

Exam stress

AND HOW TO
BEAT IT!

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1 Plan ahead

DOs

- ✍ Try to work to a revision timetable – start planning well before exams begin. Your teacher should be able to help you with this.
- ✍ Make your books, notes and essays more user-friendly, with summary notes, headings, sub-headings, highlighting and revision cards. Try using key words or spider charts. Get tips on other revision techniques from teachers and friends. Do what works for you.
- ✍ Everyone revises differently. Find out what routine suits you best – alone or with a friend, morning or late at night, short, sharp bursts or longer revision sessions.
- ✍ Take notes of important points when revising, as an aid to future revision or if you need to clarify something with a teacher. Try explaining the answers to tricky questions to someone else, or look at past exam papers and try answering some of the questions.
- ✍ Ask for help if there are things you don't understand. If you're feeling stressed out, talk to someone.

DON'Ts

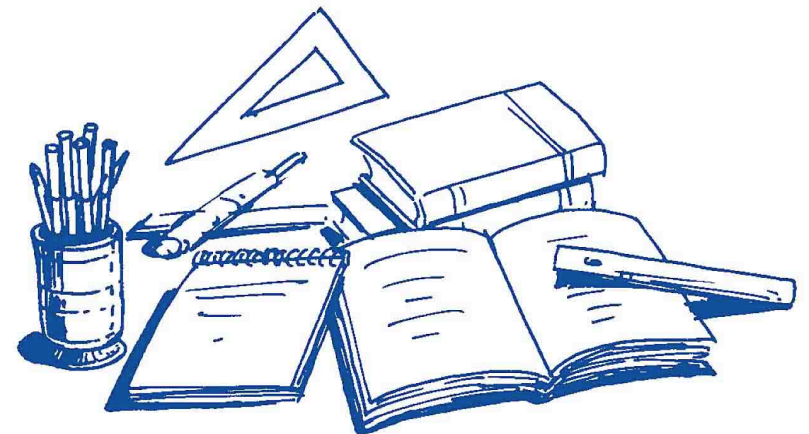
- ✗ Don't leave revision to the last minute.
- ✗ Don't avoid revising subjects you don't like or find difficult.
- ✗ Don't forget that there is life beyond revision and exams.
- ✗ Don't cram ALL night before an exam.

2 Pamper yourself

✍ **Remember it's important to eat and sleep well.**

- ✍ **Put yourself first** – this is an important time for you.
- Try to talk to your family about how they can make studying a little easier for you – for example, by agreeing times when you can have your own space, when they will try to be a little quieter around the house and when you'd rather not be disturbed (except perhaps for the occasional treat, such as a drink or snack).

Don't revise all the time.
Take breaks to do things you enjoy that help you relax.



3

Prepare for the big day

Check

- ✍ **Have a good breakfast** if you can.
- ✍ **Give yourself plenty of time** to get to the exam room.
- ✍ Make sure you **know where the exam is** being held.
- ✍ **Take everything you will need:** extra pens, water, tissues – anything else?
- ✍ **Go to the loo** before the exam starts!



**If you feel
really anxious**

**breathe slowly and
deeply while waiting
for the exam to start.**

4

Pace yourself

- ✍ **Read the instructions.** Ask the teacher or invigilator if anything seems unclear. **DON'T PANIC!**
- ✍ **Read all of the questions,** twice if necessary, and give yourself time to answer those you are required to do.
- ✍ **If you're stuck on a question, go on to the next.** You can always come back to the unfinished one later. If you're really stuck, try to have an intelligent guess anyway.
- ✍ **Leave time to read through** and check your answers before the exam finishes.



**Plan
how much time
you'll need for
each question.**



5

Perform as well as you can

- 📌 **Knowing that you've done your best** may help you overcome feelings of letting anyone down.
- 📌 **Don't go through the answers afterwards** with your friends if it is only going to make you more worried.
- 📌 Try to put the last exam out of your mind and look ahead to the next one. **You can't go back and change things.**



!

YOU'RE YOU,
so you can only do the
best you can on the day.

6

Phew!

Exams over? Pat yourself on the back – it's time to relax and forget about them.

If you did well – Congratulations!





But!

Remember, there's life beyond exam results. Disappointing results are not the end of the world, even if it does feel that way at the time. You might decide to resit, and there'll be lots of other opportunities to express yourself and succeed later on in life.

During or after the exams, if you feel that you can't cope with the pressure or are feeling stressed, find someone to talk to. Don't bottle it up! Try to talk to parents, teachers, friends, or call ChildLine free of charge and in complete confidence on 0800 1111. Or write to ChildLine, Freepost NATN1111, London E1 6BR.

Parents only!

-  Give encouragement, not pressure.
-  Give support, not criticism.
-  Make it easier for your child to study.
-  Keep things in perspective.
-  Get advice from the experts if you're worried.

Exams are important – but they are not the only key to a successful future.

GOOD LUCK!