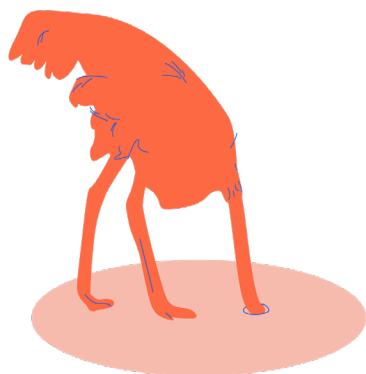


# Is your child suffering from exam stress?

## How to spot the signs

Revision guru and founder of the Tassomai learning program, Murray Morrison, has worked with thousands of students preparing for exams. Here he presents a few classic archetypes of exam-stressed children. Look out for the signs!

### The Ostrich



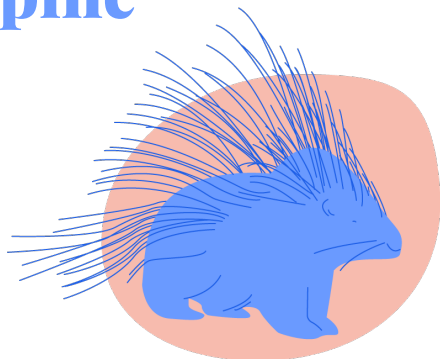
The ostrich is that student who, at the mere mention of their exams – or their revision – buries their head in the sand. They could be quite obvious in this behaviour – “I don’t want to talk about it” – or it might be subtler, finding an excuse to get out of the room and avoid the topic.

Waste no time in confronting this behaviour and making a plan together, because the very act of avoidance means that the revision work will pile up and the stress will increase.

### The Porcupine

Similar to the ostrich in many respects, but rather than avoid the conversation, the porcupine might become rather spikey and start shaking their quills.

The reasons are quite similar, and the approach, likewise requires calm, careful conversation and a structured plan to work together to remove the fear of the exams.

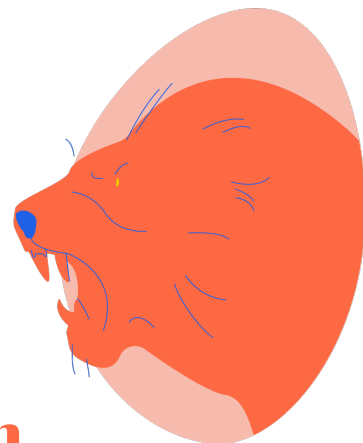


### The Meerkat



You might think you’ve been fortunate if your child is the Meerkat: super busy, extremely diligent, revising late and requesting extra practice papers from the teacher. But this behaviour may indicate a lack of confidence and a tendency to worry.

Talk to your child to make sure they’re keeping things in perspective and limit the revision schedule in order to allow time for R&R.

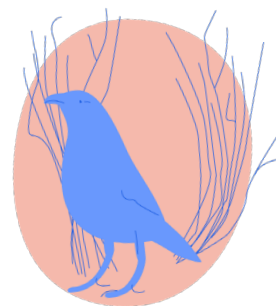


### The Lion

A tendency of higher-achievers – the Lion is that child who seems to have it all under control, but spends an inordinate amount of time lying around. If they’re behaving as though the exams present no problems – to the point perhaps of arrogance or laziness – then it’s time for a conversation.

Are they hiding any anxiety and feeling like they can’t ask for help, or don’t know how to?

### The Bower Bird



A classic behaviour, not unlike the Meerkat. The Bower Bird (who spends large parts of its life decorating its nest) lends its name nicely to the type of student who keeps themselves terribly busy focusing on superficial tasks like colouring in notes or organising files and revision plans.

If you are the parent of a Bower Bird, then talk to them, constructively, about their aims for each revision session, and check in with them regularly to see how much they have achieved.