Practical strategies for exam season

LEAD UP TO EXAMS

Work on a study plan together.

Talk about aspirations and goals.

Identify stressors, coping techniques and support pathways.

Help them set up a revision space.

DURING EXAMS

Make sure they're eating well.

Encourage quality sleep, exercise and daily movement.

Encourage time for fun, socialising and self-care.

AFTER EXAMS

Celebrate effort over outcome.

Provide reassurance and perspective.

Help them set new goals and explore new pathways.

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