

# Exam resources: Strategies for success

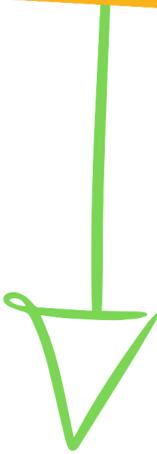
Exam success often comes from simple habits that make studying feel less overwhelming and more doable. It helps to start by knowing what you need to revise, then breaking it into small chunks you can tackle bit by bit.

Instead of trying to memorise everything, focus on practising the types of questions you'll actually face and checking what you understand as you go.

Little routines - like short study sessions, quick self-tests, and reviewing mistakes while they're fresh - build confidence without the stress. When revision feels manageable, doing well in exams becomes much more realistic.



If you're starting to feel overwhelmed, the tips below can help you stay calm, get organised, and feel more ready for your exams



## Be kind to yourself

Think about all the things you've done well, whether it's in school or outside of it. Make a list of what you like about yourself and what others say they like about you.

Spending time doing things you're good at and find enjoyable can really make you feel more confident.

## Talk about it

If people around you - like your school or family - are putting pressure on you, be real with them about what you think you can handle.

Make it clear if your expectations are different from theirs. If you need to, have a word with a teacher you trust about the stress you're under at home.

## Don't compare

Try not to worry about how other people are getting ready for exams. Focus on what works for you. It might seem like others are doing more revision or not anxious at all, but everyone handles things differently and that's okay. Your friends might be feeling the pressure too, even if they don't show it.

# How to deal with exam anxiety and stress

Exam stress can feel lonely and a heavy load to carry, but you don't have to tackle it alone. Lots of young people find exams difficult and it's okay to need support.

Don't hold it all in - try talking to someone about what's on your mind. If someone knows you feel stressed, they can have your back, encourage you and listen when you need them to. It could be a friend, family member, carer, community/faith leader, teacher, or anyone else you trust. You don't have to go through this alone.

Check out our tips below to help you get through exams.

## In the lead-up to your exams



"a load shared is  
a load halved"  
- tell someone  
how you're feeling

### Ask for practical help

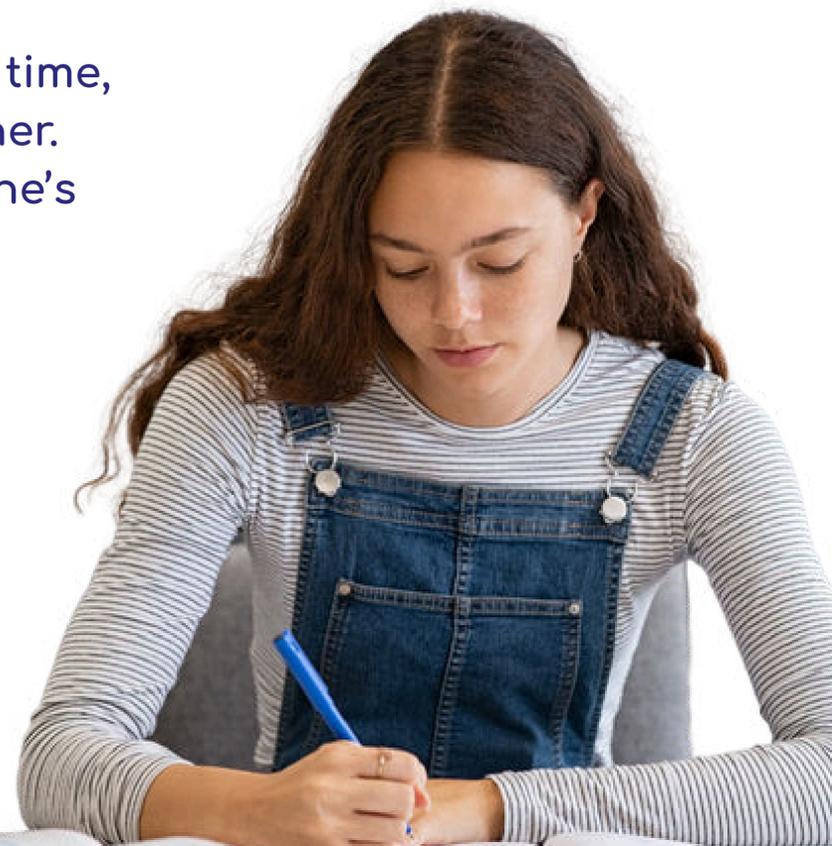
If you're finding things hard, ask a teacher for help. They can support you with tricky subjects, revision tips, managing your time, or finding a quiet place to study. They've helped lots of students before. Remember, they want you to do well too.

### Ask for access arrangements if you need them

If you need extra help during exams - like more time, breaks, or using a computer- talk to your teacher. These are called access arrangements. Everyone's needs are different, so speak up early so your school can support you.



YOU  
GOT  
THIS!



## Take your time and breathe



### Check in with friends

If your friends are studying too, chances are they get what you're dealing with. Knowing that someone else feels the same way can make all the difference. Link up with them to chat about exams or to take a break from studying.



### Find a study group or create your own

Join a study group or start one with friends. Helping each other can make revision easier and more fun - and it's a good reminder that you're not alone. Be mindful - stress can rub off on you, so try not to hang out with people who are really stressed right before the exam.

## When exams start



### Get organised the night before

Get everything ready for the exam the night before. You could talk to someone you trust to double-check you've got everything sorted. If you're going somewhere for your exam, check when and where it's happening. Give yourself plenty of time to get there.



### Try relaxation techniques

Try not to cram at the last minute, it can make you feel more stressed. You've done the work, so focus on staying calm. Breathing exercises can help before the exam.



you've done all  
that you can do,  
and that's enough



**Don't compare your answers**

Resist the urge to talk about the exam with your friends afterwards. This can fuel anxiety and stress. Try to let go of the exam now it's over.



**Reward yourself**

After an exam, plan something nice - like seeing friends or watching a film with snacks. Even if you've got more coming up, it's important to take a break and recharge.



## Exam resources on The Wellbeing Hub

- Podcast: [How to prepare effectively for exams](#)
- Video: [Setting yourself up for exam success](#)
- Blog: [Overcoming exam anxiety: effective strategies to help yourself](#)
- Blog: [Exam preparation techniques for effective revising](#)
- Podcast: [How to revise effectively](#)



## Q&A's

- [I feel really nervous about exams, what can I do to help myself?](#)
- [I have not been diagnosed with dyscalculia and I am doing fine in my other subjects but I am worried that I am not going to pass my maths exam. What can I do?](#)
- [I don't have trouble with reading and writing but I am hopeless at maths, could I have dyscalculia with out being dyslexic?](#)
- [What is dyslexia and what does it mean for my education?](#)



# REMEMBER!

If you don't get the results you want, here are a few things to keep in mind:

- Exam results don't define you
- Make a list of things you want from life that don't involve exams
- Know that your life outside of exams is important too
- Lots of people take different paths to get where they want to be
- You can always learn from setbacks and try again
- There are lots of ways to succeed that don't rely on exam results



Believe  
in  
yourself

*you can  
do it!*

