

EXAMINATIONS TEST KNOWLEDGE, BUT NOT A CHILD'S WORTH!

Like many parents, I often find myself asking, "Have you revised enough?" or worrying about how my children will perform.

In a BBC article, Clinical Psychologist Cynthia McVey highlighted the importance of choosing our words carefully during exam season. Even well-intentioned comments can inadvertently add pressure and increase stress.

Common pitfalls include:

Comparing children with siblings or friends.

Setting unrealistic expectations.

Catastrophising exam outcomes.

Micromanaging revision schedules.

Making children feel that their future depends entirely on these examinations. Examinations test knowledge, but they should never define a child's worth.

Perhaps the message delivered by Thomas Wayne to a young Bruce Wayne in *Batman Begins* captures this beautifully:

"Why do we fall?, So that we can learn to pick ourselves up again."

Setbacks and disappointments are inevitable in life. What matters most is not avoiding failure, but helping our children understand that they are loved, valued, and capable of rising again.

After all, examinations are temporary. Resilience is lifelong.

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