



Year 11 GCSE Exam Stress Support (Student Version)

The UK Government Website – Gov.UK

<https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students> - **Advice and Guidance for coping with exam stress**

<https://www.gov.uk/government/collections/resources-to-help-with-test-anxiety> - **A collection of advice and support for students to prepare for exams and assessments**



Anna Freud Mentally Healthy Schools

<https://www.mentallyhealthyschools.org.uk/factors-that-impact-mental-health/school-based-risk-factors/academic-and-exam-stress/> - **Advice regarding academic and exam related stress.**

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/revision/> - **Advice and support relating to revision and stress.**

BBC

<https://www.bbcchildreninneed.co.uk/changing-lives/supporting-young-people-with-exams/> - **Supporting young people with exams.**

<https://www.bbc.co.uk/bitesize/articles/zm3y7nb> - **What I wish I had known before my exams.**

BITESIZE

Campaign Against Living Miserably

<https://www.thecalmzone.net/guides/exam-stress> - **CALM's guide to exam stress.**



Charlie Waller Trust

<https://www.charliewaller.org/resources/managing-stress-and-anxiety> - **Managing stress and anxiety: Tips for students and apprentices.**



Childline

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/preparing-exams/> - **Preparing for Exams.**

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/> - **Exam stress and pressure.**

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/homework-revision/> - **Homework, studying and revision.**



GoConqr

<https://www.goconqr.com/en/gcse/revision-tips/how-to-deal-with-exam-stress/> - **How to deal with exam stress.**



Headspace

<https://headspace.org.au/explore-topics/for-young-people/prepare-for-exams/> - **How to study for exams and reduce stress.**



Kooth

<https://cloud.brandmaster.com/shared/assets/8eacbc5ae595999be458> - **Exam stress resources.**



Mind

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/> - **Exam stress for 11–18-year-olds.**

<https://www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/> - **14 ways to beat exam stress.**



Ofqual

https://www.gov.uk/government/publications/ofqual-student-guide-2024?utm_medium=email&utm_source=govdelivery -
Ofqual Student Guide 2024.

https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students/coping-with-exam-pressure-a-guide-for-students?utm_medium=email&utm_source=govdelivery -
Coping with exam pressure.

Place2Be

<https://www.place2be.org.uk/our-services/services-in-schools/navigating-exam-season-free-resources/> - **Navigating exam season.**

Place2Be

<https://www.place2be.org.uk/our-services/services-in-schools/navigating-exam-season-free-resources/> - **Navigating exam season.**

Samartians

<https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/exam-stress-coping-strategies/> -
DEAL: Coping strategies – Exam stress.

Student Minds

<https://www.studentminds.org.uk/examstress.html> - **Exam stress.**

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The Mix

<https://www.themix.org.uk/work-and-study/study-and-exam-tips/the-pressure-to-do-well-in-exams-23966.html> - **The Pressure to do well in exams.**



The Student Room

<https://www.thestudentroom.co.uk/revision/your-guide-to-handling-revision-and-exam-stress> - **Your guide to handling revision and exam stress.**



The Student Room

https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/?utm_medium=email&utm_source=govdelivery - **Exam stress.**

<https://www.youngminds.org.uk/young-person/blog/exam-results-stress-advice-for-young-people> - **Exam results stress.**

<https://www.youngminds.org.uk/young-person/blog/exam-self-care> - **Exam self care.**

YOUNGMINDS