



Empowering Families Through Family Matters!

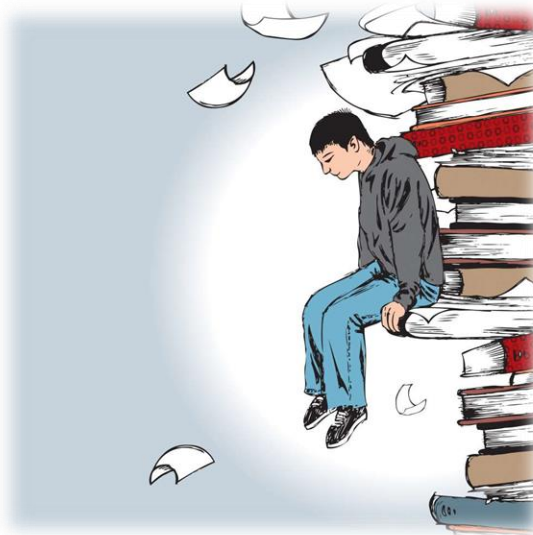


FAMILY matters!

Parenting Talk

Managing Exam Anxiety and Stress

Examination has always been an essential part of our education system. Some children experience high anxiety over it while others appear totally indifferent. How can we, as parents, respond to these different reactions? What can we do with those who could not be bothered? How can we help our children to perform at their peak during exams? What kind of rewards should we use to motivate them? How can we manage those exam anxieties?



In this workshop, we will discuss:

- What is stress?
- What are the sources of stress?
- How to recognize if stress is getting out of hand?
- Practical tips on managing exam stress

Speaker – Mr Donus Loh is a father of two and a psychologist who has spent years working with parents and young children. With Health Promotion Board and other engagements, he has provided talks and workshops for parents and youth/children in schools and companies. Currently, Donus is the Director and Principal Psychologist of W3ave. He is a Certified Gottman Educator as well as a certified Adaptive Resiliency trainer and coach. He is also a Mindfulness coach to adult and children. He has a double Masters in Psychology and Clinical Neuroscience from the University of Edinburgh and University College London, respectively.

Date & Time: 4 May 2019 (Sat) , 9 to 11 am

Venue: PAL Rooms (Level 2, HPPS)

For registration, please go to <https://forms.gle/6Ae764w4uczrmmjt8> or email: ong_shwu_fong@moe.edu.sg