

# Education Wellbeing Service Webinar

## Supporting your teenager with Exam Stress in the run up to big exams (Years 11-13)

Upcoming GCSE & A level exams (as well as BTECs etc) can be a stressful time for your teenager.

This workshop talks through some of the common challenges many young people face when their stress around revising or sitting an exam becomes too much. It will also cover how, as a parent or carer, you can best support your child to manage these feelings and do their best.



### DATE / TIME

Monday 16th February  
7.00-8.00pm



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### LOCATION

Online - Hosted on Teams

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### DATE / TIME

Tuesday 17th February  
1.00-2.00pm



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