

Press Release

Irish Association for Counselling and Psychotherapy Offers Exam Advice for Students

6th June, 2012: As almost 117,000 students start their Junior and Leaving certificate exams today, the Irish Association for Counselling and Psychotherapy (IACP) reminds students to look after their mental health.

A recent nationwide survey carried out by Behaviour & Attitudes on behalf of the IACP, shows that only one in seventeen (6%) Irish people aged under-24 would seek professional help from a doctor or counsellor when experiencing personal problems or difficulties in their lives. Furthermore, one in fourteen (7%) of under-24s would tell no one about their problems.

Shane Kelly, counsellor and Professional Services Manager at IACP, said:

“Exam pressure is reported to be one of the main causes of anxiety among young people in Ireland and there can be a link to mental health problems at this time of year. It’s important for Junior and Leaving certificate students to stay calm and think positively. Parents need to help young students to develop the necessary skills to deal with the pressures of exams and talk to them about their fears or uncertainty about the future. Exams can bring underlying mental health issues to the surface. Young people who have a tendency to be anxious are most affected. Therefore adult support and positivity is very important at this time.”

Mr Kelly offered the following tips to students:

- If you’re feeling under pressure about exams talk to somebody such as a friend, family member, teacher, doctor or counsellor. There’s no need to go through it alone;
- Keep things in perspective – exam grades are not a measure of your true self worth;
- Set yourself realistic goals for the results you can achieve;
- Eat a well balanced diet. Healthy eating improves memory and concentration;
- Exercise is a good stress reliever, which can help you think more clearly.
- Try to get at least 8 hours sleep and relax for at least an hour before bed the night before each exam.

To find out more about the IACP or for a list of accredited counsellors or psychotherapists in your area, visit www.iacp.ie.

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About IACP:

Established in 1981, the IACP identifies, develops and maintains professional standards of excellence in counselling and psychotherapy through education, training and accreditation. In promoting best practice and the professional development of its members, IACP holds at its core the protection of the public. Representing both the interests of clients and practitioners (over 3,500 nationwide), IACP provides a telephone referral helpline, an information service; and an online counsellor / psychotherapist / supervisor directory. IACP is a registered Charity (CHY 6615).

