

**Student Distress on Grade Twelve Studies and Examinations****Lloyd Daniel N. Tlale***Department of Psychology of Education, College of Education,  
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**ABSTRACT** Grade twelve is the most critical qualification that students obtain in South Africa because it is the last year of basic education. Grade twelve studies and examinations are therefore the most important experience in the school career of any student. The stress levels reach a climax as the examination results of students are released. Unfortunately media, parents and politicians measure the effectiveness of education against student performance in the grade twelve. This paper employed qualitative research and focus group interviews for data collection. The findings in this paper suggest that stress is the cause for the students in the schools to perform poorly in grade twelve studies and examinations. It is recommended in this paper that students need an on-going support and motivation to build on their self-esteem and let them actualise their capabilities.