

Navigating exam season

Supporting students with exam stress

Help your pupils to manage exam stress this summer with Place2Be's practical advice.



Break exam and revision workload into manageable chunks

Work with pupils to do this, or model how to create a plan independently. Encourage pupils to set aside some dedicated time for relaxing too.



Tell students where stress comes from

Put aside an assembly or personal, social, health and economic (PSHE) education session to go into more detail about managing stress.

Talk about stress as a physical symptom – this normalises it, which can make it feel less overwhelming. Explain that when stress reaches a certain intensity, it can lead to heightened physical and psychological awareness. This normally enables us to perform well under pressure, but it can overreact or fail to reset properly and this can make us feel nervous.



Be a good example

Talk openly about how you cope with your own stressful situations, so pupils have a positive role model for managing their emotions and time. This might include having a relaxing bath, or writing a week-by-week plan to manage your workload.



Direct students to helpful resources

Make pupils aware of independent sources of support and advice. Share these links and add them to your website, to equip pupils to use smart exam strategies, manage stress and make good lifestyle choices during the exam period:

- [Navigating exam season, Place2Be](#)
- [Exam stress and pressure, Childline](#)
- [Exam stress, BBC Bitesize](#)
- [Exam stress, Campaign Against Living Miserably \(CALM\)](#)
- [Exam stress, Student Minds](#)



Provide a calm space

Allocate a room in school that pupils can use to relax during exam periods.



Help pupils unwind after exams

- For primary school pupils, run wind-down activities such as art or sport
- With older pupils, discourage them from discussing questions in great detail. They cannot go back and change their answers, so there is no good in dwelling on what they could have done differently.

Look after yourself, too

Exam periods can be a stressful time for teachers and schools, so make sure you're looking after your own wellbeing. We love this advice on [how to handle stress from Education Support Partnership](#).

If you're struggling, and need to talk:

- Text CONNECT to 85258 for free to speak to Shout
- Call 0800 0562 561 to speak to the Education Support Partnership Helpline
- Visit place2be.org.uk/help for more advice