

主題三、面對考試 (中小學適用)

(影片) 「模」形壓力

當父母均是高學歷的專業人士，子女會擁有更優厚的學習條件？還是會承受著更大壓力？短片帶出家長如何有效協助子女舒緩壓力！



<https://bit.ly/3aFh3Td>

換個想法 點亮心情 - 我們一起來試試看

教育心理學家介紹家長如何運用 ABC 理論，協助年青人轉換想法，積極面對困難。



<https://bit.ly/32R3taZ>

你想要哪件法寶幫你準備考試？

資訊圖表讓家長了解子女預備考試的方法和所需的支援。



<https://bit.ly/3gNzTLY>

考試期間 我想關心和鼓勵子女可以怎樣做

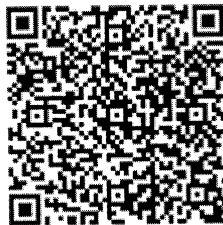
父母的陪伴勝過一切，家長應如何關心和鼓勵子女呢？資訊圖表中總有一個方法適合你。



<https://bit.ly/3nsN2er>

我可以怎樣陪伴子女正面面對考試結果？

為家長提供陪伴子女正面面對考試結果的「三好」錦囊，讓家長成為扶助子女成長的後盾。



<https://bit.ly/3vghdID>

我個仔放榜啦，我可以點樣做？

子女面對中學文憑考試時，父母如何能從旁支持，給予肯定？



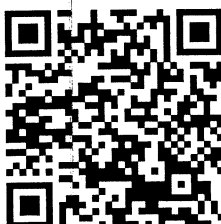
<https://bit.ly/3xy3X4b>

“Smart Parent Net”: Recommendations on Resources on Various Themes

Theme 3: Facing Examinations (Applicable to Primary and Secondary levels)

(Video) The pressure to be like mum

When parents are well-educated professionals, shall children have more privileges in learning and studying? Or shall they be more stressful? The video inspires parents on how to effectively relieve the pressure of their children.



<https://bit.ly/32SxBD4>

Let us all try: Change our thoughts and cheer up

An educational psychologist introduces the use of “ABC” theory to help teenagers change their thoughts and face challenges positively.



<https://bit.ly/2QZjTeW>

Take a quiz to discover your needs in exam preparation

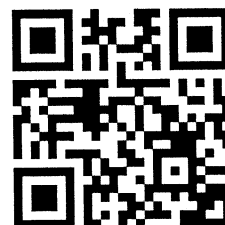
The infographic help parents understand the ways their children adopted to prepare exam and support their needs.



<https://bit.ly/3xz0EcD>

Supporting children during exams

It is always beneficial to have parents' companionship, care and encouragement. Just choose the method from the infographic that fit you most.



<https://bit.ly/3dTXsR9>

How to help my child face exam results positively?

Tips for parents on how to help their children face the examination results positively with the 3 “A” tips and provide a secure base for the growth of their children.



<https://bit.ly/3sUTwDZ>

The public exam result of my son is released, what can I do? (Chinese version only)

When children face the Hong Kong Diploma of Secondary Education Examination (HKDSE), how parents can support and encourage their children throughout the process?



<https://bit.ly/2QXUh1S>