WELL-BEING PART 3: Coping with Exam Stress

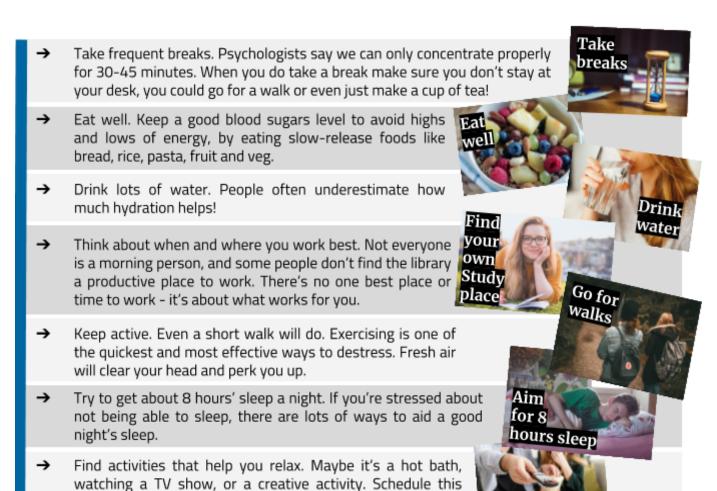
down-time into your timetable.



Studying for exams can be a stressful business, and coping with increased anxiety is common for all students when preparing for assessments. Feeling under increased pressure is very common for young people as they prepare for important assessments, but there are a number of steps that can be taken to help cope with any negative emotions. Below is some advice from the NHGS pastoral team that is aimed to provide all our students and parents with some guidance on how best to cope with and support those who may be suffering with increased stress during examination

periods.

GET INTO GOOD HABITS



Plan to relax

GET ORGANISED

- → Picture your exams as a time-bound project. Are the exams 60 days away? That's your 60-day challenge. Best of all, there's a definite end point.
- → Work out the basics: which exams you have, how the marks are allocated, and how much you have to learn for each one. Don't expect to learn everything; but having in mind where you'll get the marks can help you prioritise.
- → Break your revision down into small chunks, and form a plan. Once you've got a plan, you won't have any more dilemmas at the start of the day about what to work on.
- Schedule in plenty of free time to unwind, and protect this time. Nobody can work all day every day. If you give yourself plenty of rest you can do the same amount of work in half the time or less.
- → Equally, don't panic if you go slightly off schedule tomorrow is another day.

GET SUPPORT

- → Don't be put off by friends saying that they are doing huge amounts of revision. As already mentioned, that's probably not actually a productive or efficient way of working long term. One of the key reasons people feel exam stress is due to comparing themselves to other people.
- → If you can, discuss with your parents what they are expecting you to achieve. Parents with steep or unrealistic expectations will just add unnecessary pressure. It's helpful to let them know what you think you have the capacity to achieve, and to insist that the best way to get there is to have support from your parents, not pressure.
- → If you're feeling really worried or anxious, chat to a good friend, family member, or teacher. It helps to get it out of your system, and they may well be able to help think about practical strategies to deal with exam stress.