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External assessment anxiety

A supportive guide

Please contact your child's form tutor or key teacher through our main reception for further guidance, support or information

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This resource pack contains key resources that you may find useful for working with your child. You will find further information for each suggestion through their website.

Resource	Audience	Document for further information	Summary
Anxiety			
What is anxiety	Young people	42nd Street https://www.42ndstreet.org.uk/support/read/what-is-anxiety	Short guide to anxiety and what can help
Anxiety: A guide for young people	Young people	Young Minds https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/	It's really common to develop anxiety at some point. Find out here what causes it and what you can do to feel better.
Exam stress			
Exam stress guide	Young people	Kooth https://cloud.brandmaster.com/shared/assets/0f27d2c161a7220733a2	A guide to coping with exam stress
Help your child beat exam stress	Parents	NHS https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/	Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.
Exams	Young people	Anna Freud https://youtu.be/VGqDAUZwhas	In this video, Dr. Sheila Redfern gives some simple advice and tips about managing stress around moments such as exams including when waiting to hear the results
Exams • Dealing with exam stress • Keep it in perspective • Revision tips • Dealing with disappointing exam results • Get help now	Young people	Young Minds https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/#Dealingwithexamstress	It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.

Exams – parent guide	Parents	Young Minds https://www.youngminds.org.uk/parent/a-z-guide/exam-time/	If you're worried about how your child is coping with exams at school, here is our advice and information on where you can get help
Revision			
Revision	Young people	Student room http://www.thestudentroom.co.uk/	The UK's largest online community for students with lots of free advice and guidance, including revision guides, advice on making flashcards or mind maps and a range of top-tips from students themselves including this video about how to cope with exams and revising
Revision	Young people	Student room film https://youtu.be/73TCYeEUAOM	Exams and Revision can be a stressful time. So, our vlogger Manisha is here to discuss how she handles her revision and exam stress
Sleep problems			
A guide	Young people	Young Minds https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems/	We all have problems with sleeping, waking, or having bad dreams sometimes. If sleep issues are affecting you, we can help you tackle them.

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5 Ways to Wellbeing



Tips for Anxiety



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Mindfulness exercises





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