



Exam Stress

From the Health Related Behaviour Questions in South Tyneside

In Primary Schools **41%** are worried about SAT's/Tests

In Secondary Schools **20 %** of boys are worried about 'exam stress'- this was their main worry

33% of girls are worried about 'exam stress' it was their second main worry behind 'the way they look'

The top worry for both Primary (**41%**) and Secondary (**39%**) pupils are exam/tests

What is the Issue?

Exam stress can cause worry, anxiety, low self-esteem, if left alone; it could lead to eating disorders or self-harm and have a definite impact on achievement.

GCSE Students spend **10%** of their school
year in exams

A-Level Students spend **5%** of their school
year in exams

What Schools Can Do To Support?

Schools can support students with effective revision techniques, exam advice, and support with stress management and keeping healthy during the exam period

Run a pre-exam leave assembly which educated students about revision techniques and how to manage stress

Offer extra classes to support those people who are struggling

Help students understand what kind of learner they are to ensure their revision is effective

Give out a blank timetable for students to plan their revision time

Plan some rewards so the pupils have something to look forward to in school

Make wider staff aware of their words or putting excess pressure on students

Run a parents session about how to support their son/daughter

Offer time out for students – can you provide them with a revision breakfast/lunch, could you offer them yoga/sport/meditation to help students distress?

Revisions Tips for Students

Make revision cards which chunk up smaller pieces of information to make help you remember key info

Ask someone to ask you questions

Cover up the answers and test yourself

Break big topics into smaller chunks

Use a variety of different methods...cards, videos, apps, pictures,

Revise in groups with people who will keep you on task

Use colours, highlighter or sticky notes to jazz up your revision

Use diagrams to make information easier to remember

Repeat activities/topics so the information goes into your long term memory

Make sure you try past exam papers so you know what to expect. Make sure you mark these so you know where you went right/wrong

Take some time to know the format of the exam...plan which questions need more time

Make a revision timetable and stick to it. It might be helpful to stick to your school routine so you don't get used to lying in.

Make sure you do some exercise in between revising. Exercise sends more oxygen to the brain which can improve concentration, tiredness and help you to distress

Make sure you drink enough water (6-8 glasses a day) and eating healthy can help your energy levels and help your brain

Make sure you take regular breaks- your brain can only work effectively so short periods of time

You can revise in a local library or in school if your home isn't quiet

Be Positive and Remember Exams Aren't Everything

Further Support

Childline -0800 11 11

Young Minds Website

BBC Bitesize Revision Tips

Written by Chrissy Hardy – Public Health Practitioner and

Nicole Gallagher (17) on Work Experience

