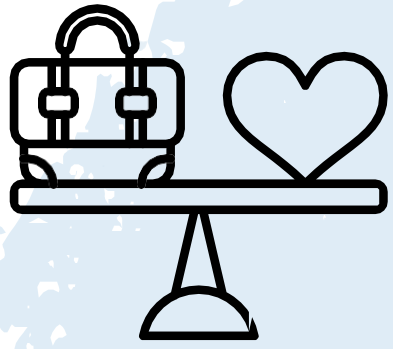


Supporting students during exams

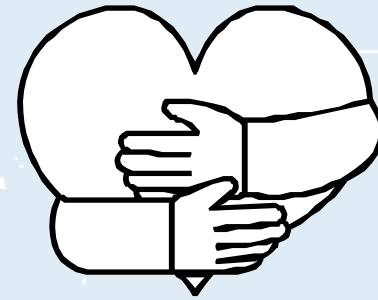


THE PRESSURE OF EXAMS

Exams are a stressful time for any young person, here are some things you can do to help:



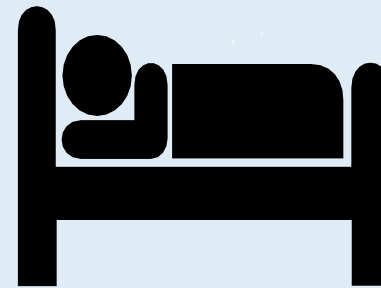
Encourage your child to take revision breaks and find a balance between studying and doing things they enjoy



Reassure them – reinforce that you are and will be proud of them no matter what happens.



Make sure they are eating and drinking at regular intervals.



Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.



Encourage them to take some time after revising to wind down.



WATCH HERE

Managing revision stress