

Welfare Awareness Topic: Coping with Exam Pressure

Overview – *We all feel pressure in our daily lives, this might not be constant but rather something we feel under a specific type of circumstance. Some people may feel stressed by family situations, work pressures or money matters but a common source of stress is exam pressure. It's a stressful process to go through and you may feel overwhelmed by it.*

To ease this, there are lots of techniques that you can use to take the pressure off and concentrate on passing that exam. Student Minds (The UK's Student Mental Health Charity) has put together a list of 6 things that you can do to deal with exam stress:

- **Keep it in perspective** – you might be putting undue stress on yourself by wanting to pass everything first time and with top scores, this is great and it's good to have ambition but remember you are an Apprentice with work/ life balance to think about. If you don't pass it first time you can usually resit. Think how far you've come already? You are doing great!
- **Get Organised** – This is an important one, some stress can come from the unknown so make sure you know how all your upcoming exams will be assessed, how you book them and where you will sit them. It's also useful to make a revision plan and stick to it, it's amazing how much calmer you will feel when you have a plan and there are lots of resources online to help with this.
- **Good habits** – Take plenty of breaks, drink lots of water and get enough sleep. Looking after yourself is so important, if you feel good in yourself you'll feel more able to cope with everything!
- **Avoid bad habits** – Be realistic with your workload, you'll set yourself up to fail otherwise. Don't cut out all enjoyment during your revision period as you'll start resenting it and this is counter-productive. Plan for some enjoyable activities in your break periods.
- **Avoid stimulants** – This is a hard one as coffee does drive most of us and give us the energy we need but it impedes your concentration and limits your capacity to sleep.
- **Get support** – Talk to family, friends (or either of the contacts on the links below). Most people can understand the pressure of an exam and might be able to offer up advice, but don't listen to that one friend who says they are doing 25hrs a day of revision. They aren't and as we have learned above, it wouldn't be good for them even if it were possible!

Article/Source

The BPP's student association have produced extra support and advice to help you succeed in your assessments, and where to go if things go wrong, so check out the website [here](#).

The Student Minds website has [information and support for exam stress](#), and Young Minds also has information on [what to do if the pressure to do well in exams is feeling very overwhelming](#).

Mind also has information and support on if you are [feeling stressed](#), as well as [14 ways to beat exam stress](#).

Support

If you would like to talk to the safeguarding team about anything you have just read, we will listen without judgement and signpost you to support. If you would like to talk to a member of the Safeguarding Team then please get in touch: safeguarding@bpp.com