

Descriptive Praise Around Exam Time

Actively look out for and praise specific efforts that you observe. Tailoring your praise to specific efforts your teenager is making can make them feel seen and appreciated, which can further motivate them during exam time.

"I like how you have organised your desk to give you the best space for your study materials."

"I like the clear design of your study timetable and how you tick off each subject as you finished studying it. That would give me a great sense of achievement. I might do something similar with my work projects."

"I admire how you start preparing for bed when the alarm you set goes off. You know how important your sleep is to your overall preparation during exam time."

"I noticed you've been consistently reviewing your notes every night before bed. That kind of dedication shows me how committed you are to doing well."

"I saw you tackling those difficult math problems, even though they were challenging. Your perseverance is really admirable."

"I appreciate how you're taking breaks when you need them to recharge. It's important to take care of yourself while studying, and you're doing a great job at it."

"I'm proud of how you're actively seeking help when you come across something you don't understand. That's a sign of maturity and a willingness to learn."

"I noticed you've been organising your study materials so well. That level of organisation is going to serve you well not just during exams, but in life too."

"I admire your positive attitude even when the workload seems overwhelming. Your optimism is contagious and makes studying a little brighter."

"I saw you explaining a concept to your friend, and you did it so clearly and confidently. Teaching others is a great way to reinforce your own understanding."

"I'm impressed by how you're managing your time effectively, balancing study sessions with other activities. It shows a real sense of responsibility."



"Your attention to detail in your study notes is remarkable. It's evident that you're really trying to understand the material thoroughly."

"I appreciate how you're staying focused even when distractions are around. It takes discipline to maintain concentration, and you're doing it well."

I noticed how hard you worked on that math problem, trying different methods until you found the right one. Your perseverance really paid off!"

"You spent a lot of time practicing your instrument this week, and I can hear the improvement. Your dedication to refining your skills is impressive."

"I'm proud of how you managed your time to balance studying for your exams with your extracurricular activities. It shows maturity and responsibility."

"You took the feedback from your teacher and applied it to your writing assignment. I can see the effort you put into revising, and your writing has become much clearer as a result."

"I know it wasn't easy for you to speak up in class today, but you did it anyway. I admire your courage and willingness to push yourself out of your comfort zone."

"Even though the project didn't turn out exactly as you hoped, I'm impressed by the creativity and effort you put into it. There's a lot to learn from the process, and I'm proud of you for trying your best."

"I can see that you're really trying to be more organised with your assignments and study materials. Keep up the good work, it's making a difference in your academic performance."

"Your commitment to helping out around the house lately hasn't gone unnoticed. It's great to see you taking the initiative and contributing to the family."

"I appreciate how you're actively seeking out opportunities to learn new things, whether it's through books, online courses, or hands-on projects. Your curiosity and thirst for knowledge are admirable."

"You've been handling your chores without being reminded lately, and it's been a big help to the family. Your responsibility and reliability are really shining through."

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