Ullswater Community College – Year 11
April 2022

Coping with Exam Stress - Resources for Year 11 Students and Parents/Carers

For Students

TogetherWe	Local charity providing mental health support for young people	Video series on exam stress, managing worries and unhelpful thoughts: https://togetherwe.uk/examstress/
YoungMinds	Charity working to improve emotional wellbeing and mental health in children and young people.	Exam Stress - Guide for Young People: https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/
Childline	NSPCC service providing confidential advice to children and young people.	Toolkit on dealing with exam stress and pressure: https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/
		Tips on preparing yourself the night before/on the day of exams: https://www.childline.org.uk/info-advice/school-college-and-work/school-college/preparing-exams/
		YouTube video providing advice from a group of young people on spotting the signs of exams are impacting on mental health: https://www.youtube.com/watch?v=xkmCZgbZv1o
Student Minds	Mental health charity for students	Advice on managing, and accessing support for, exam stress: https://www.studentminds.org.uk/examstress.html
Mind	Charity providing mental health support for anyone experiencing a mental health problem	A compilation of the best advice and suggested strategies provided by other students: https://www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/
The Student Room	Education website offering peer support for students	Guide to handling revision and exam stress: https://www.thestudentroom.co.uk/revision/exams/dealing-with-exam-stress
Mental Health UK	Charity providing support to people living with mental health conditions.	Useful 'stress bucket' analogy and worksheet: https://mentalhealth-uk.org/blog/the-stress-bucket/
TogetherAll	Online community-based plaform supported by the NHS where people support each other anonymously to improve mental health and wellbeing.	Online self help courses on (1) Managing Stress and Worry, and (2) Stop Procrastinating. Free to access but students must register first by local area (postcode): https://togetherall.com/en-gb/

SnapRevise	Online revision resource with YouTube presence. Paid-for subscription content but YouTube videos are freely accessible by all.	Series of short 5-minute videos covering all aspects of exam stress and anxiety, and how to manage feelings of low exam confidence, low motivation and procrastination: https://www.youtube.com/playlist?list=PLkocNW0BSuEGfPlfEa_CBjQ_mnqOQkVAL

For Parents/Carers:

NHS	National Health Service	Advice on supporting students through exams and helping to ease the pressure they may be feeling: https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/
BBC Teach	Website from the BBC offering free classroom resources to schools throughout the UK.	Collection of advice and resources for parents whose children are sitting exams: https://www.bbc.co.uk/programmes/articles/2Qf86MGyCkHlTq4h1tWfknn/advice-for-parents-whose-children-are-sitting-exams
YoungMinds	Charity working to improve emotional wellbeing and mental health in children and young people.	Advice and information for parents worried about how their child is coping with exams at school: https://www.youngminds.org.uk/parent/a-z-guide/exam-time/
		Details of parents' helpline and webchat: https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/
Family Lives	Charity helping parents to deal with the changes that are a constant part of family life.	Article exploring the impact of exam stress on children, young people and their families, and advice on exam revision and preparation: https://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress
Relate	Charity offering relationship support, including counselling for young people and families.	Advice targeted to parents on coping as a family though a period of exams: https://www.relate.org.uk/about-us/media-centre/press-releases/2013/12/11/exam-stress-coping-family
Teenagers Translated	Website offering information to help parents understand their children during their teenage years.	Short article for parents with tips on how to help their child navigate exams and cope with stress: https://www.teenagerstranslated.co.uk/exam-stress.php