

EXAM STRESS AND PRESSURE

If you're feeling stressed about taking exams, you aren't alone. Get advice from us and other young people.

On this page

Problems at home?

What you can do

Click on the images (above and below) to be directed to ChildLine advice about dealing with exam stress

WORRYING ABOUT EXAMS

Exam stress can start when you feel you can't cope with revision, or feel pressure from your school or family. You might worry you're going to fail or you won't get the grades you need for the course or job you want, but we've got advice and tips on coping.

It can seem scary to talk about stress or anxiety. You might feel like nobody else is feeling this way. But bottling up stress and trying to deal with it on your own can often make the stress worse. So it can really help to talk.

Revision vs. Life with Eve Bennett

Revision vs. Life ft. Eve Bennett | Voice Box | Childline



Revision vs. Life

Featuring:

EVE BENNETT

EXAM RESULTS AND EXPECTATIONS

When we feel anxious, we often give ourselves negative messages like: 'I can't do this', 'I'm useless' and 'I'm going to fail'.

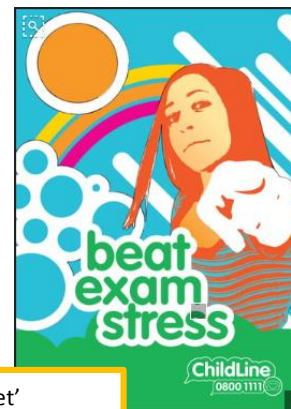
It can be difficult but try to replace these with positive thoughts such as: **'this is just anxiety, it can't harm me'** and **'relax, concentrate - it's going to be okay'**.

Picturing how you'd like things to go can help you feel more positive. Try to imagine yourself turning up to an exam feeling confident and relaxed. You turn over your paper, write down what you do know and come away knowing you tried your best on the day.

It can sometimes feel like your whole future depends on what grades you get. There can be a lot of pressure on young people to do well in exams which can cause a lot of stress and anxiety.

You might have been predicted certain grades or put into a higher set, and feel if you don't get the grade you'll let your teachers or parents down.

Remember, exams are important - but they're not the only way to a successful future. Lots of people achieve success in life without doing well in school exams.

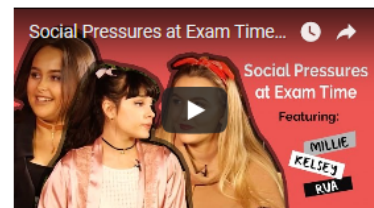


Click on the image to view the 'Beat exam stress leaflet'

Exams and mental health



Watch: Social pressures at exam time



Read some tips given by other students about coping with the pressures of exams.