

**PRESS RELEASE**  
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## Exam Stress and Enhanced Performance Programme for Students

This programme is designed to help schools and their students enjoy even greater success, while actually reducing the pressure on them. Of course, calmer students makes for an easier life for teachers too. Specifically, the aims are to help staff meet or exceed staff performance targets, and to maintain the school's edge in the league tables in terms of improving student performance, by making students' lives *less* stressful!

For many students, the exam period means facing their fears of failure and the prospect of not being able to retain weeks' worth of revision. Experienced Hypnotherapist Richard Walker PhD, is looking to reproduce in Hertfordshire the successes in the northeast.

Stephen Logan, Business Champion at Malet Lambert School in Kingston upon Hull, said: "For many students, it isn't just the anxiety or nerves at the time of the exam, but very often they worry for weeks and months ahead.

"The relaxation and focusing methods have helped our students to better understand how to prepare for an exam by learning new techniques.

"Helping students to overcome their anxiety grow in confidence and feel comfortable about exam conditions has added real value to our students and teaching staff."

As Richard points out, "No one is hypnotised, and this isn't magic, or trickery, but simple, concentration techniques which allow individuals to take better control of their emotional state to remain focused and confident under pressure."

Richard has worked one to one with children over many years to help them overcome various problems. Over the past three years my colleague Sheila Granger has had great success working in schools and educational establishments, using a simple approach that develops students' own mental abilities and skills to manage stress and create the basis for success.

The programme is delivered to small groups over three sessions, usually weekly, and fit typical school timetable periods of 50 to 55 mins. The first session is designed to identify and counter negative thoughts, backed up with a support CD. The second session primarily focuses on learning and rehearsing solid techniques that produce positive, confident states of mind. The third and final session mentally prepares the student for the specific challenge, usually the exam day.

ENDS

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**Richard Walker PhD**

Happiness & Performance Engineer

## INFORMATION FOR EDITORS

# Why is this important?

- Teenagers and students are under increasing study and exam pressure
- It is common for pupils to latch on to their weaknesses rather than their talents and strengths and young people can easily be discouraged by negative criticism
- Whether at school, university or perhaps studying a new skill for their profession, it can be a stressful time for students. Many face concerns over the fear of failure, or not being able to remember what they have learned and to apply it on the day of their exams.
- For some it isn't just the anxiety or 'nerves' at the time of the exam but very often it is weeks or months ahead. They feel that while they are quite confident in the subject they are being tested at any other time, their "nerves" will cause them to 'let themselves down on the day.
- Many people struggle unnecessarily during the run up to exams with their focus and attention due to excessive tension and lack of self-belief.
- Whilst a certain amount of anxiety is natural around exam time, for some students it is crippling, and very damaging. However, these students can learn to overcome their anxiety, grow in confidence, and feel comfortable in exam conditions. This isn't magic, or trickery, but simple, concentrated, techniques which allow an individual to take control of their emotional state, and remain focused and confident whilst being challenged.

The aim of the Educational Performance Programme is to give students simple coping strategies that they can utilize to reduce their anxiety levels and perform at their very best. All this can lead to much better academic performance and far greater emotional well-being for the student.

The programme is conducted over a three week period. Three one-hour sessions are designed to bring about a positive change to a student's mindset, to give them a set of 'mind management tools' that can help them focus on success instead of focusing on negatives and failures.

It is about creating skills for life. It is not a short-term fix, and no-one is going to be "hypnotised". We teach how to relax your mind, and how to use this for example to counter internal negative chatter, and create more confident states of mind. By using these techniques, students develop lifetime habits for being calmer, more resilient to pressure and consequently able to perform at their very best.