

Dr Krause's Tips for Teens on How to Deal with Cancelled Exams



Finding it difficult to focus?

Exams give us focus.
Give yourself some time to adjust to the shock and loss and then take control of the situation.



What do I do next?

Adjust the way you approach your target.



What do I do with my time?

Create a balanced daily plan.
Place limits on excess or problem behaviours.
Practice self-care.



What do I do with my built-up stress?

Balance relaxing with things to do.

Change perspective. For example, instead of seeing something as boring, try and see it as a challenge.



How do I remember this year positively?

Change disappointment into opportunity.

Find ways to remember all that was good this school year.



How do I deal with uncertainty?

Work on making changes to things you can.

Focus on what you can control rather than on what you can't.
Keep a note of what's worked everyday.

How do I plan ahead?

Plan what you have to do right now and then make note of the next steps.
Break each step into an achievable goal. Keep them SMART where:

S simple
M measureable
A achievable
R relevant
T time-bound

Be ambitious, but also realistic. Keep things moving and you will get there.