

# Psych to Thrive

Schools and families share a common goal: ensuring student success. Psychology staff at Dufferin-Peel work together with schools and families to promote student achievement, mental health and well-being. Our new **PSYCH 5 TO THRIVE** initiative offers 5 strategies to help students thrive at school and at home.

*Each one called by name (Isaiah 43:1)*

## Steps to Exam Success

Most students are stressed during exams—it can even be helpful! Stress motivates us to work hard and try our best. But too little preparation and too much stress can affect both confidence and performance. Encourage your child to try the following to prepare for exams and help keep stress in check:



**Practice Self Care:** First, the basics! Make sure your child eats regularly including healthy foods. Don't let them skip breakfast exam day. Exercise—it aids relaxation! Get enough rest, and that means *no cramming* the night before a test. Missing a night's sleep can affect concentration, memory, thinking, and frustration tolerance.



**Study to be prepared:** Being prepared builds confidence. It's best to start studying several days before the test. Several smaller sessions work better than one long one! Work in a quiet place with few distractions (like video games, friends, and phones) helps. Practice tests, or quizzing your child can be good practice!



**Use some strategies:** Test-taking strategies can help students feel confident during exams. Teach strategies like reading all the instructions and looking over the whole test before starting, budgeting time, and answering the easiest questions first. Be sure your child arrives early for tests, and has the right supplies, so the test is all there is to focus on.



**Take a break:** Well-placed breaks can make studying more effective. They give the brain a rest and help it focus. Quick breaks can be just as effective as longer ones. Knowing a pause is coming can help us all stay on task.



**Relax:** If your child is stressed, encourage him or her to relax. Try deep breathing, yoga, or prayer together. They can take a walk, read a book, or write in a journal. Help them to practice picturing the exam going well, and avoid negative thoughts.

For further information, contact the current psychoeducational consultant, Jessica Pereira at your child's school or Dr. Debra Lean, Chief Psychologist, at (905) 890-0708, Ext. 24330.

