



Understanding and supporting exam stress

Introduction

Everyone gets stressed during exams, but it's important not to let it get out of control. The latest figures from Childline mention that it delivered over "3,000 counselling sessions online or over the phone on exam stress in 2016/17, which is a 2 increase on what it dealt with in 2015/16 and 11 up on two years ago. The 12-15 year-olds were the most likely to be counselled about exam stress, according to the charity, although it saw the biggest rise in contact from 16-18 year-olds."

<https://fullfact.org/education/exam-stress-school-children/>

When talking about exam stress, young people have identified the following concerns "Excessive workloads, struggling with subjects and not being prepared for exams all contributed to young people feeling stressed and anxious."
<https://www.nspcc.org.uk/globalassets/documents/annual-reports/childline-annual-review-2015-16.pdf#page=27>

This brand new course for 2018 is for staff working in schools, youth services, family support. The course will provide an opportunity to discuss exam stress in more detail including how to recognise the signs and consider what support can be useful by looking at a variety of different techniques.

Learning Outcomes

By the end of the course delegates will be able to:

- Describe and recognise exam stress in children and young people.
- Explain Cognitive Behavioural Therapy (CBT)
- Have an increased understanding of what support is available for exam stress.
- Provide support and advice for young people with exam stress.

Audience	Social, Family and Voluntary Support, Health, Education
Age Ranges	7 - 11 yrs / 11 - 19 yrs
Trainer	Jo Steer

Start Date	Venue	Times	Event Code
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