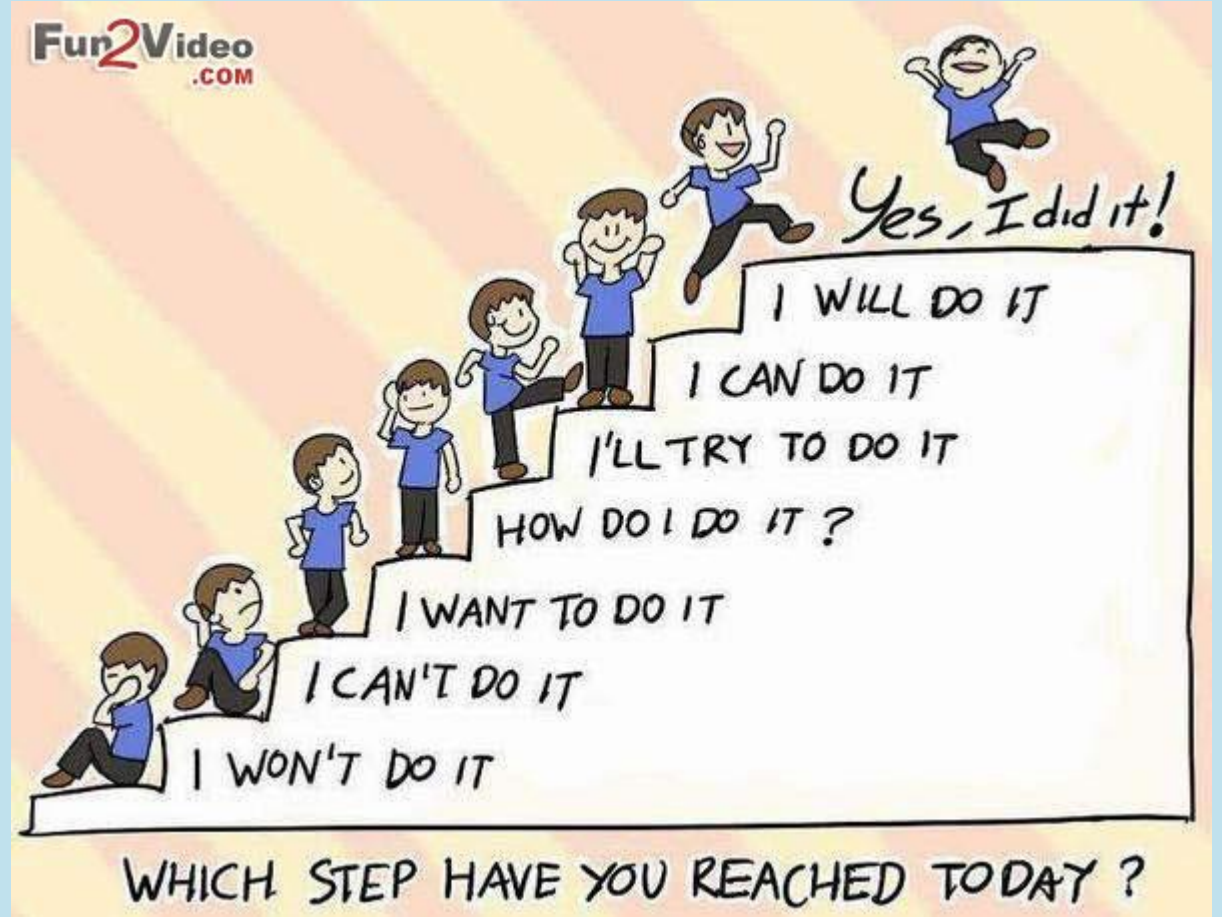
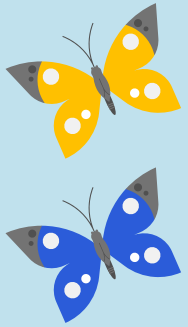


Understanding exam stress and how to deal with it



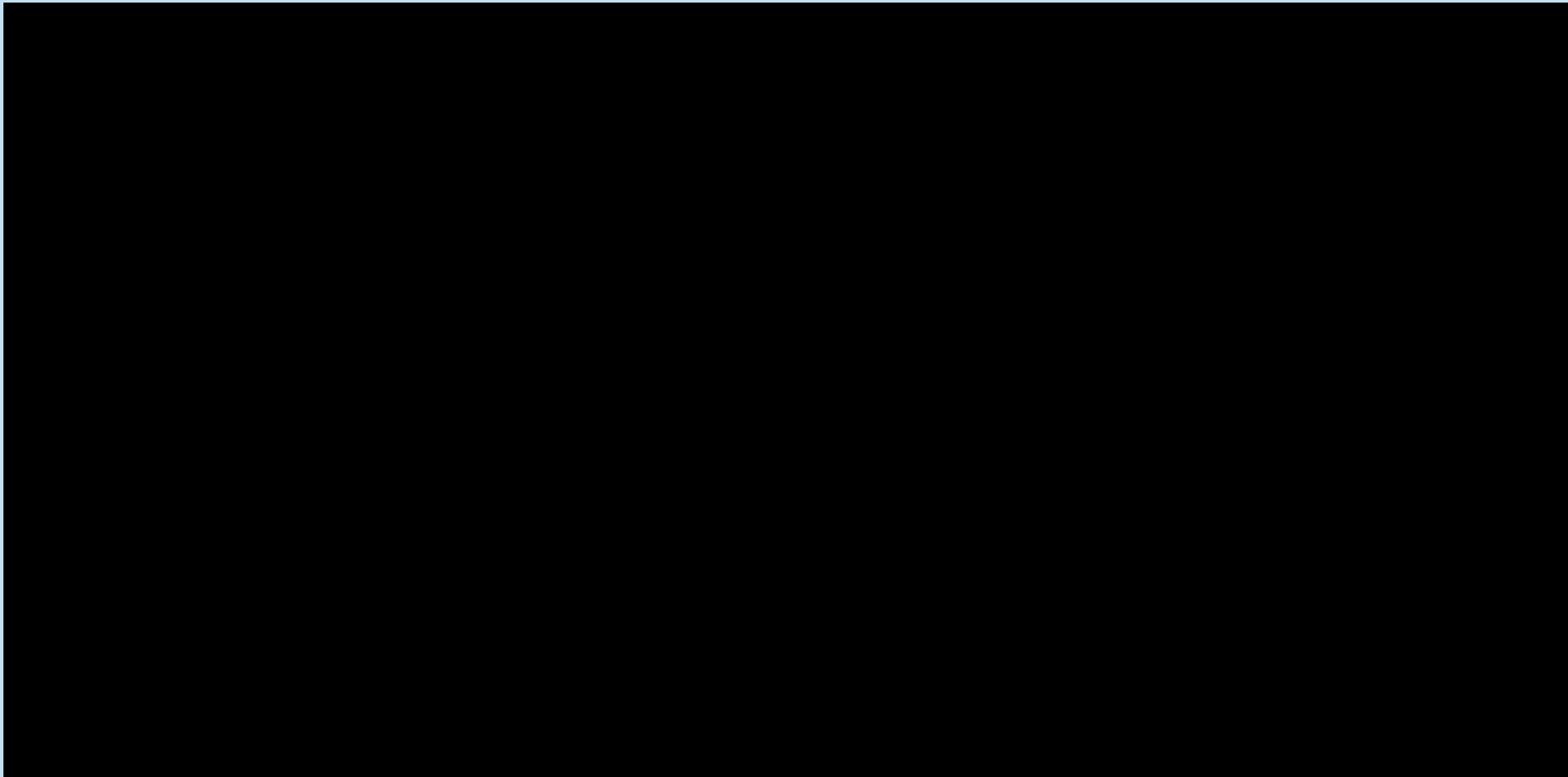
Why do people experience exam stress?



- Working towards exams can create feelings of worry and being under pressure. You might feel worried about how well you will do, need to get a certain result or be dealing with other things happening in your life.
- It's important to remember that feeling nervous about exams is normal. Nerves are something you need as they tell you that what you're about to do is important.
- You can often want to avoid feeling stressed and for nervous feelings such as butterflies in your stomach or feeling sick to go away however this isn't possible. It's your brain and body telling you that you need to be prepared and ready for what's happening next.
- Acknowledging nervous feelings, understanding why you have them and accepting them is important – it can stop them from becoming something more than they need to be



Watch this short video for tips on good habits to get into and bad habits to avoid as you prepare for your exams!



You are more than your exam results!

- Lots of people will tell you this, because it's true - exams aren't everything. Whatever happens in your exams, you can still be successful in life afterwards. So if you don't do as well as you'd hoped, try to keep things in perspective.
- Employers don't just look at your exam grades. They're just as interested in your personality and attitude, your transferable skills and how well you'll get on with other people.
- Exam success doesn't define you as a person. Everyone copes differently in different situations and there's so much more to your personality than how well you can respond to an exam.
- Once you've done an exam, try to forget about it. There's nothing you can do about it, and worrying won't change your mark.



Get support from tutors, teachers family and friends

- One of the key reasons people feel exam stress is due to comparing themselves to other people. Don't be put off by friends saying that they are doing huge amounts of revision. That's not a productive or efficient way of working long term.
- If you can, discuss with your parents/carers what they are expecting you to achieve. Parents/carers with unrealistic expectations will just add unnecessary pressure. It's helpful to let them know what you think you have the capacity to achieve, and that the best way to get there is to have support from them not pressure.
- If you're feeling really worried or anxious, chat to a good friend, family member, or tutor/teacher. It helps to get it out of your system, and they may well be able to help think about practical strategies to deal with exam stress



Other support available

- The Wellbeing Team in college- based in G05 (the wellbeing space)
- Young Minds: [Exam Stress | How To Deal with Exam Stress | YoungMinds](#)
- Childline: <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress>
- Kooth: [Home – Kooth](#)
- Door 43 Drop In Service, every Wednesday: [Door 43 | Sheffield Mental Health Guide](#)

