

# Helping your children to cope with stress



## Take it easy

Parental anxiety may bring more pressure for children.

If parents can handle their own emotions well and stay calm, it will relieve some of the children's stress before the release of results.



## Good communication

Parents are suggested to be more positive and supportive. Parents can encourage their children and let them know that "University education is not the only way to success. It doesn't matter even if the results are unsatisfactory. There are still different alternatives."



## Realistic expectation

Parents' belief on "success" may affect their children's self-evaluation.

There are many ways to achieve success. Candidates are advised to make informed choice with reference to their interest, abilities and orientations.



## Be prepared and plan ahead

Make good use of time to gather more information about study and career path

Formulate a few backup plans before results are released

HKDSE is one of the life's challenges and candidates may feel confused and anxious about their future. Parents are advised to work with them and support them.

Relevant Information : [Student Health Service](#)、[學友社](#)、[Joyful@HK](#)

