

Helping your child through exams

**Course
Dates:** Friday
8th May

Times: 10:00am to 12:00pm

Location: Online

This workshop, led by two assistant educational psychologists from Swindon Borough Council, explores what exam stress can look like both at home and in school, and why it happens, including how the brain and executive functioning respond under pressure. We'll look at how to talk to your child about their worries in a supportive, non-judgemental way, and share practical, emotional and organisational strategies you can use to help them feel more confident and prepared.

By the end of the course, you will:

- have a clearer understanding of what exam stress looks like and why it happens
- be more confident using practical emotional and organisational strategies to support your child through exams

To request a place on this course:



01793 466482



acl@swindon.gov.uk

Find details of more Adult Community Learning courses using the QR code above or www.swindon.gov.uk/adultlearning

* To be eligible to enrol on these free courses you need to: be over 19 years old as of 31st August 2025; have the right to reside in the UK; or be an asylum seeker and have applied for asylum more than 6 months ago; be unemployed, or working and earning less than £25,750 a year.

For more information about our eligibility criteria please visit our website www.swindon.gov.uk/adultlearning