



**MASTERING EXAMS –
SMART STRATEGIES FOR
CONFIDENT
PERFORMANCE**

**Target audience:
Parents (Grade 9 & 11)**

**Monday,
16th February, 2026**

INTENT:

The session focused on helping students manage exam stress through practical strategies, emotional regulation, and positive thinking. It emphasized effective preparation, time management, and overall wellbeing, while normalizing exam-related anxiety and encouraging students to seek support when needed.

EXPERIENCE:

The session was interactive and reflective, encouraging students to share concerns about upcoming examinations. Grounding exercises, box breathing, positive affirmations, and visualization were practiced. Students discussed study planning, managing distractions, and balancing revision with rest, while real-life scenarios helped them reframe irrational thoughts. The supportive environment allowed students to express academic pressures and gain reassurance, along with practical tips for confident exam-day performance.

INSIGHT:

Students learned that stress can be managed with preparation and coping strategies. They reflected on building confidence through effort, positive self-talk, and emotional regulation, understanding that setbacks do not define their abilities. The session highlighted structured revision, mindful relaxation, and balancing academics with wellbeing.

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