

## Academic (Parents and Carers)

School, college or university can be a stressful place for young people, as it likely was when you, yourself were younger. Perhaps the young person in your life is struggling with:

- exam or test stress
- school anxiety
- not feeling 'good enough'
- avoiding school or refusing to go
- low self-worth
- transitioning from one place of study to another (ie primary to secondary, school to college etc)
- keeping up with homework or coursework

It's important to support the young person while also helping them understand that both obstacles and change is an unavoidable part of life and brings **resilience**. Overcoming hurdles and tough times helps us **to grow** as a person, and gives us **skills** to deal with problems in later life

### How can I support the young person?

- Reassure them that doing their best is good enough
- Create a timetable with them so that they can break homework/coursework into smaller, less daunting tasks
- Help them to revise for tests and exams
- Provide a quiet environment where they can study with no interruptions
- Listen to any worries they may have around their place of study
- If they find it hard to pinpoint the issue, work together to help identify what worries them
- Suggest having a friend meet them at the gate/entrance- this can reduce anxiety around walking into school and getting to the classroom.
- Liaise with the place of study to see what support they can offer the young person
- Check in with them regularly to see if things are improving or not



"Sometimes we all need someone to talk to"



### Helpful Resources

[Young Minds: Parent's guide to support](#)

[Bitesize: Exam Stress, how parents can help](#)

[Bitesize: School anxiety and refusal, how parents can help their child](#)

[Help One Child: Helping our children challenge negative thoughts](#)

### Useful Contacts

#### Eye to Eye Counselling Service:

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

#### Childline

0800 1111

[www.childline.org.uk](http://www.childline.org.uk) (online chat available)

#### The Mix

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk) (online chat available)

