

Looking After Student Mental Wellbeing During Exam Time

Setting Checklist/Audit



Individual support is provided for students who are not managing their exam anxiety.	
Exam anxiety is discussed, and management techniques provided for all students e.g. via assemblies, tutor groups, PHSE.	
Positive motivation and language are used by all staff (see below).	
Students are valued as a whole, not just based on exam performance.	
Competition is not used to 'motivate' academic achievement.	
Students are aware of ALL post exam options.	
The setting works in partnership with parents to reduce excessive pressure on students.	
Staff and students effectively model managing their own anxiety.	
Parents are advised on how best to support their students during exam time.	
Students are taught a variety of evidence-based revision techniques.	
Students are encouraged to maintain a positive life balance before and during exam season.	
Invigilators are trained to provide a safe, positive environment in which to sit exams.	
Last minute revision sessions are replaced with relaxing breakfast/lunch meetings.	

Positive/Motivational Language	Negative/Unmotivational Language
These exams are an opportunity for you to show how much you've learned over the last few years.	If you don't do well you'll be letting us all down.
These exams are a stepping stone to the next stage/chapter of your life.	The rest of your life depends on these exams.
Find a revision technique that works best for you.	If you don't revise enough you'll fail.
I understand there is a lot of pressure on you at the moment. Do you want to talk about it.	It was much harder when I had to take exams.
You are loved/I will love you regardless of the exam result.	I'll be so disappointed in you if you don't pass/get a certain grade.
Make sure you take regular breaks and socialise with friends.	You don't have time for anything else other than revision.

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