

# 1. Must Dos for parents

- ❖ ❖ Student can fail to do well if they fail to cope with stress. Parents should guide their children in planning, organizing and setting a timetable.
- ❖ ❖ To avoid a stress situation for the child the parents must provide right kind of motivation and a conducive environment.
- ❖ ❖ Help the child to develop self-discipline self-direction, self-confidence and a sense of achievement.
- ❖ ❖ Just good schooling and tuition are not substitutes for emotional cushioning.
- ❖ ❖ Help the child in maintaining his confidence especially when he seems discouraged by his dropping marks or grades. Do not displace your anxiety on the child.
- ❖ ❖ The achievement goals should be realistically set according to the child's capability.
- ❖ ❖ Do no mix academic issues with family conflicts.
- ❖ ❖ Praise your child when he does well. Encourage the child's performance with positive statements like, "well done", "you can do better", rather than saying "that was not enough".
- ❖ ❖ Work out your child's schedule with him instead of nagging him. There could be learning problems.
- ❖ ❖ Do not harp on previous failures or results.
- ❖ ❖ Under achievement may be due to some children believing it is safer not to try than to try and fail.
- ❖ ❖ If achievement expectations are too high then some children would prefer to be criticized for being lazy than being considered not good enough.
- ❖ ❖ Humor relieves tension. Be light and humorous with the child.
- ❖ ❖ Try to gain your child's confidence and discuss his problems with him. Help him to find a solution.
- ❖ ❖ Exams are not the end of the world.
- ❖ ❖ Accept that expectation for every one to do well is unrealistic, as many won't pursue this for long.