Exam Stress

Subcategory	Resource links	Image	Age rating
Young Minds- advice on managing exam stress	Exam Stress How To Deal with Exam Stress YoungMinds	YOUNGMINDS	All
Anna Freud- Advice on managing stress at important moments video	Advice on managing stress at important moments video: Mentally Healthy Schools	Anna Freud National Centre for Children and Families	KS4 and KS5
Children's Society – Young People's Guide to Stressful Situations	Young-People- Guide-to-Stressful- Situations.pdf (childrenssociety.or g.uk)	The Children's Society	KS3
Student Minds- practical advice and tips	exam stress print. pdf (studentminds.org. uk)	student minds	KS4 and KS5
BBC Bitesize- Videos and tips for dealing with exam stress	Exams: how to deal with exam stress - BBC Bitesize	Bitesize	KS4
Childline- worrying about assessments	Assessment stress and pressure Childline	childline	KS3

OFQUAL- Student guide for dealing with exam stress	Coping with exam pressure - a guide for students - GOV.UK (www.gov.uk)	ofqual	KS4 and KS5
GOCONQR- Tips on dealing with exam stress	GCSE GCSE Revision Tips: How to Deal with Exam Stress (goconqr.com)	How to Deal with Exam Stress The part for a part and an indication per from all year operancy STO country The part of a part of per and annual state part from a part of per an operancy The part of per an operancy on personnel CEM admits all the part of per annual per an operancy on the personnel country of personnel country on the personnel country of personne	KS4
TED talk- using your stress to help you succeed	How to channel your stress to help you succeed Heidi Hanna TEDxSDSU - YouTube	NATTERN NORTH NAME OF THE PROPERTY OF THE PROPE	KS5
Podcast- Calming the voice in your head	https://www.bbc.c o.uk/programmes/ p0958dyt	Don't Tell Me The Score The Man State Sta	KS5
Advice from students at Cambridge University	Student advice on dealing with exam stress - Bing video	Cambridge University Presents Student advice on Exam season Directed by	KS5
Exam and assessment stress: guidance for staff in further education colleges	Exam and assessment stress: guidance for staff in further education colleges : Mentally Healthy Schools	MENTALLY Anna Freud HEALTHY SCHOOLS Anna Freud National Centre for Children and Families	Teacher of KS5