

Schooltv.me

This week's focus: Exam Jitters

Access here: <http://ipc.qld.schooltv.me/newsletter/exam-jitters>



Dr Michael Carr-Gregg advises “Balance is key when it comes to getting the most out of the brain. Students need to take responsibility for when to study and when to socialise.”

Students today have very busy schedules all-year round but especially during exam time. School is very different today for the current generation. The digital revolution has changed the way kids learn and study with information available at their finger tips 24 hours a day. It is important for parents to understand this and support their children to help reduce stress levels.

Setting a schedule is vitally important. Students need to schedule everything from sleeping and eating, to studying and exercising. It is one of the best ways to manage inevitable exam stress. Students need to look after themselves when they have big demands in their life.

When it comes to productive study, sometimes less is often more. It is recommended that students hit the books in 50-minute stints, broken up by 15-minute breaks. This gives the brain, and body, a rest. Adolescents will often underestimate the amount of sleep they need. Getting enough sleep is key to successful study practices.

Research shows that physical activity also has a very positive impact on mental wellbeing. Eating well is another crucial factor to maintaining concentration and staying focussed on the task ahead.

SchoolTV.me includes articles and fact sheets as reference points including “Helping your child cope with exam anxiety,” and “10 scientifically proven ways to reduce stress.”

The “Exam Jitters” series also contains a host of short video clips (about 2 to 4 minutes) on a range of topics including:

How common is exam related stress?

What can students do the night before an exam?

How do you help primary school children get comfortable with exam conditions?

What are your top four tips for great study?

Is cramming for exams helpful?

What should students do the morning of the exam?

What are the secrets to great Year 12 exam preparation?

How can students de-stress before an exam?



You can access the *SchoolTV* collection here: <http://jpc.qld.schooltv.me/category-latest-newsletter>



Use the navigation options for each topic to include an introductory video, connect with specialists, read associated articles, consult the fact sheets and even take a quiz.

I trust that this week's focus on "Exam Jitters" provides timely support.