

WELCOME!

# Exam Stress and Anxiety

Introduction – Charlie Cobain, Student Support Coordinator

# Observations at Blue Coat...

- Managing Expectations
  - Need for Perfection
  - Need to focus on **process** not end result
  - No plan B
- Fear of the Unknown
  - Impact of Covid 19
  - Lack of previous 'failures'
  - Not being ready to move forward
- Comparisons
  - Usually based on small numbers of students becomes inflated 'everyone does better than me'.

# Student Evidenced Support Strategies

- Encourage flexible 'Life Plans'
  - planning not only for work but for down time/things to look forward to.
- SMART working:
  - 30 minute sections = 'Breaks not Breaking'.
  - Experimenting/investigating learning styles – process not end result!
  - Separating work from relaxation area – out of the bedroom if possible.
  - 'Conditioned' working environments – similar area and set up.
- Encourage individual 'Self Care' routine in build up to exams:
  - Bedtime routine
  - Worry time/gratitude diaries
  - Walks/drives/one to one time with people at home.

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Advice and Support for Parents Jo Fyne – Assistant Clinical Lead CAMHS