

WEBINAR



Sitting the Exams: Managing Stress Enabling exam students to succeed



**Facilitator: Dr. Fidelma Healy Eames
PhD, MSc., BEd.**

Exams are an intense and stressful time for most students. They affect families and schools. The culture and expectations surrounding exams doesn't make it easy either. Hence, how we empower students to prepare for exams and respond to stress is a key consideration. Facilitated by Dr. Fidelma Healy Eames, PhD, author of 'Switching on for Learning: A Student Guide to Exam and Career Success', this timely webinar 'Sitting the Exam:

Managing Stress' is aimed at supporting students facing exams to prepare and cope more effectively. It is particularly useful for teachers and parents as they endeavour to prepare and support their students in the lead-up to and during the exam period.

Dr. Healy Eames is an experienced teacher, teacher educator, author, facilitator and parent. Director of Study & Careers, an education, wellbeing and careers' service, she is the author of the new book 'The Gifted Learner: How to Help' and 'Switching on for Learning: A Student Guide to Exam & Career Success' see

www.studyandcareers.ie/shop
Fidelma has extensive experience working with students, parents and teachers on social, personal, learning and career-related topics. Her sessions are reputed to be thought-provoking, motivational and practical.



Monday, 8th May 2023

at

7 pm - 8.15 pm

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