

# Understanding Stress for Leaving Certificate Students

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## Sean Moncrieff: Daughter #2 is this year's Leaving Cert victim

You can't blame kids for thinking: The Leaving Cert? Why bother?

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## Leaving Cert parents' diary: 'The sight of my son playing Fortnite is enough to send me into a panic'

10 tell-tale signs the State exams are looming all too soon in my house

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Tags # D DAY # DUN DUN DUN # JUNIOR CERT # LEAVING CERT # STATE EXAMS

## D-Day for the nation's secondary school students as the Leaving and Junior Cert gets under way

Over 120,000 students around the country will begin their exams today.

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## How does the picture change when we ask young people?

Stress is a feeling that comes from inside or outside

"I feel like it's like the Beast from the Beauty and the Beast kind of metaphor"

"You feel like you're drowning or something"

"Something out of your control, you can't change, or you have like, not much power over it"

"Like, family pressure or something to do something and you don't even know if you're gonna do it"

"It's like a train filled with everything that stresses you out coming straight for you and you're like, tied up on the track and you can't move, it's just heading your way, there's nothing you can do about it."

### Stress is caused by the self

"And not achieving what I wanted to achieve. I'm scared of that as well"

"I'm going to college. That's all I want to do. I want to make my mom and dad proud that I actually got into college"

### Stress is caused by growing up

Making decisions...Anything major. Yeah, college. School. Leaving your house. your parents, moving away. Getting a job. Paying taxes. All that kind of stuff"

"it's kinda, like, we don't know anything about the world"

"I can't imagine going in to like a lecture hall with like 500 people. I'd be like, daunted"

### Stress is caused by school

"I don't know anything about Brexit. And I have to write a four-page essay on it next week"

"And we're here still majority of the day, and then you go home, and you're supposed to, like, eat healthy, get at least eight or nine hours of sleep and then do at least five hours of homework and you're like, That was more than twenty four hours in a day, I can't do that"

### Stress is caused by other people

"there's the odd teacher that says like aw you better get ready, because the leaving cert is right around the corner, you know, this is it, this is it"

**Adolescents tell us that stress has multiple causes for them, and the Leaving Certificate occurs at a time of multiple stresses and changes, some of which overshadow academic stress**

### Stress is caused by fear of regret

"if I was sitting in all that and I get slapped with a car tomorrow, aw she done great things with her life, she sat in and studied."

### Stress is caused by being judged

"Or your choice of clothes, or, my hair style or whatever or just things that you want to do that people can judge you on, and that makes you feel stressed. Like, I'm going to get judged if I wear these, this hat. Or am I going to get judged if I wear these types of shoes or whatever"

### Stress is caused by the Leaving Certificate

"Like exams. They're coming to you and like you can't change that."

"I'm petrified that I'll fail, I'm petrified I'll fail"

### Stress is caused by general life

"I'm like, minus eight hours a week"

And it goes back to the heat of the moment type of thing. Like if you over exaggerate it in your head and when you do it, it's like very small. You're like, you just wasted a bunch of time just sweating it for nothing".