

Coping with Exam Pressure



DIDSBURY
HIGH SCHOOL

Signs of anxiety and stress

- Going blank in exams
- Difficulty concentrating
- Feeling overwhelmed
- Feeling not in control
- Churning stomach

Feeling or experiencing any of these?

They are natural reactions to pressure, and ones that you can learn to cope with.

What happens when we have negative thoughts?

- You may get stuck thinking about how you may fail, rather than about what you can do to improve.
- You may start to focus on what you can't do rather than what you can.

Try to focus on the positives

- Talk to your teachers about what your strengths are, and identify areas for improvement.
- Think about next steps, set your self achievable targets

Key things to remember

- Overcoming anxiety isn't easy, but our staff are here to help
- Stress is a natural reaction to pressure and is nothing to be scared of
- You can learn to cope with anxiety and stress
- Talk to your tutors, the House Team, the student support team, your teachers or your Head of Year if you are anxious and unsure of what next steps would be

Revision Techniques

Being prepared for exams can significantly reduce feelings of anxiety and stress.

Your teachers will be letting you know subject specific strategies for revision and the key knowledge and skills that you need to focus on.

Alongside this, there are some general techniques that can help with your revision. Just click on the links below to find out more.

[The Pomodoro Technique](#)

[Self Testing](#)

Remember that our staff are here to help. Please talk to your teachers if you have any questions about how to effectively revise for your exams and assessments.

Breathing Techniques

Breathing slowly and deeply can help you calm down and feel more in control.

- Sit comfortably with a straight back.
- If you want, place your left hand on your chest and right hand below it on your diaphragm.
- Inhale deeply through your nose for 5 seconds
- Hold your breath for 2 seconds.
- Exhale slowly through your mouth.
- Repeat for 1 to 2 minutes.

- Some people prefer to trace the outline of their hand with the other one while breathing in and out. (see diagram on right)

