



beat exam stress

Help and advice

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 your teachers, friends, or ChildLine.

Whatever your worry, it's better out than in
ChildLine is the UK's free, confidential helpline for children and young people. We're here for advice and support, by phone and online, 24 hours a day. Whenever and wherever you need us, we'll be there.

- Phone: 0800 1111 (24 hours)
- Website: www.childline.org.uk

You can also access support
at www.kooth.com

ChildLine

0800 1111



Parents and carers can help too

Ask your parents or carers to give you encouragement and support, and not to put pressure on you. Arrange with them when you can have your own quiet time and space in the house to study without being disturbed. Don't forget to talk to them if you are worried – don't bottle things up inside.

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

Plan ahead

Do

- Have your own revision timetable – start planning well before exams begin. Your teacher should be able to help.
- Make your books, notes and essays user-friendly. Use headings, highlighting and revision cards, and get tips on other revision techniques from teachers and friends with experience of exams. You could also consider buying revision guides.
- Take notes of the important points when revising. Try to answer the questions of past exam papers – explain answers to tricky questions to someone else.
- Everyone revises differently. Find out what routine suits you best – alone or with a friend or parent/carer; early morning or late at night; short, sharp bursts or longer sessions; with music or without noise.
- Ask for help from your teacher/learning mentor, parent/carer or a friend if there are things you don't understand.

Don't

- 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.



Remember it's important to eat and sleep well.

Pamper yourself

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

Make sure you give yourself time each day to relax, taking breaks to do something you enjoy – watch TV, listen to music, read a book or go out for a walk.

Prepare for the big day

Check

- Have a good breakfast if you can.
- Make sure you know where the exam is being held and what time it starts. Give yourself plenty of time to get there.
- Take all the equipment you need for each exam, including extra pens and pencils.
- Take in a bottle of water and tissues.
- Go to the loo beforehand!

If you feel really anxious, breathe slowly and deeply while waiting for the exam to start.



Pace yourself

- Read the instructions before starting the exam.
- Ask the teacher or exam supervisor if anything is unclear.
- Read through all the questions before starting writing, and make sure you are clear how many questions you are required to answer.
- If there is a choice, start by answering the question you feel you can answer best.
- If you are stuck on a question, go on to the next. You can always come back to it later. If you are 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.

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.

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 grades are not the end of the world, even if it does feel that way at the time. You might decide to resit, and in any case, there will be lots of other opportunities to express yourself and succeed later on in life.

ChildLine is a service provided by the NSPCC. NSPCC registered charity numbers 216401 and SC037717. Stores code NS/266. DJ5672/09.

NSPCC Publications, Weston House, 42 Curtain Road, London EC2A 3NH
Tel: 020 7825 7422 Email: publications@nspcc.org.uk