

1. Website Links for Information on How to Manage and Reduce "Test Anxiety"

<http://www.studygs.net/tstprp8.htm>

<https://www.k-state.edu/counseling/topics/career/testanxiety.html>

<http://kidshealth.org/en/teens/test-anxiety.html>

<https://www.st-andrews.ac.uk/students/advice/personal/managingexamstress/>

2. YouTube Links

https://www.youtube.com/watch?v=pvM_TtQi9DU (Childline/Dinosaurs)

<https://www.youtube.com/watch?v=hnpQrMqDoqE> (BBC Brainsmart - Fight v Flight)

<https://www.youtube.com/watch?v=7AqswlakjRw> (Radio 1 - Beating Exam Stress)

<https://www.youtube.com/watch?v=FyBdA61GmJO> (7 Tips to Beat Exam Stress)

3. Humour

Mexican Wave

<https://www.youtube.com/watch?v=BBPIa64Aeq>

Mr Bean's exam;

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

<https://www.youtube.com/watch?v=9LhLjpsstPY>

4. STV

STV News has been producing a series of exam tip videos this week with Head Strong's mind coach Brian Costello. We would appreciate it if you could share them with your schools and pupils as an additional exam aid. Here are the links to the videos on Facebook and on the STV News app, which is available on desktop and mobile devices.

<https://www.facebook.com/stvnews/videos/10154060616463670/>

<https://www.facebook.com/stvnews/videos/10154063117738670/>

<https://www.facebook.com/stvnews/videos/10154065887928670/>