



Ward Psychology

Advice Therapy Assessment Expert Witness

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Advice note no. 119

Coping with exam stress

All children feel stress at examination times. In limited amounts, stress is not dangerous but is positively helpful to us, as it stimulates us and encourages us to take appropriate action. It becomes a problem if we allow it to become too large and dominate our thinking and lives. It can create anxiety and fears that become obstructive and unhelpful. The secret then is to manage the stress. This can be done by careful planning and taking a positive view, for example;

- being aware of dates and times of exams
- having a revision plan
- allowing space in out time plan to relax and enjoy ourselves
- taking time at the start of exams to plan answers and to allocate time to answer individual questions
- not letting conversations with friends about exams wind up our anxiety and expectations
- Be positive about exams and their purpose
- Remember exams do not last forever and is not the end of the world if things don't go absolutely right
- Learn to relax find out about simple to use relaxation exercises

Getting Help and Advice

There are many sources of good advice now available on the internet. These are some recognised websites that provide advice and strategies for dealing with exam stress.

A starting point for helping children is to download and give them the following pdf:

http://www.nspcc.org.uk/Inform/resourcesforteachers/classroomresources/BeatExamStressPDF_wdf56569.pdf

Other good advice and suggestions can be found at

http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/uk/beating_exam_stress/newsid_1987000/1987132.stm

and at

http://www.thestudentroom.co.uk/wiki/dealing_with_exam_stress

If children are over-stressed about exams, they can find support and counselling on:

www.childline.org.uk which has a special exam time facilities.

Parents might want to look at www.nhs.uk/Livewell/childhealth6-15/Pages/Examstress.aspx which provides useful advice on ways of helping their children.

Young Minds also provides advice at:

http://www.youngminds.org.uk/news/news/1448_top_tips_for_parents_concerned_about_childrens_exam_stress

Or contact Charles Ward at Ward Psychology



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