It’s normal for parents to be anxious about how their son or daughter is going to perform in the upcoming exams. Parents can, however, play a key role in helping their son/daughter cope with exam stress. In light of the above, the Counselling Department is conducting a ‘STRESS MANAGEMENT’ session for parents of Class X and Class XII exclusively on 16th December, 2017 - Saturday (9:00 am) in the M.P Hall.

**Highlights of the session**

* Common signs of stress
* Causes of stress – Exam as a stressor.
* Unhelpful thinking styles affecting your child’s overall performance.
* Parenting style to enhance motivation in child.
* How to create a positive/peaceful environment at home.
* Relaxation techniques for both the students as well as the parents.
* Queries and Interactive session.

**Suggestions for the parents to beat the exam heat.**

* Know your child’s examination and study schedule.
* Ensure that your child is getting enough sleep and proper nutrition.
* Help your child find a quiet place to study.
* Always encourage your child to take short breaks after long hours of study.
* Keep the lines of communication open with your child. Be approachable.
* Keep family problems at bay.
* Create a motivating/pleasant atmosphere at home.
* Identify the signs and symptoms of stress in your child and in you.
* Avoid rushing on the day of the exam. Organize everything they need to take with them the night before.
* Unfortunately, if your child couldn’t do well in the exam, reassure them and provide emotional support to overcome their difficulties.
* Most importantly….Don’t let your stress become their stress.
* Feel free to contact the counsellors if you require any extra help.