# **Admission Stress: Are You Planning To Interview Train Your Child?**

**By   "KSP Team"**

I thought I was a who trusted the system and had faith in my child. I thought I was capable of making choices for my child - without guilt and regret. I thought I was strong enough to avoid following the herd and make decisions that I stand by. Well, I was wrong.

As a [21st century parent](https://www.kidsstoppress.com/details/yuval-noah-harari-what-kids-need-from-education-in-the-21st-century/17102), I know that the [most important skill is EQ](https://www.kidsstoppress.com/details/kids-eq-box-raising-an-emotionally-intelligent-next-gen/18526). But then I wonder, when did I start following the herd and enroll my child for interview training - that too 3 times a week for a pre-schooler. Yes, you heard me right - interview training so your child can get into school.

**We need to raise happy students and they will be life long learners - Pinky Dalal**

**My first thoughts while I am interview training my child:**

1. Am I stunting her ability to explore and be imaginative with her answers?
2. Am I exposing her to too much information - which is not allowing her the innocence of her childhood?
3. Would schools prefer prepared answers or out-of-the-box thinking?
4. Are we still following the rote learning method, even when we are opting for IB schools? Why?
5. Are we focusing on academics and avoiding free-play (especially in the outdoors)

These questions are going to be forever unanswered. But here's what you can do with your child while you are interview training them.

**1. Celebrate the small wins**

Everyone loves rewards and appreciation. Appreciate your kid when he/she completes a task, no matter how big or small the task is. It makes them feel special and they tend to put more of their focus and energy the next time. For example, divide any bigger task into smaller ones and appreciate every time they pass these challenges. It will further direct their brain to give their 100% effort for achieving future milestones.

**2. Help them understand the task**

Tiny little brains can be more functional provided you help them understand the task better. A better understanding creates more interest in them and they keep trying till they are successful. For example, tell them how to collect blocks of the same colours from a set of other colours through an initial demo instead of expecting them to do so only with verbal instructions.

**3. Understand that they are stressed**

Yes - children get stressed too. The child feels burdened if he is constantly being compared. Your job is not to pressurize because that will make them anxious. Sit and talk to your child, if something is bothering them, which is affecting his performance. Devise solutions together.

**4. Don't be tense. If you are your child will be too.**

If you are tensed, your child will sense the vibe. Our worries will travel to him or her. Remember it is the first and not the last interview. Consider for a moment that your child does not get selected, it is not the end of the world.

**5. Let the child open up**

Interview or no interview, let your child express oneself freely. Don't constantly interrupt them by telling them how to speak, what to speak and how to emote.

**6. Stimulate curiosity**

Make your child alert to the environment around him. Do not dismiss his queries as sweet-nothings. Give satisfactory answers to his questions. This will make him respond to others' queries and investigations.

**7. Don't always talk about competition**

Firstly, you should try teaching your children to compete with themselves and be the best version of themselves every day. Comparing them, creating competition is not only going to push them further away but make them tensed about the coming interview.

**8. Get the basics clear**

Some basic concepts need to be made clear to the child. Like the child's name, parents' name, and name of the sibling. He or she should know where the parents work. Teach them the basics, and the rest follows.

**9. Only teach age-appropriate subjects**

Don't burden your child with extra information. Make sure everything is age-appropriate or their basics will be weak.