



Believe, Succeed, Together

Managing Exam Stress

Beat exam stress, Childline

This guide from the Childline charity includes dos and don'ts for young people preparing for exams:
<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/beat-exam-stress.pdf>

14 ways to beat exam stress, Mind

Mind, a mental health charity, has a blog on the best exam tips for young people, such as how to get motivated: <http://www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/#.WCmnmS2LRhE>

Exam stress, BBC Radio 1

The BBC has put together advice for how to spot exam stress, and how to manage it:
<http://www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4qH/exam-stress>