

## **Working with students who have exams**

I worked with small groups of pupils who were anxious or stressed about their examinations. The pupils or their parents requested assistance as they were very concerned about their approaching examinations. Some pupils were not sleeping properly or others were simply stressed which made them irritable and, as a result, they were struggling to cope.

### **Brief history of what I did**

I sought advice about which practices to do with the pupils from someone who had trained in Capacitar a few years ago. Following this advice, I concentrated on three of the Capacitar practices with the pupils: firstly, the finger holds, secondly, Tai Chi and finally the Emotional Freedom Technique (EFT).

### **Summary of the outcomes**

The pupils who took part in the Capacitar programme requested help in the first instance and were open to the practices. The pupils loved the finger holds and the Emotional Freedom Technique (EFT). Some liked the Tai Chi, others did not as they were a little self conscious about what they were doing in front of others. The pupils liked the fact that they could practise the techniques themselves when they felt stressed or anxious.

### **Evaluation of Capacitar**

I kept the groups small – about three or four pupils per session. These sessions happened at lunchtime or after school. All of the pupils reported back with very favourable comments. ‘It really works!’, one of the pupils said. The pupils had smiling faces when I finished the 25/30 minutes Capacitar session with them. ‘I’m much calmer and I feel better able to deal with things now,’ another pupil said. The pupils continue to use the Capacitar practices outside of school. This illustrates how successful the practices are.

### **Personal Reflection**

Personally, I have found the Capacitar programme very beneficial. I meet two other participants from the course every week and we practise a particular protocol until we all know it well enough to move on to next one. To begin with, we did Tai Chi and when we knew that we progressed to Pal Dan Gum and so on. To conclude, we do a meditation. In addition, I have introduced the Capacitar practices to family members and friends. They especially like the finger holds. I am most grateful to have completed this Capacitar programme. Through the programme, I have met wonderful people who have become genuine friends.

