

Supporting Adolescents Through Exam Stress

For Teachers and
Parents of adolescents



DATE & TIME

28th May @ 7.00pm

FACILITATOR

Nicola Culloty

REGISTER

www.galwayec.ie

www.athloneeducationcentre.com

DESCRIPTION

Exams can be a major source of stress and anxiety for adolescents. This webinar will provide practical, evidence-based techniques to help young people manage stress and improve their focus during exam periods.

Parents, guardians, and school staff will gain actionable strategies to:

- Reduce exam-related anxiety and promote relaxation techniques
- Encourage positive thinking patterns and boost self-confidence
- Foster healthy study habits and improve time management
- Provide emotional support while respecting independence

By the end of the session, you'll have the tools to support adolescents in staying calm, focused, and resilient during this high-pressure time.

