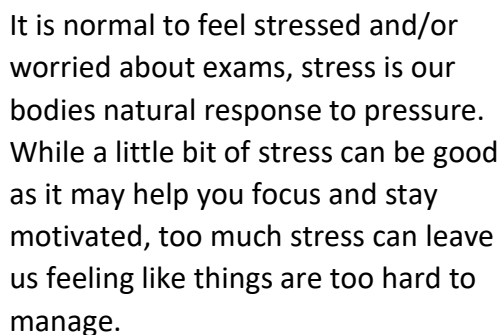


LETS TALK..EXAM STRESS



Exam stress can affect anyone and it can show up in different ways, for example;

- feeling anxious or depressed
- feeling irritable and angry
- struggle to sleep
- notice changes to your eating habits
- have negative thoughts about yourself
- worry about the future
- lose interest in the things you enjoy
- struggle to focus and concentrate
- feeling unwell – for example, you might get headaches, feel sick or tired

You might experience symptoms of stress that are not listed here and that is ok. We are all different and therefore experience stress in different ways.

If you notice any of these feelings or you are worried that exam pressure is taking over your life, you are not alone.





Coping with pressure

The pressure to do well can be extremely overwhelming for young people and only adds to the stress of exams. This pressure may come from friends, family, school or the pressure you put on yourself. You may feel this pressure when you come to do exams or you may feel it long before they begin.

Some things you can do to ease this pressure;

- **Be kind to yourself-**Think about all the things you have achieved so far, in or out of school/studying. Write a list of all the things you like about yourself, and the things others like about you too.
- **Talk about feeling under pressure-**It can help to tell people around you what you feel able to achieve, let them know your expectations may be different to theirs. You could also talk to a teacher or member of staff in school too.
- **Don't compare yourself to others-** Try not to worry about how other people are preparing for their exams and just focus on what you can do. You may think others are revising more or are not as stressed as you, but remember we are all different. What works for one person doesn't work for others.

How to deal with exam stress

Exam stress can feel lonely and like a big weight to carry on your shoulders, but you are not on your own. Lots of young people find exams difficult and it is ok to need support from those around you. Try talking to someone about how you feel, if someone knows your feeling stressed they can support you better and offer a listening ear. This person could be a family member, a friend, a teacher or anyone else you trust.

In the lead up to your exams;

- **Ask for any practical help;** This could be a subject your struggling with, revision advice, balancing different subjects, somewhere quiet to revise. It can feel nerve wracking to ask a teacher for help but remember they will have supported lots of students who have felt the same way that you are feeling.
- **Ask for any access arrangements you need;** Everyone has different needs, and access arrangements can help students with SEN (Special Educational Needs) which may look like; extra time to complete the exam, breaks during the exam, technology to help complete the exam. Let us know in school as early as possible if you need access arrangements.

In the lead up to your exams (continued);

- **Check in with friends;** If your friends are studying too, its likely that they are going to understand how you're feeling. Knowing that someone else is feeling the same way can make all the difference. You could either talk to each other about how you're feeling, revise together or meet up to take a break from the exam stress.

Tips for when exams start;

- **Get organised the night before;** Get everything ready that you need for your exam, the night before. You could ask someone to help you pack your bag the night before. If you're going somewhere else for your exam, check where this is and plan your journey and give yourself plenty of time to get there.
- **Try relaxation techniques;** Try not to cram in last minute revision right before your exam. This can be really overwhelming and make you feel like you're unprepared but you have done everything you can. Instead try to focus on keeping calm, breathing exercises and grounding techniques.
- **Don't compare your answers;** Once the exam is done try and switch off from this. Comparing your answers to others after the exam isn't helpful and can make you feel more stressed.



The importance of self-care



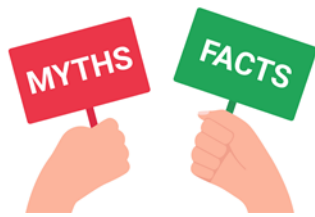
Self-care is all the little things we do to look after our emotions and mental health.

If you feel stressed about exams you may feel as though you don't have time for self-care or that you need to spend all of your time revising. Of course it is important to revise, but trying to revise if you do not look after your emotions can be much harder.

When you're thinking about how to use your times before exams, think about factoring in some self-care time. Things you could do that count as self-care could be;

- Meditation using- <https://www.calm.com/>
- Listening to Music
- Mindful creative activities
- Getting active; whether this is a run, dance or a long walk etc.
- Read a book
- Listen to podcasts
- Staying hydrated
- Getting into a good bedtime routine
- Journaling or talking to friends

EXAM MYTH BUSTERS;



- Poor exam results will ruin your life- ❌ Exams are a part of your development and growth as an individual. Exams are important but they won't ruin your life.
- My parents will be ashamed of my results- ❌ As long as you have tried your best at your exams no-one will be ashamed of you. Often young people misinterpret their parents encouraging them to do well as pressure.
- Failing my exams will make me a failure in life- ❌ Exams are important but the idea that they can 'make or break' your life is one of the most damaging myths. Success looks different for everyone, for some it may be passing exams and going to the top university however for others success may look completely different.



Where to go for support;

- <https://www.thecalmzone.net/>
0800 585858 (Open 5pm-midnight, 365 days a year)
- **SHOUT**
<https://giveusashout.org/>
Text SHOUT to 85258 (Open 24/7)
- **ChildLine**
<https://www.childline.org.uk/>
0800 11 11 (24/7)
- **School Nurse**-Available to see in school on Wednesday mornings. Please ask any member of staff and they can book you in to see her.
- **Student support team**-Mr Lawson, Mr Matthews, Miss McNeil or Miss Bird are always happy to support you. Please come and let us know if you are struggling.

Keep things in perspective; results are not everything



If you or your child need support in school for anything please contact the below members of staff

Form Tutors (Anlaby):

7A-Mr Fredrick

7B-Mr Ward/Mr Belcher

7C-Miss Houghton

8A-Miss Sykes

8B-Mrs Johnson

8C-Mr Halls

9A-Mr Hagger

9B-Mr Price

9C-Mr O'Neil

9D-Miss Houghton

10A-Ms Oliveira

10B-Mrs Brittain

10C-Mr Stanley

10D-Miss Hamlett

11A-Mr Branston

11B- Mr Hall

11C- Ms Macnama

Student Support Team:

Miss McNeil-KS3 Pastoral coordinator

Miss Hales- KS4 Pastoral coordinator

Mr Lawson-HLTA Behaviour & Engagement KS3

Mr Matthews-HLTA Behaviour & Engagement KS4

Miss Haywood-HLTA (Welton)

Miss Bird- Emotional Wellbeing Lead (Anlaby)

Mrs Rainforth- Emotional Wellbeing Lead (Welton)

Senior Leadership Team:

Paul Grimes-Executive Headteacher

Genevra Austin-Interim Headteacher

Mr Rollo-Assistant Headteacher

Miss Howard- Director of Learning (SEND)

Mr Badman-Director of Learning (Welton)

Mrs Asvadi-Director of Learning (Welton)

Form tutors (Welton);

SS1-Miss Ashenden /Miss Davies

SS2-Mr M Walker/Mrs Revell

SS3-Mr Derrick/Mrs Stewart

SS4-Miss Anderton/Mrs Gregory