

Education Wellbeing Service

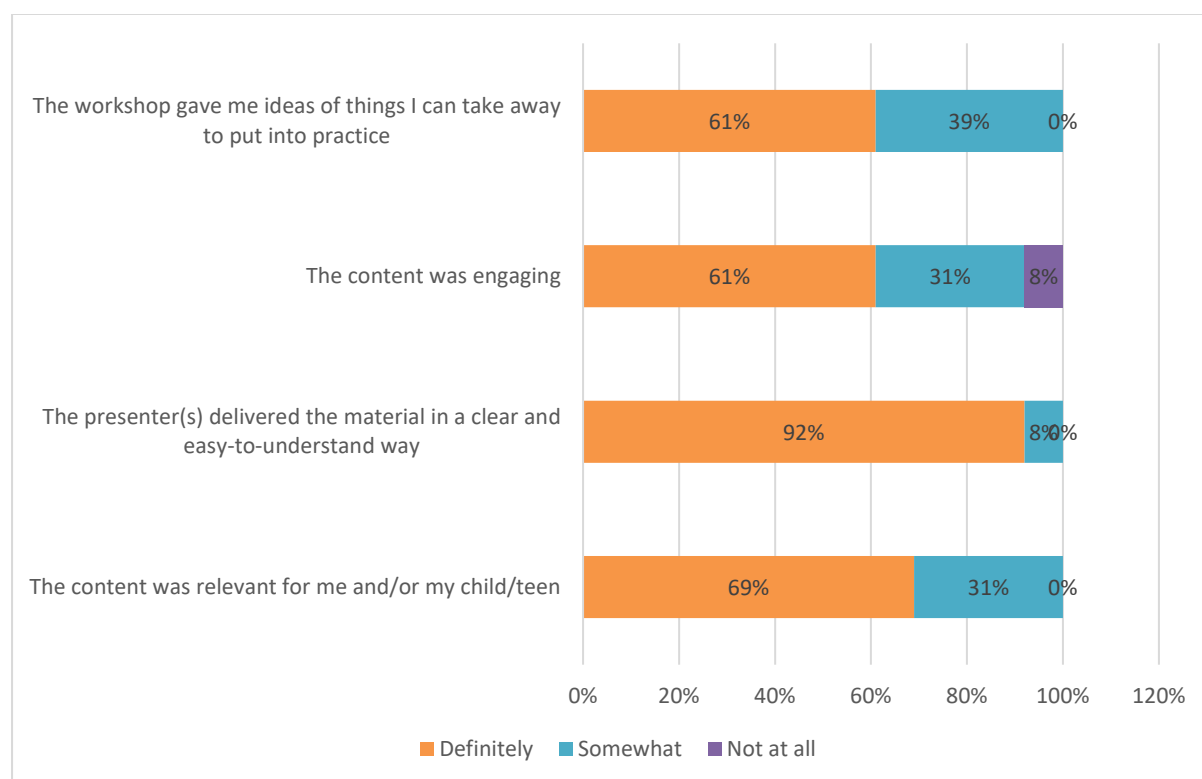
Parent Webinar Series – what did parents say?

Session title: Managing Exam and Assignment Stress in Years 11-13

Session dates: Monday 26th & Tuesday 27th of February 2024

Total webinar signups: 391

Parents were asked to rate how they felt about the statements below:



Parents would recommend this and similar webinars to others?

***92% of Parents who attended said they would recommend this or similar webinars to others**

What parents said their main take aways were from the webinar:

Encourage my son to revise by helping the projection to his future and his projects.
Discuss with him about the different techniques if feeling overwhelmed during the exam.
To remain positive and share how I felt during my exams.

Stop reassuring my child as the workshop said this only makes your child dependent on the parent
and then finds it hard when the parent is not there.

Noticing and talking through/validating feelings.

What parents felt could be improved in the future:

A bit more on stress on the actual day of the exam and during the exam itself not just the revision
period.

Balance was good thanks.

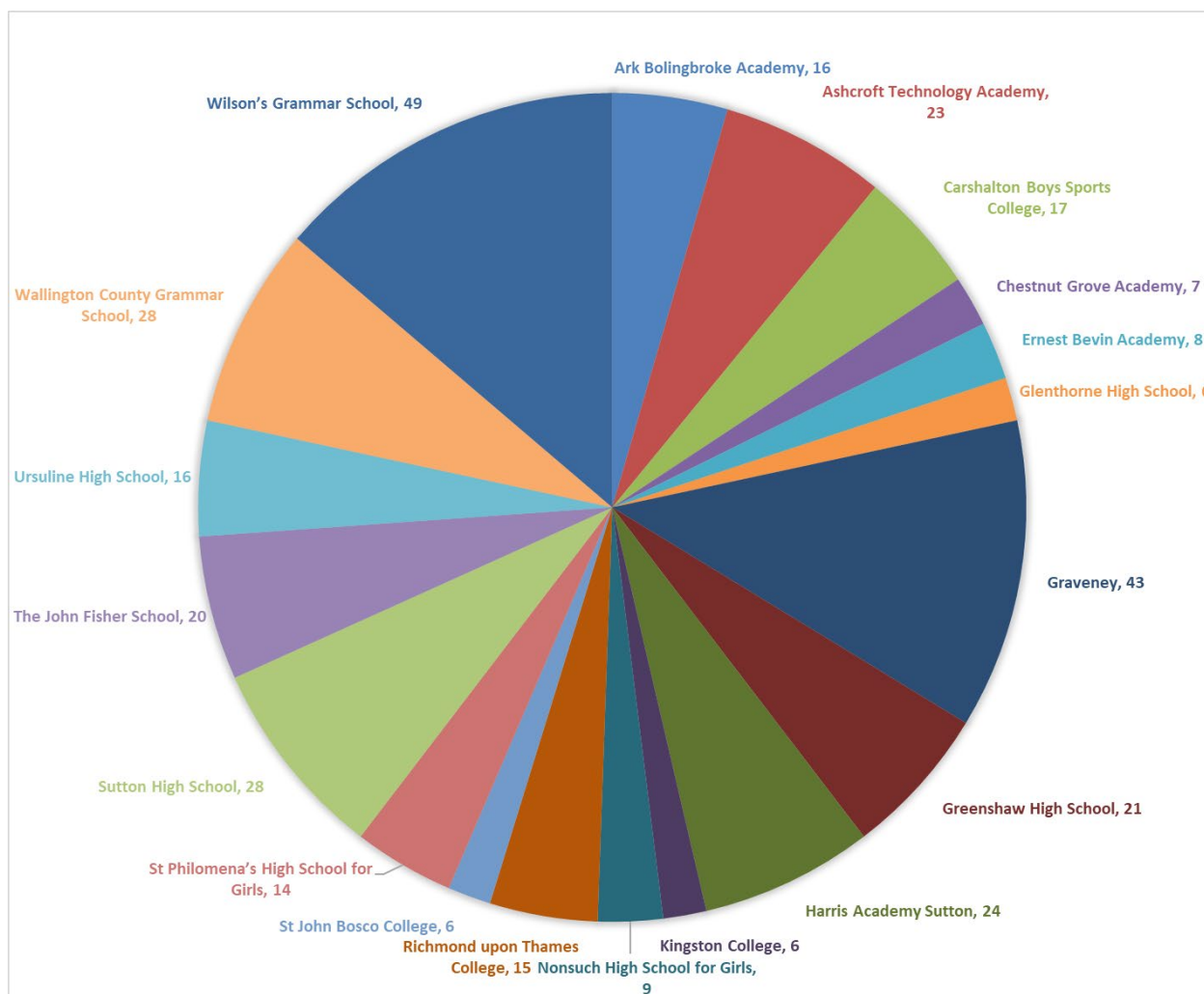
Some slides were not readable. Too much information on some slides.

Signups by school (schools with under 5 signups)

Ark Putney Academy	Rutlish
Carshalton College	Southfields Academy
Carshalton High School for Girls	St Francis Xavier 6th Form College
Cheam High	Sutton Grammar
Chelsea Academy	The Kingston Academy

Harris Academy Battersea	Wallington High School for Girls
Harris Academy Morden	Wimbledon College
Merton College	
Oaks Park	
Overton Grange	

Signups by school (schools with over 5 signups)



If your school name is not on the above lists, none of your parents signed up to this webinar. Please advertise these free webinars as part of your Education Wellbeing Services to support parent wellbeing. Please speak to your Education Wellbeing Service Lead for support, advice or discussion.