

# RESOURCES TO HELP STUDENTS PREPARE FOR EXAMS AND ASSESSMENTS



Ofqual has **Published resources** aimed at helping young people through the exam period. There is a range of materials - guides, blogs and other documents - for students, or teachers, parents and carers supporting them, to help manage exam pressure. These include:

## A guide for students on coping with exam pressure

[Click Here to read the guide!](#)

Developed with specialists from Liverpool John Moores University and a series of blogs written by a group of researchers and practitioners who work together through the University of Manchester's Institute of Education.

## Work to understand test anxiety

Test anxiety can vary between students, depending on differences in their general levels of anxiety, how they perceive their ability and previous exam experiences.

[You can read about Test Anxiety here!](#)

## A student perspective on feeling pressure about exams

[Check out a student perspective on exam stress](#)

These are real accounts from students. Although only two are presented here, these examples illustrate common experiences of many students. They show the importance of listening to students, to gain the insight needed to provide the right support.

## What can schools do about exam and test anxiety?

In this blog, they discuss how school staff can help students through the difficult and challenging period of exam time, looking at both whole-school approaches and supporting individual needs.

[Click Here to read more!](#)

[Feeling stressed about 'results day'? Click Here](#)

## Managing the time between finishing exams and results being issued.

When we talk about 'exam stress', we often think about revising or taking exams, but stress around results day is common too. To manage this kind of stress, try to understand what might be causing it and think about strategies that will help.

Ofqual has also **Published a collection of links to guides and advice** Published by other organisations and specialists and a review of **Published literature** on the topic of test anxiety which may be of interest to academics and practitioners working in the field.