

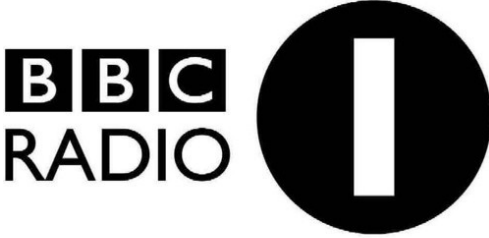






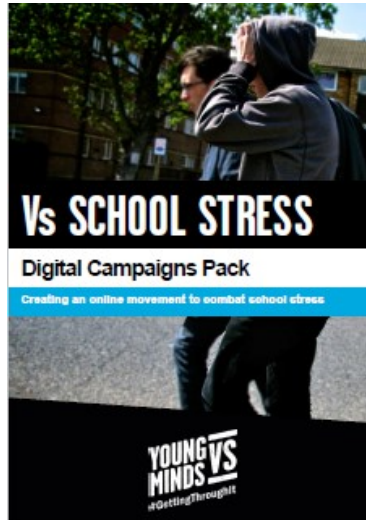
Coping with Exam stress

Website	Logo	QR Code*
<p><u>Childline</u></p> <p>These webpage's have lots of advice on how to cope under the pressure of exams.</p> <p>www.childline.org.uk/Explore/SchoolCollege/Pages/exam-stress.aspx</p>		
<p><u>BBC Radio 1</u></p> <p>Has got some pages on exam stress and 'revision basics'. They link you to 'defeat your revision enemies' which includes videos with advice on how to prepare and focus during exam periods.</p> <p>www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4qH/exam-stress</p> <p>www.bbc.co.uk/programmes/articles/4Klq403Q2CrqQVFslcJP00F/revision-basics</p>		 
<p><u>Good luck exams</u></p> <p>This website is American so the section that links you to the 'free exam test sites' will not be relevant. However, it has lots of advice for studying and for on the day that is useful.</p> <p>www.goodluckexams.com</p>		

Young minds's 'Vs School Stress

The website 'young minds' (www.youngminds.org.uk) has created a digital resource pack 'Vs school stress'. This resource uses social media to help young people prepare for exams, including revision playlists! It includes revision tips, advice on 'brain food' and talks about how mindfulness can help. It also includes stories from other young people and their experiences of school stress.

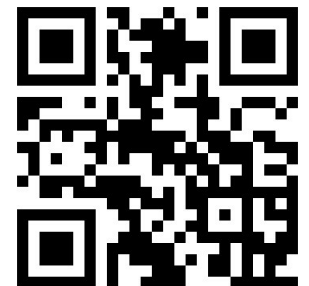
http://www.youngminds.org.uk/assets/0002/2076/YM_Vs_Digital_Campaigns_Pack_2015.pdf



Exam time

This is a website that helps you create and develop your own learning resources such as revision time tables, mind maps and flash cards. Also has success stories and motivational quotes.

www.examtime.com/en-GB/



AQA

This UK exam board's website has advice for students for revising, managing exam stress and for on the day. It also provides past exam papers for revision and practicing. It is important to check which

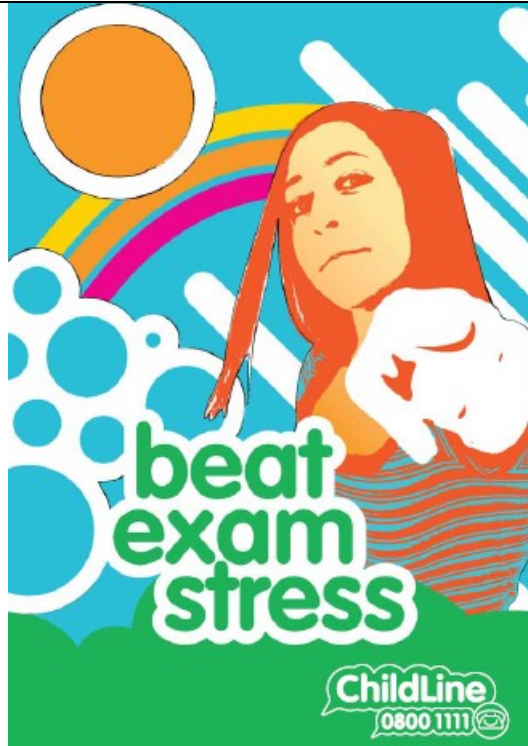


<p>exam provider your different subject exams are provided by before using past papers.</p> <p>http://www.aqa.org.uk/student-support/for-students</p>		
<p><u>Revision Tips</u></p> <p>BBC Bitesize website includes lots of revision advice for different exams and subjects.</p> <p>www.bbc.co.uk/education</p>		
<p><u>Wjec</u></p> <p>Wjec is the largest exam provider in Wales. Here is a link to frequently asked questions that give practical advice around exams. It also has links to past exam papers for revision and practicing. It is important to check which exam provider your different subject exams are provided by before using past papers.</p> <p>www.wjec.co.uk/students/frequently-asked-questions/</p>		

Leaflet

Childline have created this handout on how to 'beat exam stress'.

www.childline.org.uk/SiteCollectionDocuments/BeatExamStressPDF_wdf56569.pdf



For Parents

Young Minds

Young minds website has advice and tips on managing exam stress for parents.

http://www.youngminds.org.uk/for_parents/worried_about_your_child/schoolwork_exam_stress



OCR

The exam board OCR have created this leaflet for parents supporting their children through exams.

www.ocr.org.uk/Images/16205-supporting-your-child-at-exam-time.pdf



<p><u>ISPCC</u></p> <p>The Irish society for the prevention of cruelty to children (ISPCC) have created this webpage. It has advice for parents during exams and links to a booklet with further advice.</p> <p>www.ispcc.ie/advice/advice/coping-with-exam-pressure--advice-for-parents-/8562</p>		
<p><u>AQA</u></p> <p>This UK exam board provides practical advice for parents. Gives practical information about exams, results day and understanding qualifications.</p> <p>www.aqa.org.uk/student-support/for-parents</p>		
<p><u>NHS</u></p> <p>The NHS has put together a page of a few simple and easy to use tips for parents.</p> <p>http://www.nhs.uk/Livewell/childhealth6-15/Pages/Examstress.aspx</p>		

Highly recommended:

www.studentminds.org.uk

www.youngminds.co.uk

Download the HEADSPACE app.

