

SEC 4 PARENTS' SEMINAR
15 MAR 19

Exam Support for
Your Daughter

Challenges the girls may face....

- **Procrastination**

- *“push everything to last minute”, “tend to leave harder ones behind”*

- **Lack of Motivation**

- *“I have no goals”*

Challenges the girls may face....

- **Time Management**

*- "not having a sense of urgency",
"balancing time between CCA, schoolwork,
tuition and rest"*

- **Lack of Concentration/ Distractions/
Short Attention Span**

*- "too many distractions", "YouTube", "urge
to use my phone to talk to people"*

Challenges the girls may face....

Lack of understanding of content

- *“not sure of the application or knowledge into the questions”*

- **Poor Study skills**

- *“I learn quickly but I forget what I learnt quickly”*

**Problems are not the problem; coping is
the problem.**

~Virginia Satir

**We don't grow
when things
are easy;
we grow when
we face
challenges.**

rawforbeauty.com



BE THERE

The best way to get your child to listen to you is to develop a meaningful relationship with them—without judgements and anger!

~theparentingskill.com~



BE THERE

Believe in your child, emphasize on her strengths

Encourage your child to give her best

Treasure the process of learning, not just focus on the results

Help your child develop a routine for studying

Expect realistically what your child is capable of; help her experience success

Recognise the symptoms of stress/ anxiety and address them

Empathise with your child regarding the challenges she is facing

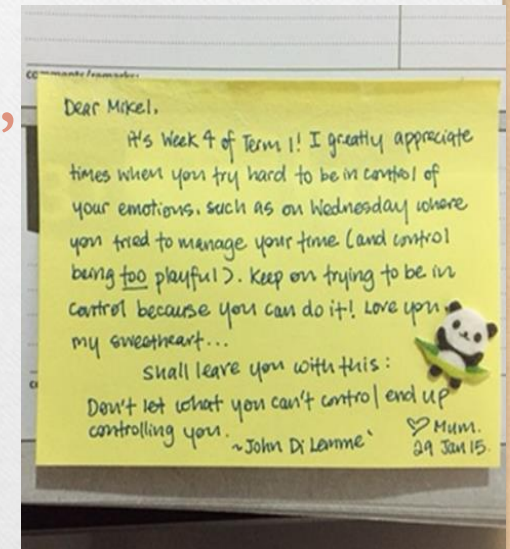
Believe in your child, emphasize on her strengths

- What the girls are saying.....

- “They can encourage me constantly instead of believing that I cannot do it”,
“talk about stuff other than studies”

- What can help

- Recognise and affirm successes (academic & non-academic)
- Allow for “failures”- check in with school on her progress
- Focus on strengths- raise self-esteem



Encourage your child to give her best

- What the girls are saying.....

 - “My family can encourage me to keep me motivated to work hard”, “They can send me to school if they are free to do so so I can sleep in the car”

- What can help

- Words
- Notes
- Actions – Kind gestures, food etc



Treasure the process of learning, not just focus on the results

- What the girls are saying.....
 - “Encourage me when I fail, Support me when I need help, Correct me when I am wrong”
- What can help
 - Be available when they want to talk about the process (being “present” is a present)
 - Encourage them to reflect on the process (what they have done) instead of just on the results

Help your child develop a routine for studying

- What the girls are saying

 - “providing a conducive environment to study at home (turning down the TV volume)”, “stop watching TV”, “allow me to go to the library ... as I work better outside home”
- What can be helpful
 - A schedule/ planner/ time-table (include consultations? Also include short breaks)
 - A proper study table / area
 - Avoidance of excessive noisy activities
 - Discuss a plan to remove possible distractions

Expect realistically what your child is capable of; help her experience success

- What the girls are saying.....
 - “try not to confuse me with my options for after Os”, “confiscate my phone while I’m studying”, “help me keep my electronic gadgets when I’m studying”

○ Expect realistically what your child is ○
capable of; help her experience success

• What can be helpful

• Discuss with her her targets for the year- tests, Prelims, O Levels. Set realistic, concrete and incremental goals.

• Focus on her & avoid comparison with siblings/ relatives and others.

• Discuss and guide her in understanding her career interests and making career choices-

• Set “reasonable” rules, discuss contract plan

1. Behaviour, electronic gadgets (TV, HP, Laptop/ Computer etc)

2. Firm, relevant, non-historical

Forest App

- **Girls' Recommendation-** encourages them to stay off the phone during designated times and grow trees
- Extract of description on app:

You can't help it. You check your phone constantly, forever sneaking a peak, seeking distraction, and the more you do it, the more distracted you become. Don't feel bad—it's a common problem that can be solved with the help of technology.

Use your your phone to cultivate the focus it erodes by downloading an app designed to curb tech dependence and reward the environment for your presence. Published by Shaokan Pi, a Chinese app maker, **Forest** users grow a virtual forest by not fiddling with their phones during designated times they set, and thus earn virtual currency to purchase real trees.



Whenever you want to focus on your work, plant a tree.



In the following time, it will grow when you are working.



The tree will be killed if you leave this app.

Recognise
the
symptoms
of stress/
anxiety
and
address
them

D

Displaying out-of-character
behaviour

I

Injuries that are unexplained
(including cuts, bruises or
burns)

S

Sudden changes in appearance,
interests or habits (including
eating or sleeping)

T

Temperament changes
(irritable, agitated, moody,
stressed or anxious)

R

Rebellious/
aggressive behaviour

E

Extended absence/ deliberate
social withdrawal

S

Struggling to pay attention/
increased lethargy

S

Sending/ posting moody or
morbid messages (including
expressions of death)

Recognise the symptoms of stress / anxiety and address them

- What can help
- Lend a listening ear
- Help her to express her feelings
- Help her to make sense of some of these “unusual” symptoms
- Seek help from school / professionals (external agencies etc)

Useful Resources of External Agencies

Samaritans of Singapore (SOS) – 24 hours

- For client facing crisis
 - Services include; Face to Face counselling, Suicide Bereavement Support Group
- Tel (65) 1800-221 4444

National Family Service Centre (FSC Helpline)

- Operates in English, Mandarin, Malay and Tamil
- Tel (65) 1800 838 0100

Mendaki Family Service

- Providing counselling support and enhancing family life for Malays/Muslims

Tel (65) 6561 3462 (Jurong West), (65) 6449 1440 (Bedok North)

Useful Resources of External Agencies

CARE Corner (Mandarin) Singapore LTD

www.carecorner.org.sg

Tel (65) 1800 353 3800 (10am to 10pm daily)

For the girls:

- **Online professional counselling services- eCounselling Centre (eC2) (Fei Yue Project 180) – www.ec2.sg or www.egen.sg**
- **Youth Line, Mon – Fri (8.30am – 6pm): 6336 3434**

Empathise with your child regarding the challenges she is facing

- What the girls are saying.....
 - “Helping me when I’m in need/ be a listener to problems in school”. “provide more encouragement and support when I’m doing my work/ revising.”
- What can help
 - Listen to her
 - Focus on learning points from the challenges she faces
 - Avoid responding immediately with “solutions”, “personal challenges you had faced” or “it will be ok”

To contact the School Counsellor

- School Counsellor: Ms Pauline Aw
- Email: aw_yew_hon_pauline@crescent.edu.sg
- Ext: 6708 7946, 6708 7971 (Counselling Room 2)



The child supplies the
power but the parents
have to do the steering.

~Benjamin Spock

♥ FB/JOYOFMOM ♥

The kids who
need the most
love will ask
for it in the
most unloving
of ways.

