.
- Celebrate their effort and resilience, regardless of the results.

A Few Key Reminders

- Focus on effort and progress, not just the grades.
- Be patient and understanding – everyone manages pressure differently.
- Keep the bigger picture in mind – exams are one part of their learning journey.

Together, we can help our students feel supported, confident and ready to give their best during the exam period.

Positive Affirmations & Reminders

FOR EXAM SEASON

I am prepared and I can do this.

I stay calm, focused and in control.

REMEMBER...

- You are more than your exam results.
- It's okay to feel nervous – take a deep breath and reset.
- Focus on what you can control – your preparation, effort and attitude.
- One step at a time – you don't have to get everything perfect.
- You have worked hard, and you are ready.
- Be kind to yourself throughout the process.

I give my best effort, and that is enough.

I can manage my stress and choose positive thoughts.

I learn from challenges and keep going.

I focus on progress, not perfection.

I am capable, resilient and strong.



I believe in myself and my abilities.

You've got this!

Anxiety Strategies

When you feel worried, stressed or overwhelmed...

Try one (or more) of these!

Deep Breathing



1. Breathe in slowly for 4 seconds
2. Hold for 4 seconds
3. Breathe out slowly for 4 seconds
4. Repeat 4–5 times

5-4-3-2-1 Grounding

Look around and name:

- 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

Progressive Muscle Relaxation



Tense and relax each muscle group, starting from your toes up to your head.

Tense... and relax!

Positive Self-Talk

Replace anxious thoughts with kind and encouraging ones.

Try saying:

- ✓ I can do this.
- ✓ I've prepared well.
- ✓ I am enough.

Take a Break



Step away, stretch, walk around or do something you enjoy (for a few minutes).

A short break can help you reset!

Visualise Success



Close your eyes and imagine yourself calm, confident and doing your best in the exam.

Get Creative



Draw, colour, journal, or try a simple puzzle or activity.

Talk to Someone



Share how you feel with a trusted friend, parent, teacher or your school counsellor.

Look After Your Body



- ✓ Get enough sleep
- ✓ Eat nutritious food
- ✓ Drink water
- ✓ Do some exercise

Remember...

- It's okay to feel anxious — it means you care!
- Your feelings are valid, and you are not alone.
- You have the tools to manage your anxiety.
- Take it one step at a time, and be kind to yourself.

You've got this!

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EXAM REVISION TIPS

STUDY SMART • STAY CALM • DO YOUR BEST!

Exams are just around the corner! Here are some simple tips to help you prepare, feel confident and give your best.

BEFORE THE EXAM

Make a Revision Plan
Create a simple timetable, start with tricky topics and set achievable goals.

Study Smart
Don't just read your notes – test yourself, make flashcards or mind maps, and focus on understanding.

Practise, Practise, Practise!
Complete past papers, time yourself and learn from your mistakes.

Take Regular Breaks
Study for 25–30 minutes, then take a 5-minute break to stretch, move or have a drink.

Keep Distractions Away
Find a quiet place to study, keep your phone away and focus on one task at a time.

Take Care of Yourself
Get 8–10 hours of sleep, eat balanced meals, drink enough water and stay active.

DURING THE EXAM

Read Carefully
Take time to read every question and understand what is being asked.

Manage Your Time
Keep an eye on the time and pace yourself throughout the exam.

Start Strong
Begin with the questions you feel confident answering.

Don't Get Stuck
If a question is difficult, move on and come back to it later.

Check Your Answers
If you have time, go back and check your work for any mistakes.

REMEMBER

- ☑ It's normal to feel a little nervous – take slow, deep breaths and stay calm.
- ☑ Replace "I can't do this" with "I'll give it my best!"
- ☑ Your grades do not define your worth, intelligence or potential.
- ☑ Focus on your own progress, not what others are doing.
- ☑ One difficult question does not mean you've done badly.
- ☑ Don't spend too much time worrying about an exam you've finished.

BELIEVE IN YOURSELF!

Give your best effort and be proud of your hard work!

NIGHT BEFORE CHECKLIST

- ☐ Review key points (don't try to learn everything).
- ☐ Pack your stationery and other permitted exam materials.
- ☐ Check your exam timetable and reporting time.
- ☐ Go to bed early and get a good night's sleep.

A REMINDER FROM STUDENT SUPPORT SERVICES

Your exam results do not define your worth, intelligence or potential.

Prepare well, believe in yourself and remember that every effort you make counts.

You've got this!

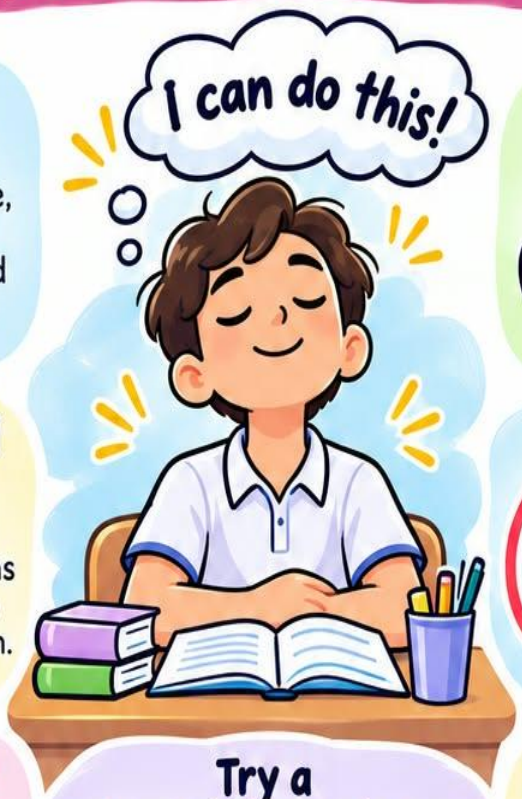
Coping with Exam Stress

- Breathe
- Plan
- Prepare
- Stay Positive

SIMPLE WAYS TO STAY CALM, FOCUSED AND IN CONTROL

Plan Ahead

Make a simple revision timetable, break tasks into smaller steps and be prepared.



Look After Your Body

Eat balanced meals, drink enough water and keep active with light exercise, like a walk or stretch.

Be Prepared

Organise your notes, complete practice questions and know what to expect in the exam.

Reduce Distractions

Find a quiet, comfortable space to study and keep your phone away (or on silent).

Get Enough Sleep

Aim for 8–10 hours each night. A rested mind helps you think clearly and remember better.

Try a Calming Technique

When you feel anxious, take slow, deep breaths (inhale for 4, hold for 4, exhale for 4) to help yourself feel calmer.

Talk to Someone

If you feel overwhelmed, share how you feel with a parent, teacher or the school counsellor. You don't have to manage it alone.

Positive Reminders

- It's **normal** to feel a little nervous before exams.
- I am **prepared** and have done my best to revise.
- I can stay **calm** and take things one step at a time.
- One exam **does not define** my worth or future.
- I am **capable, resilient** and can do this!

Remember...

It's not about being perfect, it's about giving your best effort.