

# MANAGING ACADEMIC PRESSURE

## SUPPORTING YOUR STUDENT

### ENCOURAGE A GROWTH MINDSET

Students often feel pressure to be "perfect" rather than focusing on learning. Help them shift their mindset by saying "It's okay to struggle. Growth comes from challenges."



### NORMALIZE CHALLENGES AND FAILURES

Mistakes and setbacks are part of learning. Help your student see them as opportunities for growth. Remind them that one bad grade does not define their abilities.



### ASK OPEN-ENDED QUESTIONS

"What is your most difficult class?"

"When is your next exam? How are you preparing for it?"

"What resources are you using to maximize your success?"



### PROMOTE HEALTHY STUDY HABITS

Encourage time management strategies, discuss the importance of breaks and self-care to avoid burnout and remind them that overstudying can be counterproductive.



### VALIDATE THEIR FEELINGS

Let them express frustration without immediately offering solutions. Reassure them that their worth isn't tied to academic performance and that they tried their best.



### AVOID COMPARISONS

Avoid comparing them to siblings, peers, or family friends. Recognize that success looks different for every student and every student's academic journey is unique.

