

School Counsellor Newsletter



Examinations: Part of the Learning Journey

Edition Eleven

With examinations approaching for Year 7 and 8 students in Week 3 of this term it would be expected that your son/s might be feeling a mixture of emotions in regard to studying, performance and the examinations themselves. A key message for students to learn is that every time they do an examination it helps them to improve for the next examination. Or if we think of it from a Growth Mindset angle, these examinations will be a stepping stone to help them learn something they did not know yet. Building on messages in previous newsletters, such as goal setting, positive conversations and positive accomplishments, this newsletter aims to provide a variety of take home points which may help you support your son/s through this examination period, as well as those to come in future years.

Nerves are okay

Nerves before examinations is natural as it's our body's way of sharpening our focus, increasing our stamina and making us more alert so that we can rise to the challenge in front of us. If your son/s is feeling nervous before an examination remind him that nerves are normal and can be used positively. You could suggest to your son that he reminds himself that nerves are okay and takes some calming deep breaths before, and during, the examination when he feels nervous.

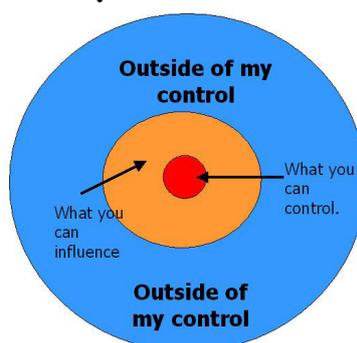
Physical Wellbeing

It is important for your son to look after his sleep, diet and exercise, especially during the examination period, keeping to routine as much as possible. In particular, help him to maintain normal sleep habits (hopefully 9-11 hours a night, or whatever is usual for him), exercise regularly and eat nutritious food which will provide him with the energy to study effectively.

Goal Setting

Encourage your son to set goals for each examination. Examples of goals include: being calm before examinations by using mindfulness of breathing tasks; developing an effective study plan; taking time to read the questions carefully so that he does not rush through the paper; achieving a certain mark or improving on a previous mark; feeling more confident about a certain topic. Your son/s goals will be individual to his needs. It could be useful to discuss the diagram below so that your son understands what he can and cannot influence.

The 3 Spheres of Control



Reflection

After the examinations sit down with your son and reflect on his goals. You might consider doing a PMI: What was positive about the examinations? What were the minuses? What was interesting? Aim to do more of the positives, improve the minuses and take action to help with the interesting. Then make a list of things your son/s has learned for his next examinations, including reflecting and acting on his teachers' feedback.

Create a checklist

You may wish to use the checklist overleaf, or create one of your own, to help your son prepare for each examination. I would suggest including space to celebrate your son's progress and successes - whatever they may be for him as an individual.



Jenelle Hooson

Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim
amos.pilgrim@medbury.school.nz.

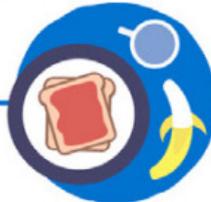
NIGHT BEFORE

EXAM SLAYING CHECKLIST

On THE DAY

CHECK

your exam location
and start time



EAT

a decent
brekky

DO

a light revision
of your notes
(don't go overboard)



PACK

your bag

LAY

out your clothes



ARRIVE

a little early

SET

your alarm



AVOID

any people that
stress you out

VISUALISE

yourself being
calm and confident
in the exam room



TAKE 2

minutes and
practice deep and
slow breathing

GO

to bed early
enough to get a
good amount of
sleep



GET

comfortable in
your assigned seat
and then get to
work

**REACH
OUT.COM**