



Support for Managing Exam Stress

As well as the teaching and pastoral staff in school providing you with helpful tips on exam techniques and managing your health and wellbeing, there are several useful websites and apps that can provide invaluable tips on how to survive exam season!

WEBSITES

NHS www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress.

Young Minds www.youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress

Childline www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/

MIND www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress

RISE ABOVE www.riseabove.org.uk.

VIDEOS

<https://www.youtube.com/watch?v=uQxYCEX-gRo>

<https://www.youtube.com/watch?v=FyBdA61GmJ0>

REVISION APPS

Revision apps can support a student to organise themselves, improve memory and set tasks using that essential teenage device, the mobile phone.



STUDY NINJA

Study Ninja inspires students to get motivated and build a personalised study plan.

They can plan, practice, play and perform through a series of mini games and includes tips on the best ways to revise.



QUIZLET

A study and flashcard app, Quizlet allows you to create quizzes with your own information. There are also 400million quizzes already available across a wide range or areas.



POPPET LITE

A beautifully simple way to create mind-maps. In this free version you are only allowed to create one popplet, so when you're finished one, why not save a screenshot and start on a new topic.