



## DISCUSSION QUESTIONS

### EPISODE 3: SURVIVING EXAM SEASON

1. Can you identify what is going on behind the obvious? Why do you think your child is working (or not) in the way that they are?
2. What motivates and excites your child and what might they want to achieve – can you help them to aim towards that?
3. What are their strengths or things they are able to do really well that you can help them build self-confidence upon?
4. If your teenager is worried and stressed about their exams and results, what can you do to help them find a healthy balance between study and rest.
5. How can you maintain the relationship between you positively, whilst encouraging them to 'do their best'?
6. What is the family/sibling dynamic in your household? How can you deflate any unhelpful assumptions they may have in terms of expectations about themselves?
7. What does 'good' look like for your teen? What do you actually want them to do? What is realistic for them?
8. How can you encourage your child? What are they doing right?

