



# Exam Stress

The best way to beat exam stress is through effective revision and metacognition.

Revision Strategies

[Metacognition Questions](#)

[Metacognition for Memory](#)

Exams invoke stress responses in everyone. Preparing for and taking exams can be a stressful time for all young people.

Thoughts of your future success or not wanting to disappoint others can weigh heavily on your mind, all at a time when you need a clear head for revision and recalling lots of information.

The thoughts of upcoming exams can cause stress and everyone will react differently.

You can watch a short video about exam stress [here](#).

Children and young people who are stressed may:

- worry a lot
- feel tense
- have headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- be negative and have a low mood
- feel hopeless about the future

Talking to staff is the best way to help you to work through your stress.

Speak to your subject teacher to help you to think about the gaps you have in your learning and how to improve your grades.

Speak to the Exams Officer Mrs Swain if you need support with access to your exam: [mswain@barnwood-park.gloucs.sch.uk](mailto:mswain@barnwood-park.gloucs.sch.uk)

Speak to the Assistant Head Miss Young if you need to talk to someone about Access Arrangements, especially if you think you qualify for support with reading or extra time: [nyoung@barnwood-park.gloucs.sch.uk](mailto:nyoung@barnwood-park.gloucs.sch.uk)

## **Other Useful Websites**

[Kids Helpline](#)

[Coping with Exam Pressure – A Guide for Students](#)

[Performing better under pressure](#)

[Coping Strategies for Exam Stress](#)

[How to Deal with Exam Stress](#)

[7 Tips to Help you Deal with Exam Stress](#)

[What is it like to experience exam stress? A student Perspective](#)

[Tips on Preparing for Exams - NHS](#)