

Haringey Educational Psychology Service

Thinking about exam anxiety

- We know that anxiety impacts on exam performance and young people's emotional well-being.
- A little bit of stress is often OK, but too much before an exam can have a negative impact.
- Stress can have an impact on sleep, appetite, and general immunity and can create a sense of panic.
- Negative thoughts and worry uses up energy at the cost of performing well in an exam



What can you do to help young people manage exam stress?

- Help them to identify their thoughts, beliefs and feelings around exams (typically they include procrastination and perfectionist cycles)
- Change the narrative: Discuss their feelings around why exams are important to them. Talk about other ways to achieve their personal goals that aren't just reliant on exams
- Help with revision skills and how to learn- create revision schedules allowing breaks and free time to relax
- Practice mindfulness techniques and breathing (see https://www.haringey.gov.uk/sites/haringeygovuk/files/calming_anxiety.pdf)



Guidance and training for schools on managing exam anxiety can be found through The Educational Psychology Service Traded Offer

https://www.haringey.gov.uk/sites/haringeygovuk/files/traded_service_booklet_final_sept_2020.pdf