


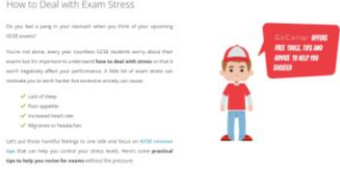






## Exam Stress

Subcategory	Resource links	Image	Age rating
Young Minds- advice on managing exam stress	<a href="#">Exam Stress   How To Deal with Exam Stress   YoungMinds</a>		All
Anna Freud- Advice on managing stress at important moments video	<a href="#">Advice on managing stress at important moments video : Mentally Healthy Schools</a>		KS4 and KS5
Children's Society – Young People's Guide to Stressful Situations	<a href="#">Young-People-Guide-to-Stressful-Situations.pdf (childrenssociety.org.uk)</a>		KS3
Student Minds- practical advice and tips	<a href="#">exam_stress_print.pdf (studentminds.org.uk)</a>		KS4 and KS5
BBC Bitesize- Videos and tips for dealing with exam stress	<a href="#">Exams: how to deal with exam stress - BBC Bitesize</a>		KS4
Childline- worrying about assessments	<a href="#">Assessment stress and pressure   Childline</a>		KS3

<p>OFQUAL- Student guide for dealing with exam stress</p>	<p><a href="#">Coping with exam pressure - a guide for students - GOV.UK</a> (<a href="http://www.gov.uk">www.gov.uk</a>)</p>		<p>KS4 and KS5</p>
<p>GOCONQR- Tips on dealing with exam stress</p>	<p><a href="#">GCSE   GCSE Revision Tips: How to Deal with Exam Stress</a> (<a href="http://goconqr.com">goconqr.com</a>)</p>		<p>KS4</p>
<p>TED talk- using your stress to help you succeed</p>	<p><a href="#">How to channel your stress to help you succeed   Heidi Hanna   TEDxSDSU - YouTube</a></p>		<p>KS5</p>
<p>Podcast- Calming the voice in your head</p>	<p><a href="https://www.bbc.co.uk/programmes/p0958dyt">https://www.bbc.co.uk/programmes/p0958dyt</a></p>		<p>KS5</p>
<p>Advice from students at Cambridge University</p>	<p><a href="#">Student advice on dealing with exam stress - Bing video</a></p>		<p>KS5</p>
<p>Exam and assessment stress: guidance for staff in further education colleges</p>	<p><a href="#">Exam and assessment stress: guidance for staff in further education colleges : Mentally Healthy Schools</a></p>		<p>Teacher of KS5</p>