

Exam Stress Support



As exam season approaches, we recognise that this can be a challenging and sometimes stressful time for pupils. To support their wellbeing, revision planning, and emotional resilience, we have provided the attached links to websites, which offers practical guidance, strategies, and resources to help pupils prepare effectively for their exams. We encourage schools to share and use this document with pupils, staff and parents as appropriate, to help ensure pupils feel supported, confident, and able to perform to the best of their ability during this period.

Here are some clear, practical tips that can be shared with pupils to help manage exam pressure:

- **Plan revision early:** Create a realistic revision timetable that breaks subjects into manageable chunks and includes regular breaks.
- **Focus on progress, not perfection:** Do your best, but remember you don't need to know everything to succeed.
- **Take care of your body:** Aim for regular sleep, balanced meals, and some physical activity to keep energy and concentration levels up.
- **Use effective revision techniques:** Try active methods such as practice questions, flashcards, mind maps, or teaching the content to someone else.
- **Take breaks and rest your mind:** Short, regular breaks can improve focus and reduce stress.
- **Talk about how you feel:** Share worries with a teacher, parent, or trusted adult rather than keeping them to yourself.
- **Manage exam-day nerves:** Practise calm breathing, arrive in good time, and focus on one question at a time.
- **Keep perspective:** Remember that exams are important, but they do not define you or your future.
- **Limit unhealthy comparisons:** Everyone revises differently—focus on what works best for you.
- **Ask for help when needed:** If something feels overwhelming, seek support early from school staff or wellbeing services.

These strategies can help pupils feel more confident, supported, and in control during exam season.

Here are some useful websites that offer tips and advice to help support pupils during exam season.

Barnardo's

[Exam stress | Barnardo's](#)

Young Minds

[Exam stress](#)

[Info on exam stress - for 11-18 year olds | Mind](#)

ChildLine

[Exam stress and pressure | Childline](#)

Place2Be

[Navigating exam season resources - Place2Be](#)

NHS

[Help your child beat exam stress - NHS](#)

GOV.UK

[Coping with exam pressure - a guide for students - GOV.UK](#)

AQA

[Exam stress poster Coping with exam stress Poster](#)

BBC

[Your exam season survival guide - rest, reflect and recall - BBC News](#)