

Education  
Wellbeing  
Service

## Education Wellbeing Service Webinar

# Managing Exam and Assignment Stress (Years 7-10)

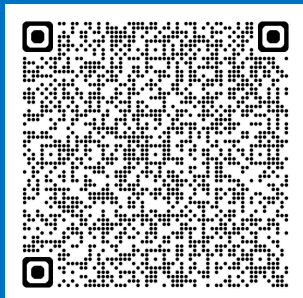
Upcoming exams can be a stressful time for your teenager.

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

Tuesday 21st April  
7.00-8.00pm



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### LOCATION

Online - Hosted on Teams

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### DATE / TIME

Thursday 23rd April  
1.00-2.00pm



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